



For Workplace Health

A healthy workforce is a happy one



We all know that a healthy workforce is a happy one, and, with us all spending approximately 1/3 of our lifetime at work, employee absence is a significant cost to UK businesses. In addition to direct costs, absences due to sick leave can also demotivate other employees, disrupt productivity and affect business continuity.

Around **40%** of the UK's disability adjusted life years lost can be attributed to tobacco, hypertension, alcohol, being overweight or being physically inactive. In other words 5 behaviours cause 5 diseases which cause up to **75%** of deaths and preventable disability in Cornwall.

What is making every contact count?

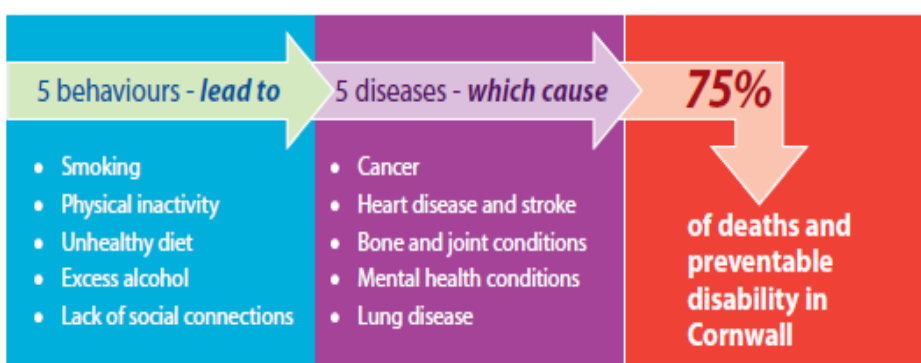
Making positive lifestyle changes can help people reduce their risk of poor health significantly.

Making Every Contact Count (**MECC**) is a behaviour change approach that utilises millions of day to day interactions we have with each other to encourage positive behaviour change within workforces and the community. **MECC** is a technique that anyone can use to support and encourage others to make healthier choices and achieve positive, long term behaviour change.



What will I learn?

- Key health messages and the importance of healthy lifestyle choices
- How effective communication supports promotion of key lifestyle messages
- Basic motivational interviewing techniques
- How to put the behaviour change model and brief intervention techniques into practice to support colleagues and friends towards a healthier lifestyle.



To Book

This course is **5 hrs** long and **free** for those living or working in Cornwall .

www.healthpromcornwall.org/training-programme/

iherbert@cornwall.gov.uk