

MECC Supporting Resources (leaflets, booklets, posters etc)

Smoking

There are various stop smoking campaigns throughout the year.

Health Harms/Stoptober all come under Better Health Quit smoking, resources such as posters, social media messaging and leaflets can be found on the [Public Health England Campaign Resource Centre](#). Resources are update all the time

[World No Tobacco Day](#) is on the 31st May every year and is organised by the World Health Organisation resources change every year as does the theme

[No Smoking day](#) is on the second Wednesday in March every year and is organised by Today is the day resources change every year as does the theme.

Alcohol Audit C sheet

[Alcohol use disorders identification test consumption \(AUDIT C\)](#). T



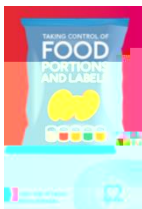
Physical Activity

Better Health Get Active: Resources such as leaflets, posters and social media resources are available to download and order from the [Public Health England Campaign Resource Centre](#). Resources are update all the time.

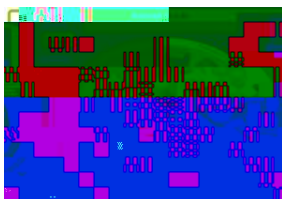
Healthy Eating/Weight



Better Health Lose Weight: Resources such as leaflets, posters and social media resources are available to download and order from the [Public Health England Campaign Resource Centre](#). Resources are update all the time.



The [British Heart Foundation](#) has various leaflet and guides that can be downloaded or ordered.



[The Eatwell Guide](#) is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet.



[BMI healthy weight calculator](#) - Use this calculator to check your body mass index (BMI).



Healthy Ageing

NHS Health Check Leaflets can be download and ordered from [NHS Health Check - Leaflets](#)

[Living Well in Later Life Worcestershire -](#)