

**SCRUBADUB
DECEMBER 2009
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 6,850
ONLINE SURVEYS COMPLETED: 3,282
ONLINE REPORTING: 6,573, 6,454 compliant

SURVEY RESPONSES

Did you improve your hand washing habits and comply with program guidelines on at least 25 days during December?

94% YES 6% NO

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Scrubadub?

90% YES 10% NO

Will you participate in the next program – Test Your Rest?

99% YES 1% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.85
Good-For-You Snack Ideas	3.67
Website & Tracking	4.01
Supply of Hand Sanitizer Wipes	4.01
Overall Program	4.04

PERSONAL BEHAVIOR BEFORE PROGRAM

Frequency of Proper Hand Washing	3.76
Duration of Proper Hand Washing	3.60
Productivity work/home	3.76
Overall well-being	3.77

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Frequency of Proper Hand Washing	4.30	13% increase
Duration of Proper Hand Washing	4.25	18% increase
Productivity work/home	4.01	7% increase
Overall well-being	4.03	7% increase



COMMENTS FROM PARTICIPANTS

Program was an excellent reminder to maintain good hand washing methods.

I have ulcerative colitis and have learned to wash after each bathroom problem. The program added to the already good hand washing habit.

These programs are making me more aware of my health issues and I am sticking with them. Thank you!

I was free of colds, flu, and all sicknesses this month.

A great program. We should have been doing this, or something like this, years ago!

More aware of hand washing!

I love the entire concept of Healthier WY!

As part of this program, I became more aware of using the disinfectant wipes to wipe grocery cart handles.

The program is run extremely well. I enjoy participating in the programs.

Wipes were very helpful!

Good program - I am just not good at it. I wash my hands after coming home from a public place and after working (I am a painter), other than this, I am not a regular washer.

Kept me from getting sick since beginning the program.

I've always been good at hand washing. However, I definitely thought about it more, washed more often and longer. The emails were interesting.

I'm much more aware of times I didn't wash my hands, e.g. after handling money, and improved.

I washed my hands regularly and also reminded the inmates the importance of washing their hands also, for their health.

Keep it coming - keeps us thinking along the line of proper hand washing.

I thought this program was excellent. I have always emphasized good hand washing, and this program made it hit home even more - and I hope others have adopted the habit. I was amazed how washing for 20 seconds made such a difference in how clean my hands looked and felt. Good program!

Tammy-Excellent program-keep up the good work!

I have always washed my hands frequently, but this made me more aware of thorough washing every time.

Good idea to raise our consciousness about hand washing.

This is so important to me as I have a condition that requires very careful hand washing all the time. It is very upsetting to see how many health providers do not wash their hands or wear gloves as they should.

The hand sanitizers are useful and handy, but a good moisturizing lotion might have been helpful. Never had so many cracked fingers in my life. Ha! Ha!

This was an easy one for me to do because washing hands properly has always been a concern for me. I'm glad that it has been drawn to the attention of others that aren't as fanatical about it.

I really liked the snack suggestions. Some of them were delicious!

I wash my hands more and longer.

I was diligent prior to this program. Just makes everyone else very aware.

I haven't had a cold/flu so far.

Being a nurse, I so appreciate your focus on hand washing.

The email/web tracking is excellent, key to success for all of this; I never read the recipes, not useful to me.

It was nice to have the wipes when I am on the go or in the car with my toddler. They came in handy especially after we had been out in public places.

I have always washed my hands, however I realize it wasn't the length of time or duration of proper handwashing that I was doing. This program made me more aware of the proper hand washing and the duration of my hand washing. This program has been great!

Because of this program I have seen several others that have become better hand washers. Thank you!

Definitely increased my awareness and has helped me set the habit of better hand washing!

I have become much more aware of my germ environment!

I love this program and look forward to the next one.

I was conscientious about proper handwashing before this program however I am better at the duration of washing now then I was before.

The program really made me more aware of how important it is to wash your hands often during the day. Especially after being out shopping or just in public places.

I think that this program has helped me be more aware and thus a positive factor in my health.

I really enjoyed the information tidbits related to hand washing that were provided in each email. Wish more people were aware of the facts surrounding hand washing – like how many actually do after using the bathroom, the doctor who proved hand washing helped to prevent the spread of germs, etc. Thanks for doing this!

Made sure to wash hands before handling food and when needed.

I liked the Scrubadub program. The info on public hand washing was very revealing, and caused me to be more aware of my personal hygiene, and also contacts that put me at risk with other people. Enjoyable and informative. Thank you for the good programs designed to improve our health.

Having the wipes made it easy, washed my hands a lot when preparing food enjoyed that.

Thanks!

I really like the information that comes with the program. Things I didn't know.

I made my family more aware and was able to get my children to wash better after using the bathroom and before dinner time.

This was a very timely program due to the recent flu outbreak.

Great program!

E-mail reminders were helpful.

Work in food area so washing hands properly is a part of life. Carrying hand sanitizer pack was very handy when going shopping, etc.

I have been almost obsessive/compulsive about washing my hands and using hand sanitizer for years, so this was an easy program to comply with!

I think that being aware and making co-workers aware is a very positive thing and can only make for a healthier work place and home environment.

This particular program was a good reminder to wash hands to keep healthy during flu season. I am happy to report that I never got sick during this time, and suggested to coworkers that they might want to go home when they were coughing and sneezing.

I believe I will continue to wash my hands and use sanitizer after the month of being made aware of my personal habits. In this day and age, we all have to. Thanks.

This program really made more aware of keeping my hands clean. I hadn't been washing long enough or often enough. Now I do.

Got me to wash my hands religiously, and perhaps prevented me from getting sick.

Enjoyed the program as I do all the programs offered. Keep up the good work!

The program made me aware of how much and how long I hand washed. Noticed more in public bathrooms how people washed or didn't wash.

All the washing really dried out my hands, but I feel that getting into a routine of washing hands more often outweighs any discomfort of dry hands.

Was a constant reminder for me to scrub for at least 20 seconds at a time and I did get in the habit of carrying and using hand sanitizer wipes. I am a constant nag now to family members. :)

It always helps to wash your hands to improve your overall health and have someone there to remind you. I feel it has opened my eyes and I should have been doing this more in the past.

I was already a hand washer, but the program made me aware of the proper duration.

Very Informative, simple to do but very important topic for over-all health.

I believe the overall program has enhanced my awareness of health and well-being. Thanks.

My husband and I have been very diligent in hand sanitizers and washing our hands when out in public, especially casinos, door handles, etc.

I carry hand sanitizer with me at all times and use it after entering and leaving public establishments. Since my immune system is weak I wash my hands often and try to stay away from people coughing and sneezing.

This was a helpful program. It really made me more aware of the length of time needed to wash hands. Thanks you.

I focused more on good hand-washing habits during this flu season. Thank you.

Thank you so much for all the programs so far. Taking a pro active approach to health care is a great way to go!

I like that it is a constant reminder to do after a month it becomes more routine to me and I continue to do long after program done. Wayne

Am far more faithful in duration of scrubbing and complete hand cleanliness habits.

Glad this is catching on! We see hand sanitizers more in public places now, which reminds us. We are so much more conscious of this important habit. Thank you so much!

It is now more automatic to wash my hands and to do so for a longer duration.

Excellent program and timely--flu season!

I've always been very faithful about washing my hands. I'm always surprised at how many people do not wash their hands. I see many leave the restroom without washing them. I'm glad you're incorporating this program so hopefully others will see how important it is.

Didn't mind doing this program. Really got me back into healthier handwashing habits. Now it is an automatic thing for me.

While working at UW we done a survey with teams in restrooms on campus, observing 70% of people do not wash their hands after using the rest room. This was a very needed program.

The hand sanitizers provided were very useful as I visit a nursing home daily.

Hand washing has always been emphasized in my household, from a child on so it wasn't difficult to do. I did improve washing hands more often after petting the animals.

I was able to get my grandchildren more aware of germs and how important it is to wash more often and at a longer length of time. Thanks.

The reminding every day was great!

I didn't wash my hands very diligently before this program, but I do it several times a day now. The only problem is that it dries my hands out to wash them so much.

Nice to be reminded how important it is to take a few more seconds to insure better health.

I have been applying the frequent washing of my hands; I have cancer and compromised immune system, so I have done good hand washing anyway, but do even better now.

I already had very good hand washing habits and am so glad to see it reinforced in the workplace! It really is so important to maintaining good health.

I'm a firm believer in handwashing. Good thing to remind people of doing.

I always wash my hands with antibacterial soap.

I was already washing before flossing, which is 3 times per day, and after using public computers. I increased even more, because of reading about the many different situations where we touch others' germs.

I already have a type of cancer and a depressed immune system, so am very careful washing my hands, and doing even better now.

I enjoyed reading the statistics and was quite surprised at some of them, especially in the food service area.

Great program!!!

I still think The Culprit and the Cure was the best influence on my health behaviors I have EVER encountered, so I thank you again for choosing that, and for continuing this very good program!!

Good program!

I thought I use to be good at washing my hands, but now I am so much more aware and consistent.

While you think you are doing very well washing hands, participating in a program makes you aware of what you are doing and why. Good program!

Just receiving the constant reminders served to plant the seed of good cleansing habits. Thanks!

These monthly programs and themes are always well done.

During the flu season-this program keeps one very aware of proper hygiene.

Good program to strengthen good hand washing habits.

I love the emails.

I have always washed my hands no matter what BUT I know make a conscious effort when washing my hands; how long, how much soap, where, always using a paper towel to open the door afterwards, and watching over my children more, not to mention my husband.

Thanks for doing these.

Gave awareness of importance of washing hands after just about everything we do.

Have always been a hand washer so this program was easy for me; did try to focus more specifically on the duration of the wash, however.

Program provided good reminder.

Hand washing is one thing I have always done frequently and thoroughly so this particular "challenge" was par for the course for me. Thank you for giving us these wonderful opportunities! Betsy

Very good program!

My hands were clean, and I did not get any illnesses.

Encouraged grandchildren to wash hands after restroom and before meals.

Keep up the good programs!

Great idea especially with the flu season.

Great program and refresher course as I have a medical career.

We started a hand-washing program at our college because of the H1N1 flu. So I was already paying more attention to proper hand washing.

I didn't get one seasonal flu or cold yet.

This program creates good habits. I wish all the youth could participate in something like this.

Good hand washing practices has contributed to an illness-free year. Great email reminders; I was able to update from a smart phone.

I've already been aware of hand cleanliness and I've been preaching about hand cleanliness to everyone around me.

I appreciate all of the programs that have been offered, they've all helped me in some way.

This helped to remind me to wash my hands after I would sneeze or cough or cough or sneeze to my shirt sleeve.

Although I washed my hands before, the duration is what i have changed; hoping it will affect my health and well-being; thanks!

As an RN, I am already well aware of the importance of hand washing so my behavior did not change as a result of this program as I already wash my hands many more times per day than the general public.

Awesome!

I was already a hand washing, so this was not a big change.

This program definitely made me more conscious about my hand washing habits. Thank you.

Good hand hygiene is an important part of my daily life, both at work and at home. Thanks for a positive program!

I enjoyed the program very much! I have always been a stickler about washing hands and hopefully now others will be as strict!

Thank you!

Just makes you think.

Snack ideas were MUCH more reasonable this time. Hand sanitizer wipes were handy too, just can't find them in the store to buy more.

I hope this increased awareness of the importance of proper hand washing.

I work in food service so the hand washing was nothing new to me.

I appreciate the Healthier Wyoming Programs as it provides good information and is an excellent reminder to comply when I first turn on my computer every morning. Thank you.

It was very good to see the push to increase awareness of a simple and effective method of disease control. Thank you.

This was a great activity to remind everyone how important it is to keep your hands clean to prevent disease.

This was a good awareness program.

I love this program; it makes you aware of proper hand washing and overall well being.

I am much more aware of hand washing.

The Scrubadub program was a great way to improve people cleaning habits and bring awareness to washing their hands more. Especially, during the holiday season where there is a lot of cooking, baking and sharing of food, there needs to be conscious of hand washing for everyone's sake. Also, with the flu season in effect, office's and households had began to purchase hand sanitizers and cleaning cloths more than ever before. Thanks for implementing this great program.

I didn't get sick all month. I feel proper hand washing and sanitizing of your hands does help prevent getting sick.

I have always been good about washing my hands but this really kept it in my mind and reminded me.

Don't seem to have the sniffles as much this month!!

Glad the state is doing this type of program. Hope it continues.

This got me to teach my son to wash his hands and he loves it now! He's just under 2!

I always wash my hands, but I became aware and spent a little more time washing including under nails due to this program.

Enjoyed the Good Snacks!

I didn't realize how often I played with my pets without washing my hands afterwards. My whole family stayed healthy this month.

Great program!

Overall good programs to keep people aware of health issues.

I love the wellness programs/reminders!

I have always washed my hands frequently throughout the day, but now I use the hand sanitizer you supplied and wash longer than I had before.

I have been a good hand washer for years, because we work with the public. But this was still a good reminder, it made you even more aware.

This program made me even more aware of how important it is to wash your hands. I have grandchildren and they are germy little creatures, and this program helped me to help them become more aware also!

Since I am a nurse, I had very good hand washing but this was an excellent reminder and the snacks were good.

Thank you for this program!

I already wash my hands pretty obsessively but it was nice to have reminders as well as the snack ideas emailed every day!

I thought it was a very good and informative program. Thank you

This has been used @ WLRC since before I started working for the State 20+ years ago. Good to know it is now state wide.

Learned to wash longer.

Good program - made me more conscious of the issue and have passed it on to granddaughter.

Excellent program. It made me think about proper handwashing rather than a "quick rinse".

As an already established habit, this program was easy for me to complete.

Really helped the children to keep washing properly.

I've always been really good about washing my hands but keeping a record of that really makes you more aware of your overall health.

I hope this program will positively influence some of the people I work with so that they will see how important clean hands are!! Especially after using the restroom!!!

Great program, keep up the good work.

Great program, the hand washing statistics were eye opening. Also liked the snack ideas!

This was a real eye opener, making you aware of an important step in keeping healthy, both for yourself and family and friends. Enjoyed the program. I now carry sanitizer with me where ever I go.

As a former health care worker I was already aware of proper hand washing and was very pleased to have this included in this program. Thanks!

Very worthy program, especially during this time of the year, being flu and common cold season.

Statistics were very interesting!

The programs provided have given so many helpful hints for my overall health. Thank you for that.

Thank you once again!

We are pretty much into this because we work in a clinic. It helps everyone I'm sure.

Great idea for this program as it made you more aware of this several times a day activity. Thanks especially for the great emails.

I've always been good about hand washing, so the program didn't change anything for me, I hope it helped others to do better.

Web site and reminders are good.

As you know, little things add up. From past ideas, I now tote a large mug full of water throughout the day. I pay attention to what I'm eating, specifically, I try to avoid going to restaurants that have trans fat or don't publish their nutrition information.

Loved the hand sanitizer wipes--excellent for leaving in the car, diaper bag, purse!

Good factoids about hand washing statistics.

I found the daily statistical information very interesting and helpful.

Enjoyed the quick snack ideas

This was easy for me as I learn at an early age to wash, wash, wash my hands!

I am a clean freak, this did not really make me more conscientious about cleanliness.

Thanks for the wipes. I used them very frequently in my office and at home.

I've always had great hand washing habits.

I found a 20 second song to sing to myself while washing hands, to help me increase the duration. I think that this program was especially timely during the peak of the H1N1 flu season.

The wipes came in handy while traveling.

My biggest change was better handwashing at home.

This is a great program, really motivates and provides noticeable results. Keep it up!

I liked this program so that others that do not make hand washing a priority might now do so. I am a stickler about it anyway so this did not test my attention...but it was easy to report good progress. In this flu season, this was a great idea!

I really love participating in these programs. I share some of the info with my husband.

Before the December program began, I did not realize that 20 seconds was a suggested amount of time to scrub one's hands. As the month progressed, it became easier to keep the good habit. It also became clear how many others were not aware of the 20 seconds. Hopefully, all of us participants were able to share the good news.

The 'hand washing program' was a basic continuation of the routine taught when I worked as an aide at our local hospital (Nebraska). We were taught to wash before and after each individual patient care, depending on what patient care provided, it was sometimes necessary to wash after aiding a patient before continuing with that patient care. Therefore handwashing became an ingrained act that I sometimes find myself washing my hands almost immediately following a hand washing!!!!

Handwashing is very important.

I was more conscientious of spreading germs .

This really did help me increase the frequency of proper hand washing, and I was healthy all month!

The hand sanitizer provided was really nice to have. The wipes are a lot easier to travel with, especially when you go on an airplane and your liquids are limited.

Great program!

Great reminder; it's so easy to forget how important it is to keep your hands clean at work. It helped me remember to use the hand sanitizer at my desk after blowing my nose, which has been a failing for me. Just helped me remember to wash between going to the restroom.

Having to keep track of hand washing helped me improve the quality of cleanliness. Thank you!

I was already a compulsively good handwasher, so this was easy. But I was glad to have it in the program!

I like the Healthier Wyoming program overall. It motivates me and keeps the thought of living healthier on my mind. Thank you.

The program reminded me and the hand sanitizer were great for out in the field and eating out.

Thank you!

I've always been good about washing my hands frequently (thanks, Mom!!) but now I spend a bit longer washing them each time. I've also purchased hand sanitizer for my office and extra bottles of hand soap for my house. I'm also still eating healthier since doing the 5-a-day fruit and vegetable challenge a couple months ago!

We tend to improve what we pay attention to. This program functioned well in that capacity.

Great program - I was already adamant about hand washing because I have young children - good to spread the word!

We have not had a cold or flu, concentrating on proper hand washing especially after being out but also after petting the dog.

This has made me more aware of the importance of hand sanitizing, especially with all the bad bugs that have been around these past months.

I was surprised on the duration of proper hand washing. I paid more attention.

I sometimes didn't wash my hands as much as i should have in the past, but this program opened my eyes! I also haven't gotten sick...i think washing my hands had a big impact on my health!

Never knew how long 20 seconds was until I noticed I didn't wash my hands long enough.

Good job!

Hand washing is so simple to do, but vital to well-being. Through your campaign, I was mentally aware of the benefits of hand washing every time I was in contact with people, crowds, and in bathroom. Thanks!

Actually, I work in the School of Nursing. Handwashing is always a focus.

THANKS!

A good re-training to establish better hand-washing habits!

Programs provide daily reminders of good healthy habits. This increases the chance of making good habits.

At the beginning of the program I was washing my hands too often as they were becoming dry and chapped. I started to only wash for 20 seconds after I used a public restroom, before I ate in a restaurant, first entered into my home from being out in public, used the

restroom in my home, touched and opened my mail and a number of other instances. I would always wash them for twenty seconds when I first started to prepare food in my kitchen but then during food prep I would not...that would be a bit ridiculous. I would scrub them for 20 seconds after I handled meat and have always been very careful when handling meat in my kitchen especially pork and chicken. I never cut up any meats on my cutting boards but rather on a Corelle dinner plate and then rinse and put the knife and plate in the dishwasher. So far I have not been sick this flu season so I must be doing something right!!!! I love this program. A lot of the requirements and suggestions given during the past year I already do which makes it a little easier to incorporate the new suggestions I get from the program into my daily activities. I am looking forward to the programs that have been scheduled for the rest of the year! :)

You've turned me in to Howard Hughes...without the money.

Excellent reminder of how often and how long to wash hands.

Your email messages were very helpful reminders of proper hand washing.

I haven't ever had a problem washing my hands however there are other people that benefitted from this program.

It makes one more aware of why you should wash your hands especially transmitted germs.

Another fine program!

Thanks for doing these programs.

I think this was a good program. More people need to wash their hands more often than they do.

I especially like the recipes. (I had to many Holiday snacks and ate out to many times)

I already had fairly good hand-washing habits, but this was a good reminder.

Good reminders!

Thanks for raising my awareness!

I think this was an important campaign. I have kids and it is so important for them to wash their hands correctly. This was a way for me to emphasize this behavior with them.

I was already a handwashing fan! Thanks for the sanitizer.

Thank you!

It was good to be reminded to wash hands after petting pets.

Everything about the program was helpful.

Thank you!

My grandchildren are now washing their hands after blowing their noses and just more frequently in general.

This program made me more aware of duration of hand washing. With Cold and Flu season, we need to do better.

I believe the program made some people more aware of sources of contamination they are frequently exposed to.

The biggie for me with this program has been to consistently wash my hands for the duration necessary. I made a concerted effort to ensure that I was both consistent and washed my hands for the required duration. I was sick during the Christmas holidays in 2007 and 2008 but not so in 2009. I have to give consistent handwashing for the required duration part of the credit.

I knew about washing hands with soap, and for several years when I visited sick friends in the hospital, I became familiar with sanitizing hand lotions. In fact, it is required on the days I volunteer at the hospital. Sanitizing wipes were completely new to me.

The duration made a positive impression on me...now I count to 20 whenever I wash my hands...thank you for that encouragement!

Hopefully helped with maintaining health and not getting the flu or a cold.

This made me more aware of washing my hands more frequently and longer. This I will continue to do (this also made me more aware of germs on all kinds of papers).

During the month my sister in-law was diagnosed with the H1N1 and I was the one that took her to the emergency room. I was diligent in washing my hands and I did not get it.

Used all the wipes sent with the program at work & used antibacterial hand soaps in the home. I think this helped keep flu/colds at bay; have not had either this season and did not get any flu shots.

The duration of time spent "soaping up" increased.

Because of this program each time I washed my hands I thought about proper technique & duration.

Thanks-I think I've avoided some illness that was "going around" at work.

LOVED THE SANTIZER WIPES... Thank you :)

Thanks for this program. Before the program my hand washing was sometimes shorter than what it should have been. I realize now I need to spend more time scrubbing. Thanks a bunch.

I was already a frequent and thorough hand washer so this program wasn't helpful to me except that the statistics of those that don't wash their hands amazed me. I found myself being extra careful in public bathrooms to not touch any surfaces without the use of a paper towel after washing my hands...door handles...ewwww!

Keep this program the same - it's an easy but important message.

Thanks for thinking of your employees.

I like this program very much. Thanks a lot.

I washed my hands much more often as I was presently aware of the places my hands touch...I have not gotten sick yet.

Definite help in establishing better habits.

I became more aware of my hand washing as a result of this program. It brought my attention to the issue which improved my habits.

Overall a good reminder of what we should do.

I am an avid hand washer, but I have been able to incorporate this to my husband and his hand washing.

Thank you for running this program - good e-mails, with lots of good tips.

Even though this comes easy for me (I worked in the medical field and proper hand washing is mandatory!) I know that this helped make other people aware that may not have as good of hygiene. I am amazed at how many women do NOT wash their hands when they leave the restroom, so this hopefully will make some of them more aware!

Was able to stay healthy even though almost everyone at work had colds.

I'm much more aware of how long I wash my hands, and how other members of my family are not washing their hands.

Emails helped a lot!

This was a very good challenge to be aware of the benefits of proper hand washing While others in my office have become ill, I remain healthy!

Thank you!!

Have not yet been sick this winter, in spite of working around a lot of people who have been. Perhaps all this hand-washing helped!

This made me really think more about duration of hand washing especially for my kids!

Each time, I washed my hands, I thought of the program and did it longer. Thanks!

Thank you for this wonderful program.

Excellent keep up the good work! These programs keep me going each month because its good material.

I love this program. Thank you!

I really appreciate your program--excellent support to establish a good healthy habit! And it is simply easy and effective! My kids are also improved their habit!

Liked the program.

One thing I had never thought of was washing after petting the dog or cat. Now I do it. I also washing my hands long enough.

I have always made sure I wash my hands, am just washing them longer now. Thanks

I already was scrub a dubbing...but a good program, esp. the emails of statistics.

Thank you!

Good information put out.

I am a Renal Transplant Patient out 4 years this month & take health care very seriously.

I had hepatitis when I was in the 3rd grade, the Dr. said it was probably from not washing my hands good or chewing my nails! Since that time, I try to wash my hands good, always!!

Things you should do every day, however, the program reminds you continually, and that is great!

Loved this challenge. Went to Vegas during it and those hand sanitizers wipes went quickly. Amazing how many surfaces you touch.

Good program since we are all faced with H1N1.

What a good reminder to wash hands correctly and properly, especially during this flu season and with the swine flu concerns.

It keeps me thinking about it by reporting in each day.

This was easy for me as I once was a Certified Nursing Assistant and incorporated handwashing into my life a very long time ago.

I really like the programs.

The supply of hand sanitizers was very helpful on my recent trip to Europe where public conveniences don't always have good hand washing facilities. I kept a supply in my handbag for mine and my husband's use. So far no coughs, colds, or sneezes. Thank you! :-)

I have always been a handwasher so this program didn't teach me much in that particular regard, but did raise consciousness by keeping me mindful of good overall health habits during participation.

Helpful program. Thank you for doing things like this :)

I am doing a better job now that I have had the added incentive of program compliance. In particular I have learned about the duration of time it takes to kill bacteria when washing. I used to just do a hurry-up job but now realize I have to spend more time to get the job done.

While I was pretty good at washing after using the restroom or before and during preparation of food, this made me more aware of other times hand washing was essential, such as after sneezing or touching animals. Made me a lot more conscious of those behaviors.

I am so happy to be able to have access to a health program such as this one, as it helps people develop and continue good health habits.

Helpful program.

I traveled overseas during the last week and a half of this challenge. The Hand Sanitizer wipes as well as participation were very beneficial in my travels.

I can't believe how much more attention I pay to washing my hands and even making sure my family is doing this.

It made me more aware of washing my hands and that's a good thing.

Love the program, thanks!

It was a good review. I had this class when I was employed.

We wash our hands everyday but becoming more conscious of our hand washing technique is invaluable!

I never got sick!! Great Program!!

Good program. I really appreciate the reminders.

Maintain frequency of e-mail reminders/contacts.

Even though this seems like a normal thing and everybody does it, I liked this program because it's an awareness and a way to teach those who might not know. Thanks!

Keep up the good work!

I enjoy doing these programs. Please, though, have them last longer so that we really get them engrained into our routine. Thanks!

Keep it up.

It's working just fine. Keep it up.

Well done!

I applaud the state's efforts to improve overall their employee's habits/health.

Continue this kind of program!

Great idea though for those who don't take the time to wash their hands.

I'm enjoying the program and find it valuable.

Excellent!