

**BRIGHTEN YOUR SMILE
OCTOBER 2008
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 2,803
ONLINE REPORTING: 2,451, 2,255 compliant
ONLINE SURVEYS COMPLETED: 1,599

SURVEY RESPONSES

Did you enjoy this approach to improving oral health?

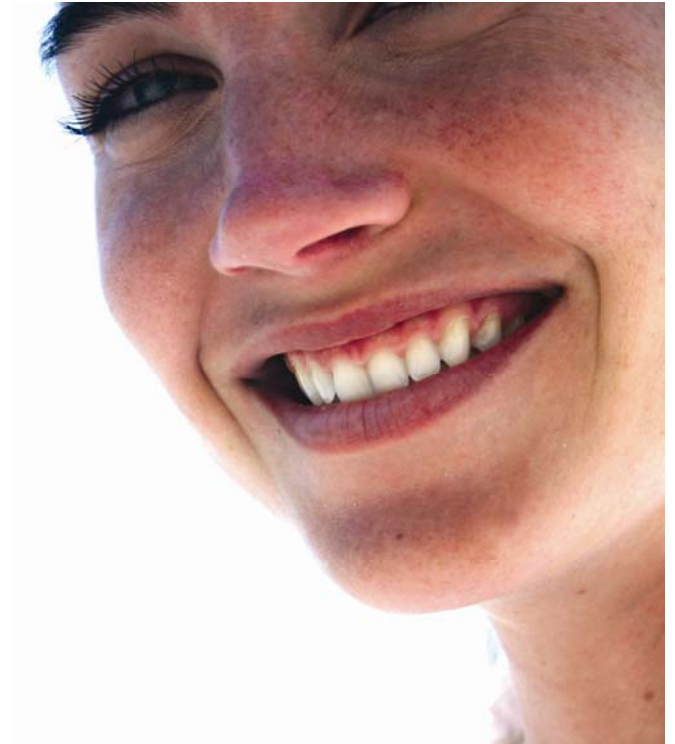
96% YES 4% NO

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

84% YES 16% NO

Will you participate in the next program – Maintain – Don't Gain?

96% YES 4% NO



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

Emails	3.76
Recipes	3.51
Website & Tracking	4.00
Dental Floss/Prizes	3.91
Overall Program	4.05

PERSONAL BEHAVIOR BEFORE PROGRAM

Time spent brushing	3.83
Daily flossing habit	3.32
Productivity work/home	3.70
Overall well-being	3.73

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Time spent brushing	4.13	8% increase
Daily flossing habit	4.14	26% increase
Productivity work/home	3.87	5% increase
Overall well-being	3.91	5% increase

STATE EMPLOYEE COMMENTS – BRIGHTEN YOUR SMILE

I like the Small Steps; I think the overall program is surprisingly good. Somehow little constant daily reminders, small things that one can do instead of large reforms all at once, are going to be more successful making people habitually mindful of behaving in healthy ways.

The program actually encouraged my husband and I to go into the dentist. Unfortunately, it had been a couple of years since we had been in, and we were lucky to not have any serious damage to our teeth. The Dentist was very pleased to hear my worksite was doing such a program! Thanks again for the dental floss.

I never flossed before and now I floss every day. I took very good care of my teeth before but now it's better. Great Healthier Wyoming program!

I think these programs are great! They are educational and motivational. Keep them coming. My goal is to do all 7.

I think it is an awesome way to encourage people to change habits. I already brushed regularly but flossing was never as consistent. This has reminded me to make flossing just as consistent. These "small" steps/changes one at a time are helpful in changing behavior without feeling overwhelmed. It is a great process!

This is a great program it has several of my coworkers excited about seeing what is new on the website each month.

I meant to add to my evaluation of this program is that my dental hygienist has been trying for years to get me to floss my teeth, and I am FINALLY flossing my teeth now, thanks to this program. Thanks!

I did it every day!!! For me trying to remember to floss everyday was tough. I have finally found a routine and my three year old son and I now floss and brush every night before bed.

Very easy to understand a kept track of.

I floss pretty regularly, but this always reminded me and kept me honest about it!

A good reminder.

I have been a regular brusher and flosser most of my adult life, so this was not a change in behavior for me--just a continuation of an already-established habit.

Keep up the good work with this program. It has inspired me to become more health conscience and make a better effort to improve my health. Might do the maintain don't gain challenge later.

Four years ago this month I quit chewing and started practicing good dental hygiene habits. Having healthy gums now has made my overall well being improve dramatically.

Flossing regularly which is a success in itself.

This was a great program and has helped me to create better dental care practices.

I thought this program was great. Our whole family is flossing better now!

Great program!! Looking forward to participating in the next one!

I really enjoyed the emails, most were things I knew or had heard, but it is always good to be reminded. Thank you.

The program kept me focused on brushing and flossing my teeth.

Great way to stay on task.

Worked well for me even though I already brush 2 to 3 times a day as well as floss. I appreciate your program!

I put a reminder on Outlook to remember to brush after lunch which really helped...and why I forgot on weekends.

Excellent program!

Better habits to continue.

GREAT JOB – THANKS!

I have always been good about brushing my teeth twice a day, but not flossing. This program had now made flossing a daily habit for me.

It made me think about things - sometimes it is too easy to forget to do things.

This program made me aware of how important dental care is. I will continue with the programs - Thanks for the little kick in the pants!

Brushing & flossing has been very important to me. This has shown me that my efforts are for the good health of my teeth & gums.

MADE ME MORE AWARE THAT WHAT I WAS DOING ALREADY, SHOULD BE A PART OF LIFE.

It made me more aware of my health and flossing my teeth.

This was an easy thing to do, since I have been doing it for more than 30 years.

I also use a sulcabrush twice each day

Good program. Incentive to keep flossing.

I already brush and floss my teeth at least twice a day. I liked the little dental floss prizes. It gave me a chance to use a new product that is great.

Thank you for the dental floss.

I've always flossed "occasionally". This is the first time I've faithfully flossed!

I was kind of hit and miss with my flossing. I usually flossed every 2-3 days. I can really tell a difference with the daily flossing. The floss you sent was also better than what I had been buying at the grocery store.

I finally started flossing just before I began this program. The program gave me an added boost in flossing! Thanks

Preventive health care has always been my goal. Thank you for rewarding this goal!

This program helped me to floss more as I do brush my teeth at least twice a day, but I tended to forget to floss. Thanks

I have never flossed on a regular basis. This program gave me a goal. I believe my teeth are better for it. It feels like it is easier to get the floss between each tooth. Flossing on a regular basis keeps the teeth clean in between each tooth. Thank you!

I like that I'm getting more in the habit of flossing!

I used many of the "healthy" recipes.

Thanks for helping me keep on track.

Good reminders every day.

Before this program, I brushed my teeth several times a day, but I was an adamant non-flosser. My teeth are so tight, the (very) few times I'd tried to floss (even with waxed floss), I'd break the floss over and over. Not only that, but the floss would get painfully tight around my fingers and sometimes cut into them. I bought a package of pre-strung flossers

and used them for this program. Though I often broke the floss in two or three of them each night, they worked so well I had 30 compliant days out of 31. I believe this lifestyle change will become part of my permanent routine. Thank you!

Excellent program.

Improved my flossing performance.

Nice! Liked your "incentives"...good way to get people to participate.

This portion of the program opened my eyes!

I now spend much more time brushing, and have learned that I need to replace my brush much more often.

I liked the tidbits of oral hygiene information sent by e-mail.

Love this program...please keep it going!

I have always brushed my teeth twice a day, but I only flossed once in awhile and I did not know it makes such a difference, I can feel the space between my teeth and it's great.

It made me pay attention to flossing.

The program helped to remind me and encourage me to brush and floss more.

The veggie lasagna was a great recipe! I enjoyed the challenge of flossing each day. It really helped me to get into the habit of flossing because prior to this I didn't floss at all.

Main impact was that it motivated me to floss---just the nudge I needed. I already was brushing 2x a day but was irregular about flossing.

Each of these programs has helped maintain an awareness of my day-to-day activities.

Great program, this has helped with not eating after flossing and brushing in the evening, good way to help lose weight.

These programs places an emphasis on personal responsibility to overall wellness. It reminds me that I am as well as I can be, if I put out the effort. Thank you.

I didn't floss at all before and have always wanted to. The first couple of days after the challenge was over I almost didn't floss but decide that flossing is MY habit and I don't intend to stop. Thank you for the challenge.

I think this was a very good program and thanks!!

Very good program, would like to see it repeated.

It was fun and easy for everyone! Receiving every day emails is the key to our success.

I am already brushing three times a day (after each meal), so this didn't add anything to my oral health care.

I was good during the week when I had a more stable routine but had difficulty on the weekend when I did not have to get up and go anywhere in the morning. On some weekends I only got one flossing and one brushing in at night.

This was very good for being accountable to good habits that I have been wanting to start.

This is a good program for people who do not have these habits already. I already established these habits a long time ago. However, my dentist likes the results of the electric toothbrush.

I liked the program and am trying to maintain the good habit that was started.

Thank you for the program and the support provided to get into better dental care.

This was a great motivational program!!

It gave me a Great Start on a Good Habit I've been meaning to get in to!!! Brushing has never been a problem for me, but for some reason, I just never had or took the time to floss, it just seemed like it took too long and was just a hassle! But, it's much easier than I thought! You just DO IT!!! It sure feels good! Thanks for the push, I hope I can keep it up now!!! Thanks, Lori

I kept telling myself to floss but never did. With this program I made myself everyday and now I don't even think about it, I just do it. Thanks!

I have always taken great care of my teeth. I would like to floss more and this program helped with making it a habit.

Even before this "program" I usually brush 3 times a day and floss once.

I've always brushed my teeth several times a day but have never been much of a flosser. I was glad for this program as it made me realize it only takes a few minutes to floss my teeth. I know my dental hygienist will be thrilled at my next appointment.

The web program was great, never had any problems getting access.

Good way to encourage a positive change in habit.

Didn't floss enough. Now I floss every day. Thank you.

Very informative emails; great tracking process; this is the first I have participated in I hope you are having a good response. Nice recipes... :)

Great program! The prizes were extremely nice! That was a great way to promote your program!

I think the program makes you more aware of doing good things for your health.

I just love flossing now and MAKE TIME! Thank you!

I like this program. However, this was an easy one for me as I already floss/brush, but I still liked it.

This was great, it made me be accountable!

Involved my youngest child with me.

I am definitely more aware of keeping the daily flossing habit now. Thanks for the packet of dental floss for each month of the year.

I hadn't realized that you only get 60% of the tooth by brushing. That motivated me (and my husband) to floss more.

MADE ME MORE AWARE OF MY HABITS AND MADE ME FEEL BETTER WHEN I FOLLOWED THE PROGRAM.

I liked the idea of actually keeping track of my oral hygiene habits. It made me feel good to see that I was taking care of my teeth and gums.

Flossing has become habit now...thanks!!

Emails were a great external cue to stay with the program.

I like the program! It has increased my awareness and improved my oral health and self-motivation.

It was easy to track on line and the expectations were realistic.
I hope I win a toothbrush.

I actually started brushing & flossing at work after lunch along with morning & evening.

I really liked the comics. They brought a smile to my face, and were a great reminder to floss!!!

I am not a very good flosser and this helped me remember to floss every day and I've continued after the program.

I think for people who don't floss daily it was a good reminder. For those of us who already do it was just a matter of getting online to report.

I was scheduled for a root canal 11/3 which has been postponed as the pain/symptoms in affected tooth is less. Hopefully with continued oral health postponement will change to cancellation!

I was already brushing and flossing - the program did help me be more focused about not missing any days.

This was great for my granddaughters. I have dentures due to a bad dentist. I had them do the program and it made a difference. They are still doing it.

I had a dental appointment on the 29th and I had a good report.

I was flossing several times a week before. Now I floss every night. I'm more mindful now - and that's a very good thing! Thank you!

My girlfriend and I got into a competition with this program.

A great approach to dental health. While my personal habits in this regard were good, I appreciated the additional tips and prizes (floss).

I really can't comment on the success since I brushed and flossed everyday anyway.

Cartoons were relevant and fun to have.

My mouth feels better and looks better.

I have always brushed my teeth at least 3 times a day. I had been flossing, often, too, but the program taught me a habit of flossing every morning at the same time.

I already did these things on a daily basis and will continue to do so.

The program forced me to be more conscious of completing all steps daily.

This is just daily grooming as far as I'm concerned...did pass on to the children a "healthy clean tooth will not decay"...notice they are brushing better and more also...thanks!

Thank you for the floss and mirror! I've always been a good brusher & flosser but this made me even more aware. Keeping track on the computer was the best.

I've recognized that I needed to improve my flossing habits - this program really helped to set a new habit. Thank you!

This was a good experience for me. When I was a kid, we always had to brush twice a day, and I had gotten away from that. I've been good about flossing for years, but only brushing twice periodically. Now I'm doing a lot better! Thanks!

What a great interactive program!

The informative emails have definitely heightened my awareness and educated me.

I enjoyed receiving the floss in the mail. Hopefully when I go to the dentist my hygienist will notice that I have been flossing more. I also enjoyed getting the emails with hints and recipes. Hopefully I'll do as well with the next program. Thank you.

I'm glad the state is reinforcing positive healthy lifestyles.

I appreciate these healthy programs to keep these topics fresh, especially the healthy recipes!

Before the program, my dentist said he would tell you I would meet the requirements because I have flossed and brushed for years. In fact, the hygienist schedules me for shorter cleaning times than the average person. So there were no personal changes for me this month but I believe it is an important health step many more people should take.

Flossing was something I hadn't been doing. I guess I just don't like the mess on my mirror. But, I do like how it felt, and plan to continue. Thank you.

I just wanted to say that I already was brushing twice a day and flossing once a day before the program but I did enjoy receiving the information and I really hope that I win a sonic care because mine is old and about ready to bite the dust.

I have always been very good at caring for my teeth and flossing daily, sometimes flossing more than once a day, depending if I eat pop corn. This program has kept me on the right track providing important information about teeth. It was a very positive and fun thing to do for our oral health. Thank you very much for the wonderful overall health evaluation. Looking forward to more. Sharon

I do look forward to the next program - I think it is a good reminder - add some fun tips.

Great program! I'm more committed to flossing my teeth now more than ever.

With all the floss I have no excuse not to floss.

Thank you! I flossed more this month than I have in several put together...over several years! What a great idea. I will continue flossing often.

This is such a great program that you have developed.

Although this is a very good idea to get people to brush more often, I have always had a routine of brushing 2 or 3 times a day...it has made me more aware of daily flossing.

Of course I've always known how important flossing is, but having the "challenge" really kept me focused and helped me get back in the habit. Thanks for the incentive! Excellent program!

Nice to have a nudge now and again. What is the program for NOVEMBER?

Had my teeth cleaned Oct 27 and couldn't stand to re-stain them so I quit smoking! I'm on day 7 smoke free. Very challenging with a smoking partner, but he's already talking about quitting too - after smoking for 35 years.

I maintained my daily brushing and flossing frequency habits. I increased the time in minutes spent on brushing per day.

Glad to have the dental mirror and supply of floss!

Program was simple and effective.

Updating the chart made me think of ways to remind, plan and incorporate a HABIT into my too busy day for dental care. I LOVE my dental mirror. What a mouthful to explore. Now I never have an excuse for being without dental floss. One at home, work and in my car! Thanks!

I did have gum surgery several years ago so I am always very thorough with my dental hygiene. In addition to brushing and flossing I use a water pick which also helps.

My husband was not big into flossing prior to this program. But since I had joined this program, my husband "stepped up to the plate" and did it with me.

This was easy for me because I was meeting the requirements prior to the program, but I made me doubly sure to keep pace.

My dental hygienist should be a happy camper with me now! Thanks for the encouragement to follow her instructions!

Positive comment from my dentist on my increased flossing! I had my teeth cleaned and the hygienist was impressed with this program, saying she wished more employers would do this.

In addition to the program, I had a dental exam and my teeth cleaned during the month.

Dental hygienist's first comment at my appointment in October was "you must be a flosser"

This activity reminded me daily to take care of my teeth. Thank you!

I always floss at least once a day and brush at least twice. However, in general I think these programs are great, and I appreciate them.

I enjoyed keeping track of my progress daily! It's interesting how much more attentive one is when he/she is watched over!

I thought I was flossing almost daily, but I realized through the incentive of record-keeping that I was skipping a couple of days per week.

I generally flossed most days & brushed twice as well, but keeping track of it and having floss everywhere kept me reminded, so I will keep floss handy now.

Good Daily Reminder!

This program really encouraged me to floss more than I normally do. Thanks.

I have brushed my teeth 4 times a day for years but now I floss more regularly.

After many years of not going to the dentist, I took the plunge and went this month. I probably would not have made the appt. if not for this challenge. THANK YOU!

Thanks!

Flossing for 30 days has helped me establish the habit of daily flossing.

This was an easy one to follow as I floss and brush twice a day anyway. I love this program!

Motivated me to floss daily - realized it wasn't that hard to get into the habit of doing.

This was a very straight forward approach that made me think about my oral health more than I had.

Great Program - I'm glad that you included dental health in the wellness program - often overlooked. I know that there were at least 5 times I would not have brushed my teeth if I had not been in the program - great incentive and now well ingrained.

I know that flossing is a good thing and this helped me get more motivated to do it.

These programs are fun and productive, keep up the good work!!!

You got me into the habit of flossing every day. I now floss every day.

I have always brushed and flossed twice daily. This program was easy for me.

Thanks! I really enjoyed it!

My teeth feel better!

I've always valued the health of my teeth and intend to keep them a very long time. This program helped me to be more aware of other aspects of oral and overall health. THANK YOU!!

Just helped me remember to take the time for both brushing and flossing. Nice to have a reward!

Great program which has really encouraged me to make sure I brush my teeth before going to bed and not eating foods afterwards, thank you!

Liked the floss and the mirror! Found a broken cavity before I got to the dentist thanks to the floss and the mirror.

Thank you for finally recognizing that preventive care is so important. The program is enjoyable and easy to comply with (so far!).

Excellent! Some days when you feel too tired to floss before collapsing in bed this program was an incentive to complete that task before retiring. Then you establish a habit to continue. Thanks.

I try to have good dental habits but appreciate the emails as a daily reminder. It was a great program which provided more awareness and tips to continue to have good dental hygiene.

Great idea - preventative is always the best way.

This was not difficult for me to follow as I had already been completing this regime. I did like the little mirror to check teeth after brushing.

Great program! THANK YOU!!

Providing the dental floss was just what I needed to get me back on track with flossing!

Awareness for good dental health is now a habit.

The email reminders were good for me. We tend to get so caught up in our work we sometimes forget other things we need to do.

The question whether I've become more responsible in my oral hygiene has not improved because I brush and floss religiously.

My husband has decided to do the activities with me. He was amazed that I jumped out of bed to brush and floss - every evening.

I have always flossed and brushed 2x's daily. If there is something wrong I've always been told it will show up first with your teeth.

It was a great activity, I enjoyed participating!

Improved awareness of flossing daily.

I enjoyed participating. My teeth look better.

I did have a good habit prior to the program but it was nice to see progress on a daily basis with the chart.

It worked to begin a better habit of daily flossing.

I have been keeping great health so far. Thank for healthier smile program, I am very pleased with it.

I enjoy this and look forward to the next thing no gain.

I now actively think about how long I spend brushing my teeth and making sure I don't miss any areas. My hygienist will be pleased!

Having the e-mail reminders was very handy as well as our code available to plug in each time. Enjoyed some of the recipes. Beings it is already an ingrained habit to brush and floss every day, twice a day at least, this was no sweat!

I think that this is a wonderful program. It made me start caring about my teeth again by flossing AND brushing! I liked the floss in the mail, that was a nice reminder to keep flossing!

Nice way to monitor my progress.

Very good, I am new to using this program so I went through the month without finding the recipes until just now. I can see there are many things here to use and enjoy, thanks.

I have always brushed my teeth often & thought I flossed daily. However, I found that there were days that I would have skipped flossing if I hadn't been on the program. Several times I ended up flossing more than once. I definitely feel like it made me more aware of my behavior & I will keep up the daily flossing. Thanks, Sue

I went hunting in the Dubois mountains and was still able to brush at least 4 times during that period.

I have become more aware of my bad and good dental habits.

My dental habits are still short of the mark, but they have improved.

This is a very good program to keep us motivated! Keep up the good work.

I was always a reluctant flosser but this has got me in the habit now.

I am already an avid brusher and flosser so I really did appreciate the floss.

I already flossed daily, often after every meal. I always brush twice daily as well.

It reinforced good habits

I must say, I brush my teeth more often and also floss every day now. It has become a habit. Recording was easy to do. Thank you.

I really liked the frequency and content of the e-mails -- brief but informative -- and I learned a lot from them.

I floss and brush several times a day, but the program has at least reinforced what I'm already doing.

Anything for wellness improvement is a plus.

This exercise was sooo easy, it would be a shame if not everyone participated!

I liked the recipes.

It made me more aware of my oral hygiene.

Having an online tracking system really kept me motivated to keep up with the program. I think that is a great tool.

Great program! I firmly believe in prevention.

I have no suggestions. Outstanding effort on your part.

I really enjoyed the cartoons. I sent them to my daughter at college and to my dentist.

Great program. As a new employee in Wyoming, it is a shame more State employees do not take advantage of programs such as this.

This is my first time with this program. No faults that I can find. Simple to access on-line, easy requirements. I am looking forward to the next challenge.

I think it was great and I'm excited to start the next challenge. You make it easy to report progress, so I will continue to participate.

Keep up the incentive for us to monitor healthy habits. I was doing a lot of things right, but the added incentive of daily tracking and logging keeps me from getting careless or forgetful.

Tammy-Good Job-Keep up the good work!

I'm looking forward to your next program.

It's all very very good. :)

Have the articles from the e-mails archived--excellent information.

I thought the program was very good-wouldn't change a thing!

Good Program. If I didn't already brush & floss routinely I think it would have made me more aware and probably would have been better.