



High Speed Hand Washing Helps Build Healthy Habits

Glenda Hyde, MEd. Glenda.hyde@oregonstate.edu

<https://oregonstate.app.box.com/s/zz5uzi5lbfpfp28bewbl8ra5kyi54n1m>

or Google it with: **Enjoying our Healthy Harvest** (includes extra activities)

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Q: Using a hands-on learning method with food to sample, how do you model food safety in a 30-minute nutrition lesson?

With the High Speed Hand Washing technique students in a classroom can all wash their hands properly in 5 minutes or less. This includes each student lathering up for 20 seconds.

Cost: 1 liquid soap in a pump bottle per classroom. Paper towels. Optional: Glitter-buddy type kit (magic potion & black light) brevis.com (\$75). (Adaptation: Use lather to self-assess.) Storybooks for Head Start and primary classrooms. Stopwatch or timer. Stickers.

Target Audience: Pre-school thru Adult

Used in: Classrooms and school or community gardens

Control Theory: Lessons need to meet basic human needs for quality learning: Love, power, freedom, fun and survival.


Safe Food Handling Message: Wash your hands before you prepare or eat food, after you go to the bathroom or take out the garbage, touching hair, face or clothes; and after handling food that will be cooked before eating.

The survey question: "I wash my hands before I touch or eat food..."

Responses: Always, Most of the Time, Sometimes and Never.

Results

4 th Grade Hand Washing Indicator Data Summary						
School Year	N=	% increase	% did not increase	% already at best practice	% decrease	Type of Survey
2007 – 2008	151	31.1%	20.5%	27.8%	20.5%	Pre/Post
2008 – 2009	424	23.6%	14.9%	37.5%	15.3%	Pre/Post
2009 – 2010	510	23.3%	20.2%	37.8%	12.0%	Pre/Post
2010 – 2011	807	43.4%	16.5%	34.8%	5.1%	*Post then Pre
2011 – 2012	733	46.7%	13.0%	36.2%	3.7%	*Post then Pre
2012 – 2013	964	47.9%	13.7%	34.4%	3.4%	*Post then Pre
2013 – 2014	643	44.8%	17.0%	30.0%	3.9%	*Post then Pre



During a Flu Outbreak – 50% school absentee rate for 2 weeks, except one classroom – 100% attendance using HSHW. ~4th grade teacher

What did we learn? **High Speed Hand Washing Works!**

It is easy to understand and implement, and can be done quickly. It can be fun and empowering for students. It helps prevent foodborne illness and the spread of communicable diseases. Reminders, refreshers and fresh, age-appropriate approaches are important to re-engage commitment, annually, at least.

