Insights Into Social Media to Promote Oral Health

Wednesday, October 8, 2014

Social Media Working Group

Communications Committee



General Reminders

- This webinar will be recorded and archived on the ASTDD website;
- Questions will be addressed after the speakers are finished. Please type your question into the "chatbox" that will appear at the end of the webinar and then click on the bubble to the right of where you type your question to send it to the moderator;
- Please respond to the polling questions at the conclusion of the webinar.

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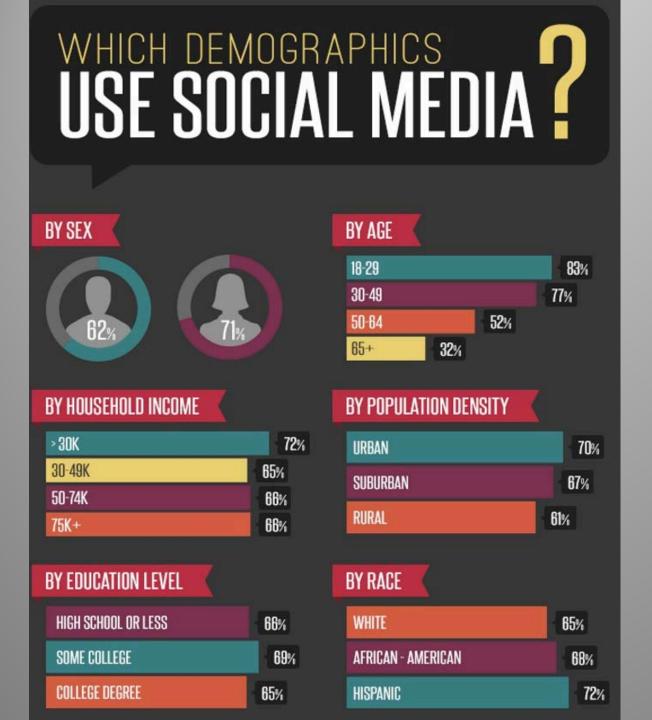


Objectives

- Recall the most common users of social media
- Discuss the importance of using social media to promote oral health
- Compose oral health messages for use on social media platforms
- Identify areas where social media may be integrated into the state oral health program communication plan

ASTDD Social Media Survey 2014 96% response rate

- More than 80% of respondents use social media for personal use
- 53% of SOHP have never used their HD's Facebook page; 38% had never asked
- 62% of SOHP have never used their HD's Twitter account; 53% had never asked
- 73% of SOHP have never asked to use the state OHC's Facebook page, and 85% have never asked to tweet using their Twitter account



Pew Research Center, 2013

http://mashable.com/2013/04/12/social-media-demographic-breakdown/

Why Use Social Media to Promote Oral Health?

1.28 Billion

- -Increases visibility
- -Advocates
- -Teaches





255 Million

- -Influencers
- -Media/News
- -Policy Makers

- -Cost Effective
- -Quick & Easy
- -Easily Accessible
- -Little Time or Experience
- -Reach Multiple & Diverse Audiences
- -Expand Partnerships and Stakeholders



Presenters

DELAWARE

- Gregory McClure, DMD, MPH John Welby, MS
- Leslie Poland

KENTUCKY

- Julie Watts McKee, DMD
- Lacey McNary, MSW

MARYLAND

- Stacy Costello, MPH
- Alison Donley



Delaware: To Tweet or Not to Tweet

- What is Social Media?
- How do We Start?
- Resources Small Program
- Expertise
- State Restrictions
- Time
- Effectiveness and Value
- Evaluation

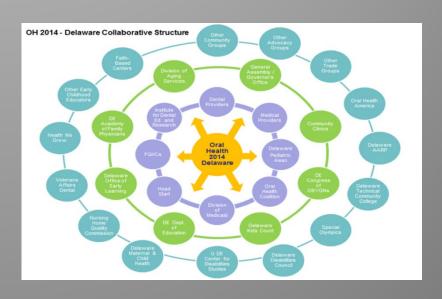
Delaware Social Media Goals

Improve Oral Health Literacy to

- >Improve Oral Health Behaviors
- > Increase Demand for Dental Services

Support the *Dental Movement*

>Statewide Dental Network



Oral Health Literacy Plan

- First Smile Delaware
 - **→** Grass Roots
- Healthy Smile Healthy You

> Social Media



"Social media tools can create a dynamic dialogue with the public and enhance strategic partnerships, thus helping to further increase awareness and engagement."

Call A Friend !!!!!

Office of Health Risk and Communication

- > Expertise- Leslie Poland
- > Established Process
- > Supportive
- > Future Plans
 - > Expansion to Other Platforms
 - > Promotion Among Oral Health Partners- Network

Delaware Division of Public Health Communication Goals

The goal of the DPH communications plan is to present a coherent, comprehensive and motivating message to Delawareans.

The goal grows out of the DPH vision of *Healthy People in Healthy Communities*. This vision acknowledges and celebrates DPH's unique and evolving role as a leader in population health.

What's Your Social Media Plan?

- Who's going to do it?
- > What's going to be done?
- > Where are we going to do it?
- > When are we going to do it?
- > Why are we doing it?
- > How are we going to do it?

What's the Payoff?

Likes – Reach – Visits – Comments – Retweets – Replies WEBSITE HITS

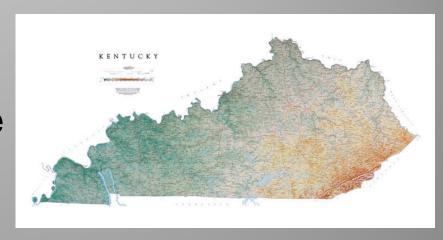
Delaware Health and Social Services Division of Public Health

- **Twitter** member since 2009 4,000 +
- Facebook (DHSS) member since 2009 1,950+
- Facebook (DPH) member since 2012 340 +
- Pinterest (DHSS) member since 2012 460

Kentucky's Social Media Experiment

Small Government-Based Workforce for OH

State-Wide Coalition on Life Support



Limited Communications
Outreach from the
Department for Public
Health

Kentucky's Barriers

- Procedures and Protocols limited use of social media
 - All messages must be vetted by many levels of administration
- No Other Outlet could be used
- Limitations of OH staff in any coalition
 - Attendance
 - Information only

Kentucky's Remedies

- Development of the Kentucky Oral Heath Coalition
 - DentaQuest Grantee for resurrection and development
 - Strategic Plan Priorities included Oral Health Literacy
 - Opportunity to engage Social Media



Kentucky's Results

- KOHC messaging with Facebook, Twitter, Website, ListServe, Blog
 - Pinterest is emerging
- Messages are quick and targeted
 - Response is good Especially on Twitter
- Diverse following
- Improves our relationships with other Oral Health-types (including non-traditional)

Twitter



KY Oral Health C.

@KYOralHealth FOLLOWS YOU

A coalition of concerned citizens, advocates, and professionals working together to fulfill our mission to improve the oral health of all people in KY.

Kentucky · kyoralhealthcoalition.org









Followed by Kentucky Smoke-free, MDAC, KYGovEarlyChildhood and 45 others.

KOHC

KY Oral Health C. @KY Oral Health - Sep 23

@healthyky Let's make it happen!

Details

Twitter Hashtag





Results for #KySmileTeam

Save

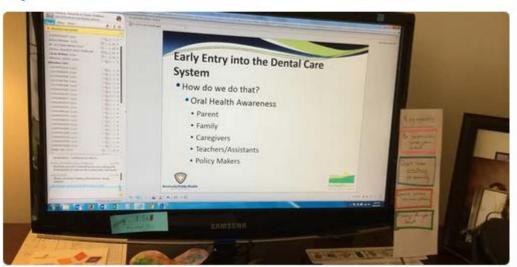
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KY Oral Health C. and 1 other retweeted

lacey mcnary @laceymcnary - Aug 14

Can't wait to talk about @KYOralHealth! Great job @DrJulieMcKee! @KYYouth #KySmileTeam









Laura Hancock Jones retweeted

KY Oral Health C. @KYOralHealth - Jul 25



KOHC Thank you to all these wonderful individuals who helped #KOHC have another successful annual mtg #kysmileteam

Facebook



Blog



About Us Membership Events Resources Blog



Synergy: The interaction of KOHC and KDA to improve the overall oral health of Kentuckians



The Kentucky Oral Health Coalition was recently featured in the July/August 2014 issue of Kentucky Dental Association's (KDA) magazine, KDA Today. The article, written by KOHC's own Lacey McNary, focused on the increasing awareness of Kentucky's oral health needs and the growing ...

Read More 🕥



Foundation4HealthvKv

23 Sep

ListServe

Dear Lacey,



The Kentucky Oral Health Coalition (KOHC) is proud to announce a new opportunity for communities interested in improving oral health among children and families. The Kentucky Oral Health Coalition is partnering with the UCLA Health Care Institute (HCI) and the Governor's Office of Early Childhood to offer Community Early Childhood Councils (CECC) mini-grants up to \$1,000 to conduct oral health trainings to parents in their

communities using an approved curriculum and protocol.

<u>Click here</u> for the application for the Health Care Institute Parent Engagement Program is now available. Please share this with your CECC team. If you have any questions, please contact Mahak Kalra at Mkalra@kyyouth.org.

Recent advocacy efforts

Kentucky's Lessons Learned

- Priceless relationship between SOHP and SOHC
 - Knits members together
 - Knits followers together
 - Increased ownership of both
 - Instigates robust conversation



Kentucky's Lessons Learned

- Take Home Message:
 - The coalition can speak when the program cannot
 - Timely
 - With Truth
 - No political filters





Embracing Social Media Accidents and Opportunities

Maryland's Social Media Experience

- When? Why?
- What our social media looks like
- How we created and use social media
- Successes, challenges and lessons learned
- Recommendations



The Stars were Aligned

- It was time
- Didn't want the world to pass us by
 - Reach a new demographic
 - Increase ability to get the word out
- Strong relationship with gatekeeper
 - OOH is a high administrative priority
 - We just did it!
- New leadership is plugged in
- Research associates provide social media work force

Healthy Teeth, Healthy Kids

www.healthyteethhealthykids.org

- Comprehensive oral health literacy campaign
- Social media is key component
- DHMH Communication Director on HTHK
 - advisory committee
- Strategic partnership with MDAC
- Brand HTHK as Maryland Dental
 Action Coalition
 - Increased freedom
 - DHMH approval not needed
 - Use HTHK social media as SOHP social media



Social Media Platforms

- Office of Oral Health
 - Facebook
- Healthy Teeth, Healthy Kids
 - Facebook
 - Twitter
 - Pinterest
 - Instagram



Partnership Creates Flexibility Flexibility Boosts Engagement

Healthy Teeth, Healthy Kids

- Informal
- Relevant and engaging
- Campaign/stakeholderdriven
- Promote
- Flexible

Office of Oral Health

- Official
- Educational
- Self-contained
- Informative
- Limited

Primary Social Media

Facebook

- Connect, build relationships, create a following
- Cost effective
- Simple to get started
- Easy management
- Easy to monitor "Insights tool"
- Access on-the-go "Facebook app"

Twitter

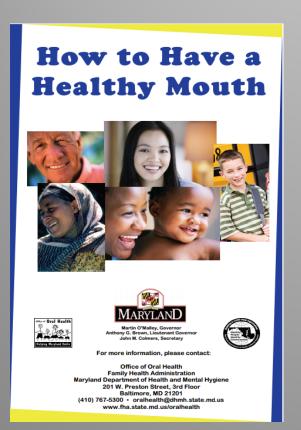
- Connect by following and retweeting
- Deliver short, to-the-point messages (140 characters max.)
- Keep up with breaking news
- Link to trending topics, using hashtags
- Live tweets from events
- Create or participate in Twitter Chats

Create and Build Awareness





Enhance Connectivity







Target Key Audiences



Be sure to give your baby milk or tap water! Do not give him/her drinks with added sugar, like soda or juice.

http://healthyteethhealthykids.org/caring-for-your-childs-mouth-from-birth-through-age-6/





Engage Traditional & Non-Traditional Partners











Engage Traditional & Non-Traditional Partners











Create & Participate in Social Media Blasts





MDHMH Office of Oral Health

Posted by Alison Patricia [?] - March 15 *

Your baby's teeth begin to develop between the third and sixth months of pregnancy! Good nutrition throughout your pregnancy will give your baby a jump start on a healthy mouth. #NationalNutritionMonth http://healthyteethhealthykids.org/how-to-care-for-your-mouth-while-you-are-pregnant/



Link Oral Health to Trending Topics





Got #pumpkin fever? This #superfood is packed with Vitamins A & C, but those lattes are full of #sugar & contain no real pumpkin! #dental

What Works?



- Post and tweet daily
- Connect with organizations whose missions align with yours
- Pay attention to pop culture
- Short & Sweet, with flair (pictures, hashtags, etc.)
- Engagement is the key to effective social media
- Check your facts!
- Track goals and progress using Facebook 'Insights' tool
- Assign responsibility for social media

Lessons Learned/Recommendations

- How to create social media in your SOHP
 - Make it a priority
 - Build the case for the benefits of social media
 - Build relationship in your organization that support your social media goals
 - Explore what others in your organization have done and create allies
 - Use us as an example
 - Create social media through an independent program, i.e.,
 HTHK
 - Don't give up

NEW ASTDD Social Media Fact Sheet

Promoting Oral Health Using Social Media



Social Media: A Fact Sheet

What is social media and why is it important?

Social media is a form of social interaction/networking where information is created, shared and exchanged in a virtual space through the internet. Social media offers the ability to reshare information and connect with a wider audience than traditional means of communication. Social media promotes collaboration, discussion and input from a diverse audience. Additionally, social media is inexpensive – costing little to nothing, and it's widely accessible, with many users accessing applications anywhere and everywhere with mobile devices.

40% of cell phone owners access social media on their phone, with 28% doing it daily. Young people, Black Non-Hispanics, Hispanics, the highly educated and those with a higher annual household income are more likely to use social networking on their phones.

Who is using social media?

It isn't just those under the age of 18! According to the Pew Research Center's Internet Project (2014), 74% of online adults use social networking sites with about 85% of users being between the ages of 18 and 49 and 49% being 65 years of age and older. Men and women are using social media just about equally. In addition, income or education doesn't play a major role -72% of high school graduates use it vs. 73% of those with a college education, and 79% making less than \$30K vs. 78% making \$75K+.

In addition to individuals, businesses, news outlets, organizations and institutions, and government agencies have begun to use social media to move their "product," whether it be actual goods to purchase, the promotion of an event, or educational message.

Why should we use social media to promote oral health?

Social media is inexpensive – with state budgets dwindling and little funding going to initiate communications, media and marketing of oral health programs, it just makes sense to implement a tool that is virtually free. Social media will also help to attract a new diverse group of organizational partners that you may not have thought would be interested in oral health; working together, you can keep the oral health message alive. By asking a question, social media allows you to actively engage with residents, stakeholders and decision makers. By posting tips, as well as links to other resources or news articles, you're boosting oral health's presence instantaneously. Adding videos and graphics allows you to engage a wider audience – remember, a picture can be worth a thousand words.

I'm sold... how do we get started?

First, check with your public information officer to see if you can establish a state oral health program account with one or two social media platforms that your office can manage (You'll never know if you don't ask!). If they aren't too keen on you starting your own accounts, ask about the process for posting on their Facebook page or Twitter account. Remember, almost 100% of state health departments use social media, and most if not all are eager for information. Finally, check with your state's oral health coalition – it's their purpose to promote oral health, and the majority use social media. Be sure to discuss specific formats for sending the information, timelines regarding approval of the content, and the actual lead time needed to post, tweet, etc. ... you don't want to be left behind if there is something important you have to share.

What are the primary social media applications?

While there are several different applications to choose from, these are the ones most utilized.

Facebook allows the user to develop a profile, acquire fans who "like" their page, post photographs and other grahies, as well as share and comment with no restriction on character count. The user is also able to "like" other pages, send a personal message to another user, as well as select privacy settings to determine who may access and post on their page. (71% of online adults use Facebook.)

Twitter allows the user to gain "followers" although the "tweets" are limited to 140 letter characters, and posted graphics are not readily seen but are accessed with an embedded URL. Twitter allows for retweeting – a form of redirecting the original message to increase its audience. (17% of online adults use Twitter)

Pinterest is a bookmark of sorts to collect only graphics including photographs, drawings, cartoons, etc. of a particular theme or topic. The user creates boards where they "pim" the graphics they like. Most pins have a website origin, and they may be repinned by other Pinterest users. Because it uses only graphics, this application may be useful to a visual learner. (21% of online adults use Pinterest)

Instagram allows the user to take photos and videos and share them on other applications like Facebook and Twitter. A unique characteristic of the photos is their square shape, similar to an old Polaroid. Note that Instagram is strictly a mobile application. (17% of online adults use Instagram)

#whatisahashtag?

A hashtag is a word or an unspaced phrase preceded by the pound sign (#) and used to identify messages on a specific topic. It draws attention to what is being posted, and a search for the hashtag returns the set of messages that contain it. Hashtags are used with Twitter, Instagram and even Facebook. Examples include: #NOHC14 #fluoride #2thbrush

How do you post on Facebook?

Step 1: Type an oral health message or cut & paste a link from a website or video into the box. If you've used a link, you'll notice that an image has now appeared in the box. You're now ready to backspace and delete the original URL from the box and retype your own unique message. Tip: When posting, engage your audience – ask a question, take a poll, ask people what they think.

Step 2: If you typed your own message you can add an image using the option at the top of the box or you can change the image that came with the website by uploading a new image using the option at the bottom.

Step 3: Now you're ready to "post."

Tip: Visual is better - it attracts attention









Webinar Presenters alpha order

Lynn Ann Bethel is Chair of ASTDD's Social Media Working Group and manages their social media presence. In addition, she serves as the Association's editor of their quarterly newsletter, *Oral Health Matters*. Lynn is also the former state dental director for the Commonwealth of Massachusetts.

Stacy Costello is a Program Manager at the Maryland Office of Oral Health. Her responsibilities at the Office of Oral Health include oversight of the Health Education, Fluoride Varnish and Maryland Dent-Care Loan Assistance Repayment Program. She obtained her MPH from Southern Connecticut State University and has over 15 years of experience in community public health education.

Alison Donley is a Research Associate with the Maryland Office of Oral Health, where she manages social media for the awardwinning Oral Health Literacy Campaign, *Healthy Teeth, Healthy Kids.* She is a 2nd year Master of Public Policy student in the health policy track, at University of Maryland, Baltimore County. Previously, she earned a Bachelor of Arts Degree in Public Policy with a minor in Economics from St. Mary's College of Maryland.

<u>Dr. Gregory B. McClure</u> is the state dental director for the Delaware Division of Public Health. His responsibilities include management of dental public health activities, the statewide dental clinic system, and providing consultative services for the dental Medicaid program for other state programs that provide dental services.

Dr. Julie Watts McKee is the state dental director for Kentucky. Prior to beginning her service in state government in 1993, she practiced general dentistry for 10 years. Before becoming state dental director in 2007, she managed a district health department for 12 years. Dr. McKee received her degree in Biology from the University of Kentucky and her Dental Degree from the University of Louisville in 1983.

Lacey McNary is the Director of the Kentucky Oral Health Coalition, and has more than 15 years experience in non-profit leadership, fund development, organizational development, constituent building, strategic communication, and, policy analysis and advocacy at the state and national level. Her work includes arranging complex situations with many moving parts into cohesive statewide system changes to benefit children in Kentucky. Recent examples include leading a planning effort to improve oral health outcomes in the state by developing an oral health literacy campaign

Leslie Poland is a Community Outreach Officer with the State of Delaware's Division of Public Health, where she is responsible for coordinating marketing programs that promote the agencies image and encourage public participation and use of agency services. Leslie brings over twenty years of experience in marketing, social media, web development, and graphic design that spans both commercial and non-profit industries.

John Welby created and directs Maryland's Oral Health Literacy Campaign, Healthy Teeth, Healthy Kids, for the Office of Oral Health and the Maryland Dental Action Coalition. He has worked in health care communications and marketing for more than 30 years; and has written and directed numerous advertising, social marketing, and health education campaigns for hospitals and health care organizations throughout the nation, such as; the National Institutes of Health, the Indiana University School of Medicine and The Johns Hopkins Medical Institutions.

Thank You!

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www.Facebook.com/ASTDD

Find the Delaware Department of Health on Facebook

www.Facebook.com/DEPublicHealth

Find the Kentucky Oral Health Coalition on Facebook

www.Facebook.com/KYOralHealthCoalition

Find MDHMH Office of Oral Health on Facebook

www.facebook.com/pages/MDHMH-Office-of-Oral-Health/128287110544426

Visit *Healthy Teeth, Healthy Kids* on Facebook

www.facebook.com/HealthyTeethHealthyKids

Follow Healthy Teeth, Health Kids on Twitter

@HealthyTeethMD

Visit *Healthy Teeth, Healthy Kids* on Pinterest

www.pinterest.com/healthyteethMD/

Visit Healthy Teeth, Healthy Kids on Instagram

@healthyteethhealthykids

