

Healthy Signs



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

National Center for Deaf Health Research March 2010

Mission of NCDHR:

To promote health and prevent disease in the Deaf and hard of hearing populations through community-based participatory research.

SAVE THE DATE!

Town Hall Meeting

Come and learn about Deaf Weight-Wise



Wed., April 21
12 Noon - 1 pm
NTID Building 55
Room 1310

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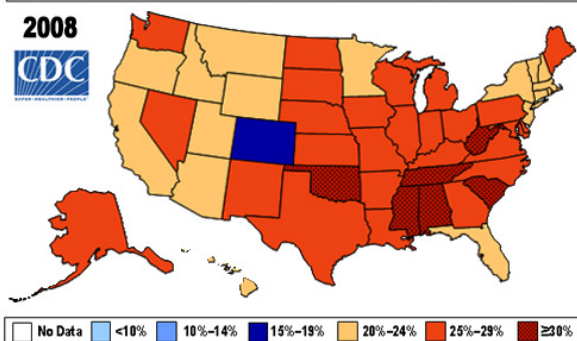
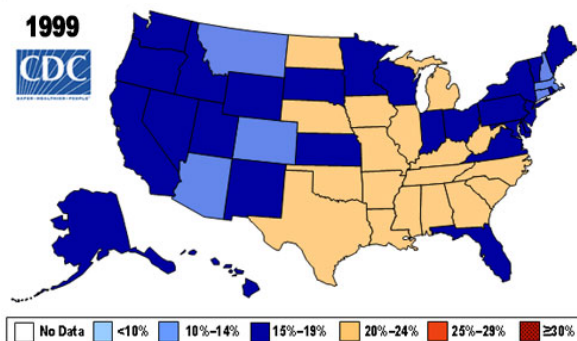
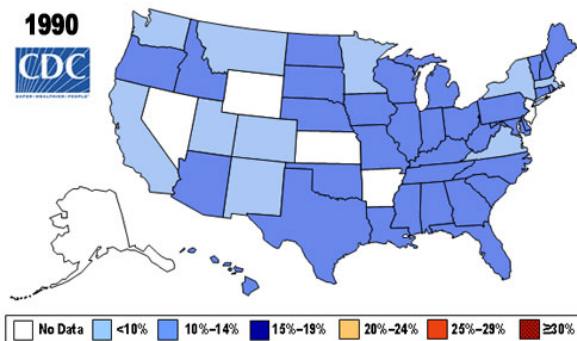
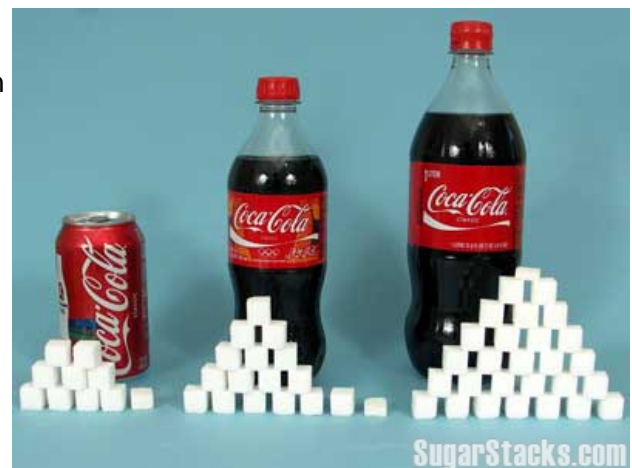
NCDHR Town Hall Meeting at RRCD Scott Smith, MD, MPH



As a part of NCDHR's ongoing efforts to raise the Deaf community's awareness about the NCDHR's upcoming Deaf Weight Wise (DWW) Project, **Matt Starr** and **Scott**

Smith visited the Rochester Recreation Club for the Deaf on March 15, 2010. The topic of this meeting was "Obesity and Your Health." With approximately 25 community members in attendance, Matt and Scott started off the presentation with some information and numbers about the growing obesity epidemic in the United States, especially over the past 20 to 30 years. See below for obesity maps from the CDC for years 1990, 1999 and 2008:

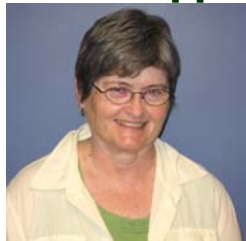
The group engaged in a fascinating discussion about different causes and effects of obesity with many questions and back-and-forth conversations. Everybody was surprised to realize how much sugar is in our foods and drinks, and how portion sizes have gradually become larger and larger over time.



At the conclusion of the lively town hall meeting, many participants realized that being overweight or obese is a serious, but preventable, health problem. They agreed that while it might be very difficult to overcome, it will be worthwhile individually and as a community to address it. Several community members are looking forward to hearing more about participating in future NCDHR surveys and research projects with the Deaf community.



DHCC Happenings



Val Nelson-Metlay is a member of the Deaf Health Community Committee and a well-known local

graphic designer. She has created wonderful deaf-focused logos in the past several years. Val has just created yet another "eye-opening" logo to identify NCDHR's newest research project called Deaf Weight-Wise. Thank you Val for this beautiful logo design!



The **Deaf Health Community Committee (DHCC)**, a partner of the NCDHR, now has 19 members from the local Deaf community. The DHCC has several roles: (1) work closely with NCDHR as an equal partner; (2) provide Deaf perspectives & priorities for Deaf Health research; (3) serve as an advocate for the Deaf community; (4) represent DHCC in community events; (5) recruit Deaf members for NCDHR research and activities and (6) inform the Deaf community.

Please welcome DHCC's newest members:

Taj Hill hails from California. He is

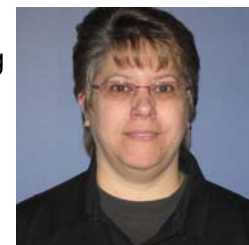


pursuing a graduate degree in Educational Technology and is currently working as an Outreach Representative for Purple, Inc. Taj has

over 13 years experience working with Deaf and hard of hearing

communities. He is happy to survive his first winter in Rochester!

Ursula Seefeld, originally from Long Island, is currently the webmaster for Deaf Women of Rochester. She has served several community



organizations including Boy Scouts of America and Deaf Coffee Chat of Central New York.

William "Willy" Pierce, works for AIDS Care (formerly AIDS Rochester), which offers HIV/AIDS



services. Willy's interest is to help Deaf individuals with HIV receive care to maintain long, healthy lives.

Interview with Mistie Munton-Cramer: DHCC Member since 2009



Why did you want to become involved? I wanted to advocate on behalf of Deaf individuals with additional disabilities,

especially individuals with mental illnesses. As a human service professional, I have worked with Deaf clients who have problems with their prescribed medications - potentially due to language barriers and inaccessible health settings. Finally, there is very little research about alcohol and drug abuse among Deaf people.

What have you learned so far? It has been a tremendous learning experience for me, sometimes quite overwhelming. I am a health educator, however without research, you cannot effectively educate. Research and health education work together. I also learned that research is a very, very long process - I wish it was shorter (laugh)! You have to be patient. Finally, I understand the

challenges of doing comparative research. To identify a health disparity, you need to compare the health findings from Deaf people and hearing people, but you are comparing a very small number (Deaf) and a very large number (hearing).

How did DHCC benefit you? I used to feel "small" around doctors who seem to have some kind of great power. But, now that I have worked closely with doctors and researchers at NCDHR, I realized that they just like any of us! They are people too! Also, because of my involvement with DHCC, I have been asked to join another task force to address a health-related issue not related to NCDHR.

How do you think the DHCC is helping with the mission of NCDHR?

Members of the DHCC are involved in many activities of the NCDHR. For example, we were involved in Deaf Strong Hospital, both at the School of Medicine and Dentistry and St. John

Fisher College. I co-presented with Dr. Mike McKee during a Deaf Health Talk about depression. The fact that we are actively involved makes NCDHR a truly community-based research and training center.

What do you hope to see in the future? I would really like to see more opportunities for Deaf people to become public health researchers.

How can the Deaf community become more involved with the DHCC? There are many hands-on activities and projects at DHCC that Deaf people can get involved with.

Any other thoughts?

I would like to see DHCC (and NCDHR) set up different groups that best fit a DHCC member's interest. For example, my interest is in the field of mental health. Lastly, I enjoyed working with researchers to develop more culturally and linguistically appropriate survey questions.