

# Healthy Signs

National Center for Deaf Health Research  
Rochester Prevention Research Center

June 2015



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## Deaf Weight Wise: The First Town Hall Meeting Discussing Results

The RPRC/NCDHR hosted the first Town Hall Meeting to discuss Deaf Weight Wise (DWW) results on Tuesday, April 28th. Deaf Weight Wise was a 16-week healthy lifestyle research study conducted from 2009-2014 with deaf, ASL users aged 40-70. To learn more about [Deaf Weight Wise](#), [click here](#).



RPRC/NCDHR staff shared the following results from DWW:

- Overview of the DWW Clinical Trial
- How many people were enrolled? How many continued to attend classes and appointments regularly?
- Who joined DWW? An explanation of general demographics of age, race, education, income, etc.
- Average number of pounds lost by DWW participants.

For more information regarding upcoming town hall meetings or if you would like to be involved with the planning of future Deaf Weight Wise town hall meetings, please contact:

**Kelly Matthews**

[Kelly\\_Matthews@urmc.rochester.edu](mailto:Kelly_Matthews@urmc.rochester.edu)

585-512-8519. (VP)

RPRC/NCDHR will be hosting another DWW Town Hall Meeting. During this meeting, we hope to share more results based on feedback from the community during the first meeting. Please stay tuned to our [website](#) and [Facebook page](#) for more information. Remember, ALL of our events are free and open to the public. Our meetings are presented in ASL and are also voice interpreted. CDIs and Assistive Listening Loops are provided for additional access.

## Deaf Health Survey: Town Hall Meeting Series Summary



The RPRC/NCDHR hosted three community events to share preliminary findings of the Deaf Health Survey 2013/2014. The first meeting, held on Jan 28th, focused on cardiovascular risks, obesity, diabetes, cholesterol, and blood pressure. At the second meeting, held on Feb 24th, Tobacco, Marijuana, Alcohol use, as well as HIV-Risks and Sexual behaviors were discussed. The last meeting of the Deaf Health Survey results series was held on March 19th, where the topics included mental health, partner violence, and adverse childhood experiences. Each meeting was well attended and attendees had the opportunity to learn about the survey results, provide feedback and engage in discussion with other members of the community.

Many community members and staff were involved collaboratively in organizing each of these meetings. The RPRC/NCDHR looks forward to continuing to work with our community to identify current health priorities.

**Town Hall Meetings / Community Forums: A Summary**

Date	Topics
January 28th	Cardiovascular Risks, Obesity, Diabetes, Cholesterol, Blood Pressure
February 24th	Tobacco, Marijuana, and Alcohol use, HIV-Risks and Sexual Behaviors
March 19th	Mental Health, Partner Violence, Adverse Childhood Experiences

The NCDHR hosted three community events to share preliminary findings of the Deaf Health Survey 2013/2014. Each meeting was well attended and attendees had the opportunity to learn about the survey results, provide feedback and engage in discussion with other members of the community. The NCDHR looks forward to continuing to work with our community to identify current health priorities.

The NCDHR is currently planning another series of Town Hall Meetings/Community Forums to share results from the Deaf Weight Wise Research Program. Deaf Weight Wise was a 16-week healthy lifestyle research program conducted from 2012-2014 with deaf, ASL users aged 40-70. To learn more about Deaf Weight Wise, [click here](http://www.urmc.rochester.edu/ncdhr/research/deaf-weight-wise.cfm).

**Next Meeting!**  
The NCDHR looks forward to discussing these results with community members and former participants. We are also hoping some of the discussion will lead to feedback and improvements for our upcoming research study. Deaf Weight Wise 2.0, which will be adapted to suit ages 21-40. Please join us for our next event on Tuesday, April 28th at the Saunders Research Building. Remember, ALL of our events are free and open to the public. Our meetings are presented in ASL and also voice interpreted. CDIs and Assistive Listening Loops are provided for additional access.

**Tuesday April 28th**  
5:30-7:30pm

Saunders Research Building  
Room 1416  
265 Crittenden Boulevard  
Rochester, NY 14642

We look forward to seeing you soon!

For an overview of the Deaf Health Survey, [click here](#).

If you have any questions or would like to learn more about the topics and findings from the Deaf Health Survey, please contact:  
**Kelly Matthews**  
[Kelly\\_Matthews@URMC.Rochester.edu](mailto:Kelly_Matthews@URMC.Rochester.edu)  
VP (585) 512-8519

## RPRC/NCDHR to Attend the Rochester Deaf Festival

Come learn more about RPRC/NCDHR and current projects

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**Deaf Festival**  
ROCHESTER, NY 

Saturday  
June 20, 2015



The RPRC/NCDHR will be at the Rochester Deaf Festival on Saturday, June 20th from 11am-4pm. Stop by our booth to learn about upcoming projects and how you can get involved!

For more information about the festival, visit [www.rochesterdeaffestival.com](http://www.rochesterdeaffestival.com)

**GENESEE VALLEY PARK**  
**11 AM - 4 PM**

ELMWOOD AVE, ROCHESTER, NY 14620

**FREE & OPEN TO THE PUBLIC**

EXHIBITIONS \* FOOD VENDORS \* ENTERTAINMENT  
CHILDREN ACTIVITIES \* AND MUCH MORE!

For more information, visit [rochesterdeaffestival.org](http://rochesterdeaffestival.org)



## NCDHR Happenings

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## CDC Site Visit

### Atlanta Officers Visit NCDHR

On April 28th and 29th, the RPRC/NCDHR hosted two staff from the Prevention Research Centers (PRC) program at the Centers for Disease Control and Prevention (CDC); Regina Sullivan and Donna Henry. The PRC Program staff learned more about research, public health projects and collaboration with the Rochester Deaf and hearing loss communities. The day started with Kelly Matthews, Lori DeWindt, and Jackie Pranksy presenting a mini crash course on Deaf culture and Deaf history. The CDC visitors were particularly interested in the role of technology in advancing public health in the Deaf community. One example that was discussed was the videophone. RPRC/NCDHR is hoping to use videophones in an upcoming research project to encourage healthy lifestyle change with participants.

Erika Sutter and Steven Barnett detailed how staff work to uphold the RPRC/NCDHR's mission and goals of supporting Deaf and hearing loss communities' priorities and health-related concerns. For example, in 2008 the RPRC/NCDHR team collected Deaf Health Surveys from participants and analyzed the data which pointed to obesity as one of top health concerns of the Rochester Deaf community. Using this information, RPRC/NCDHR developed Deaf Weight Wise (DWW), a 16 week healthy lifestyle program for 40-70 year old deaf, ASL users in Rochester, NY. With DWW completed, RPRC/NCDHR is now using feedback from the Deaf community to develop DWW 2.0, a second clinical trial of a 16 week healthy lifestyle program, that will be for deaf, ASL users ages 21-40. Kelly also presented on how RPRC/NCDHR is structured to collaborate with organizations and community committees to gain a better understanding of the community's desires.

While munching on lunch, the PRC program staff were treated to a showcase of 5-minute presentations from various researchers, students, and interns. The topics covered different areas such as Deaf Moms and Breast-feeding, Deaf Strong Hospital, and RPRC/NCDHR interns' projects.

Then after break, the RPRC/NCDHR Research Committee presented information on the upcoming Deaf Weight Wise 2.0 research project. Lori and Kelly were counselors of the Deaf Weight Wise research project completed in September 2014, so they were instrumental in helping our visitors understand how this project is unique (access to American Sign Language, deaf counselors, and technology-enhanced curriculum).

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After a spirited discussion of the upcoming Deaf Weight Wise 2.0 project, our visitors met the Healthy Living With Hearing Loss (HL2) Community Committee. HL2 members described their community engaged process and their 9 community selected health research priorities. The HL2 seeks to partner on collaborative health research that will lead to people with hearing loss being able to fully participate in all aspects of life.

That evening, the PRC program staff attended RPRC/NCDHR's first Deaf Weight Wise Town Hall Meeting from 5:30pm to 7:30pm. The community participated in discussions of Deaf Weight Wise results and gave the CDC visitors good insight into the Rochester Deaf community.

Wednesday morning brought lively presentations on the UR/RIT Bridges to the Doctorate Program and Deaf Strong Hospital. Before lunch, the CDC visitors were treated to a tour of the University of Rochester's Clinical Research Center, where they met Nurse Ann Miller, who worked with Deaf participants in Deaf Weight Wise. The tour helped the visitors visualize what it was like for participants to come for their weight, height, and their blood samples. After a satisfying lunch, the PRC program staff reflected privately on their experience with RPRC/NCDHR. Later RPRC/NCDHR staff came to listen to the PRC program staff's thoughts on their experience in Rochester; they were happy that RPRC/NCDHR has engaged with the local communities in such a unique way.

We had a successful site visit, with RPRC/NCDHR and CDC learning more about each other. We look forward to continuing to work with our CDC partners.



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## Website Update!

### Deaf Strong Hospital Pictures Posted!

Interested in seeing pictures from all of the Deaf Strong Hospital events in RPRC/NCDHR's history? Pictures have now been posted. [Visit our website](#) to see pictures from each of the Deaf Strong Hospital events by year.



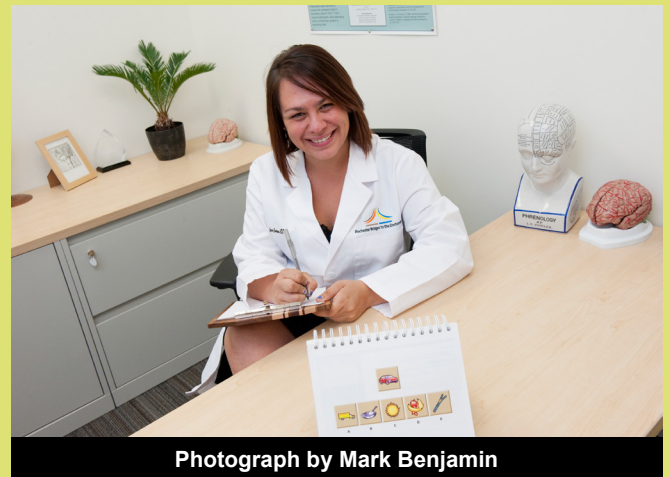
## Bridges

### New Scholars in the Bridges Program

Jessica Contreras

Jessica Contreras is from Anchorage, Alaska and has been at RIT for the past 5 years. She has worked at the Deaf Studies Laboratory as a Research Assistant during this time and obtained her bachelor's in Clinical Psychology with a minor in Criminal Justice. She is currently working on her master's degree in Experimental Psychology. Her goal is to obtain a PhD in Brain and Cognitive Sciences and become a researcher. Her research interests are language and how the brain develops specifically in relation to signed languages.

Story from <http://deafscientists.com/about/bridges-scholars/>



Photograph by Mark Benjamin

## What is the Bridges program?

Deaf people and people with hearing loss are strikingly underrepresented among doctoral-prepared biomedical and behavioral scientists in the U.S. The long-term goal of the Rochester Bridges Program is to increase the number of Deaf students and students with hearing loss who go on to research careers in the behavioral and biomedical sciences. RPRC is working with faculty from NTID to help bridge between RIT and UR programs. The objective of this project is to develop, implement, and evaluate a model program, which integrates individual and institutional activities to improve students' preparation as they advance toward completion of doctoral degrees in biomedical and behavioral sciences.

To learn more about the bridges program, go to [www.deafscientists.com](http://www.deafscientists.com).

For updates regarding the bridges program, go to their [Facebook page](#).



**Rochester Bridges to the Doctorate**

NATIONAL TECHNICAL INSTITUTE FOR THE DEAF | UNIVERSITY OF ROCHESTER  
ROCHESTER INSTITUTE OF TECHNOLOGY

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## After the HLAA-Rochester Walk4Hearing

Article by Cindy Kellner  
from the HLAA-Rochester Newsletter

Mother Nature finally cooperated and the HLAA-R (Hearing Loss Association of America - Rochester Chapter) 10th Walk4Hearing was a huge success! With special thanks to Sister Veronica Casey and the Sisters of Mercy praying all year for beautiful weather. Once again, Ginny Ryan, Channel 13 news anchor, came out to help and introduce our celebrity walkers. This year's Walk was dedicated to long active HLAA-Rochester founder and volunteer Mark Hargrave who sadly passed away earlier this year. The amount raised is still being counted. Preliminary figures indicate about 320 people stepped out and enjoyed the festivities at our great 10th Walk.

A heartfelt THANKS to all who helped at this year's Walk -- Lisa Bailey, Kelly Barrett, Don Bataille (HL2 Co-Chair), Dan & Lisa Brooks, Laura Chaba, Mary Chizuk (HL2 Co-Chair), Margaret Cochran, Barb Law (HL2 member), Carol & Gerry Loftus, Art Maurer, Sherri McCarthy, Sue Miller (HL2 member); Suzanne D'Amico, NE Coordinator; Ronnie Adler, National Director-- all sat, with me, on the Walk Steering Committee.

Betty De Prez, Marlene Sutliff (HL2 member), Trish Prosser, Doug & Nancy Meyers, Dave Koon, Janet McKenna, Carmen Coleman, Carol & Bob Bradshaw, and Richard McCollough, all did an outstanding job manning the various tables, photographing and video graphing the event and keeping us all free from hunger. Thanks also go to Boy Scout Troop #31 for their generous gift of time and muscle helping us set up and clean up. Suzanne D'Amico, our NE Regional Walk Coordinator, came to walk and help and we sincerely appreciate it. The wonderful Linda Siple helped, as always, with interpreting. Rochester's very own "Spike" (from the Red Wings) kept us entertained along with Just Clowning Around (Scooter and Crystal) and live music by Brian Ayers and Bryan Law.

All in all, it was a wonderful day. Thanks to all of you who gave your time, energy and money to help us make the world a little kinder and more accessible to those of us with hearing loss. Please join us next year May 1st, when we again Walk4Hearing!



Photograph by Art Maurer



For more information on the [Walk4Hearing](#), [click here](#).



**Mission of RPRC/NCDHR:** To promote health and prevent disease with populations of Deaf sign language users and people with hearing loss through community-based participatory research (CBPR).



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This newsletter was supported by Cooperative Agreement Number U48-DP-005026 from the Centers for Disease Control and Prevention (CDC). The contents of this newsletter are solely the responsibility of the author(s) and do not necessarily represent the official views of the CDC.