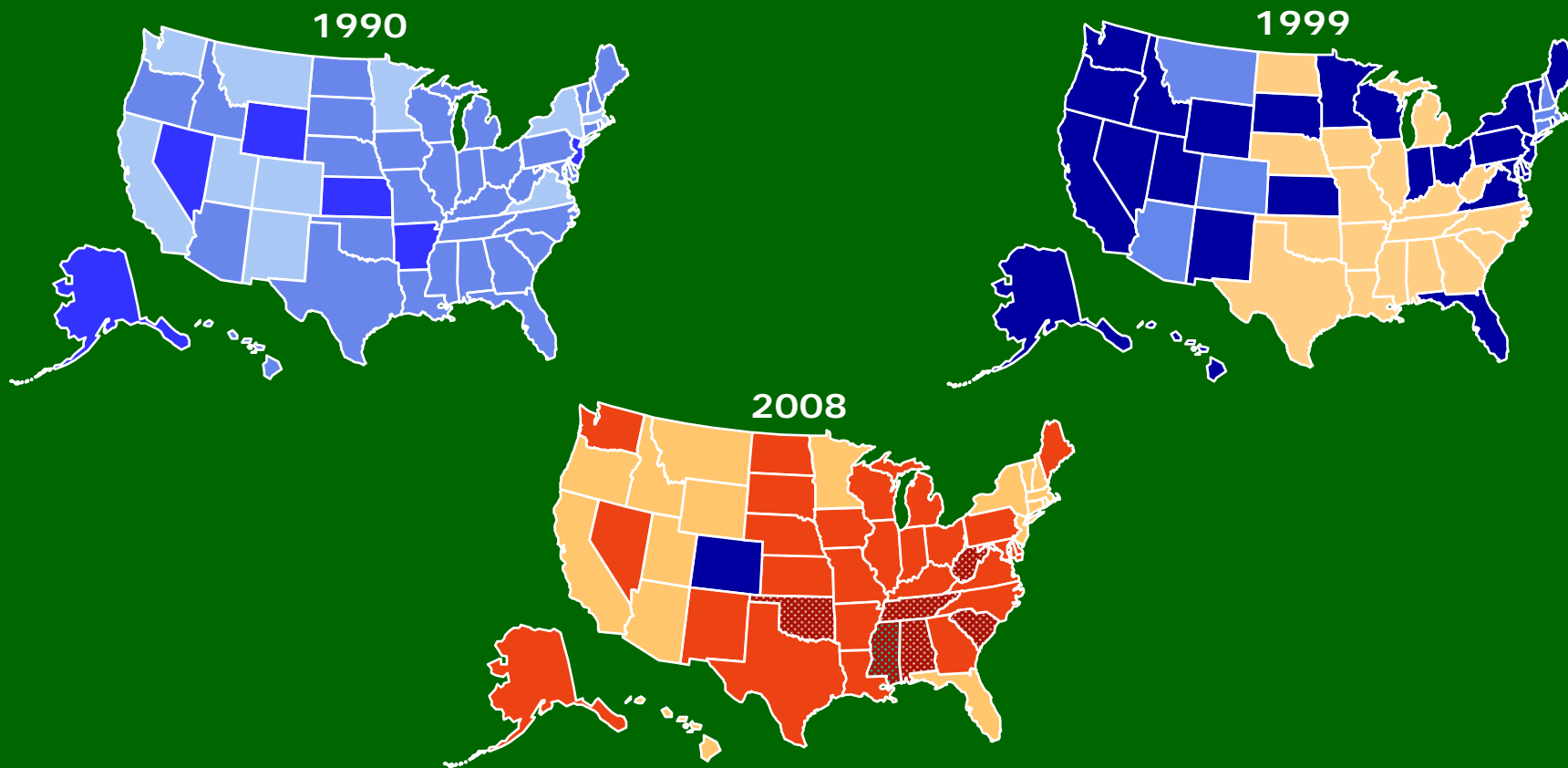


Obesity and Your Health: The Deaf Weight Wise Project



Obesity Trends* Among U.S. Adults BRFSS, 1990, 1999, 2008

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Centers for Disease Control and Prevention

Obesity is a national problem now! (from 1980 to 2000)

- Number of obese adult Americans increased more than 50%
- Number of overweight children and adolescents in the United States tripled

Centers for Disease Control and Prevention



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National Center for Deaf Health Research



Why is being overweight dangerous for your health?

- Second leading cause of lifestyle-related disease and death
- Also causes significant chronic diseases

Centers for Disease Control and Prevention

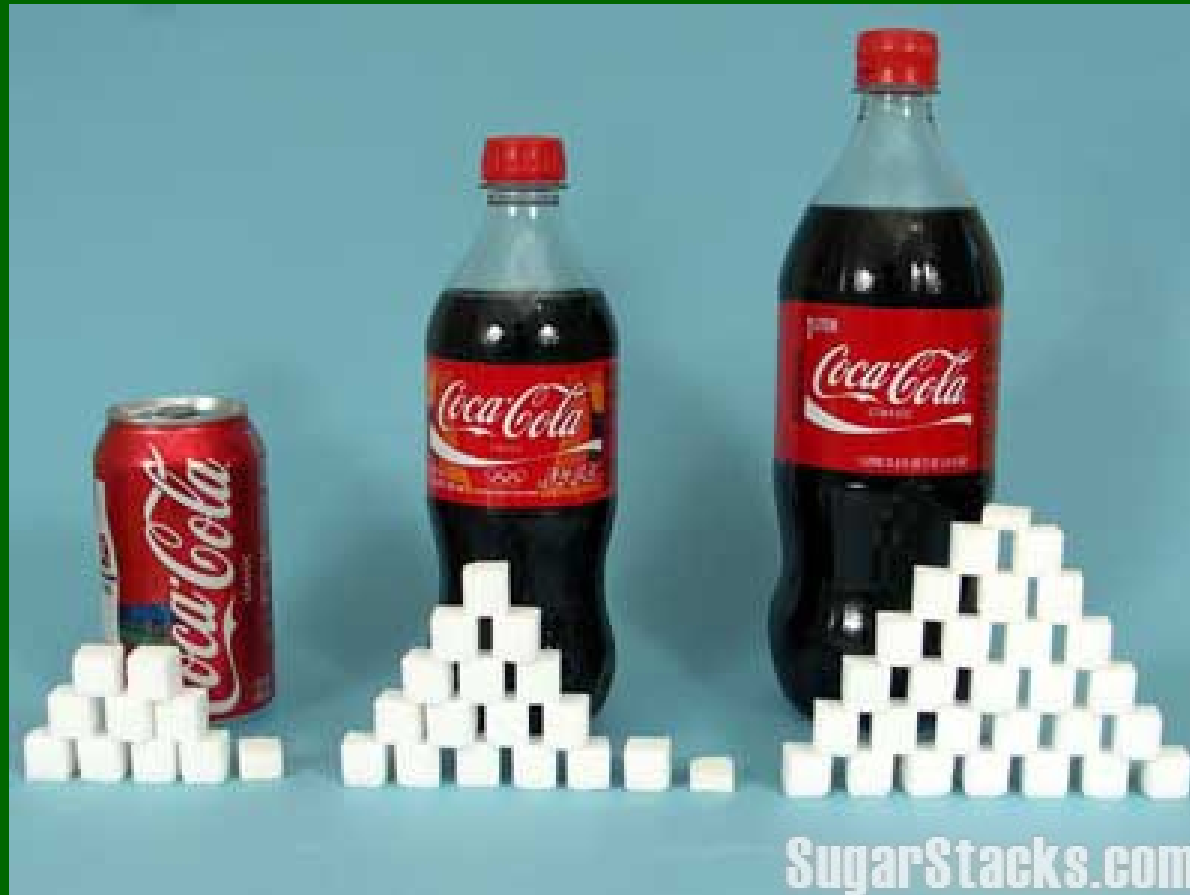


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Why is America getting fatter?

Lifestyle changes: Drinking more sodas



www.healthkicker.com



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Why is America getting fatter?

Lifestyle changes: Skipping meals/more snacking



<http://junkfoods.info/snackfoods.html>

Why is America getting fatter?

Lifestyle changes: Eating out more often



http://www.tripadvisor.com/Restaurant_Review-g55470-d515875-Reviews-Schoepf_s_Old_Time_Pit_Bar_B_Oue-Belton_Texas.html



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Why is America getting fatter?

Lifestyle changes: Restaurants serving larger portions

SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with sauce
and 3 small meatballs

Today



About 1,100+ calories
2 cups of pasta with sauce and
several large meatballs

Calorie Difference: 600 calories

National Heart, Lung, and Blood Institute



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Why is America getting fatter?

Lifestyle changes: Restaurants serving larger portions

CHEESEBURGER

20 Years Ago



333 calories

Today



590 calories

Calorie Difference: 257 calories

National Heart, Lung, and Blood Institute



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Why is America getting fatter?

Lifestyle changes: Restaurants serving larger portions

TURKEY SANDWICH

20 Years Ago



320 calories

Today



820 calories

Calorie Difference: 500 calories

National Heart, Lung, and Blood Institute



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Why is America getting fatter?

Lifestyle changes: Too busy to prepare home meals



www.naturalhomemagazine.com/blogs/blog.aspx?b...



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Why is America getting fatter?

Lifestyle changes: Less physical activities



Playing Video Games



Watching Television

Frequent Videophone Calls



Using Computers

1. http://farm1.static.flickr.com/123/369296932_f9d6c9c40e.jpg

2. http://i.dailymail.co.uk/i/pix/2009/03/16/article-1162503-03EE409F000005DC-97_468x286.jpg

3. http://www.bjdm.org/-/media/Images/News/2009/April/Videophone_web.ashx

4. <http://www.geekologie.com/2008/09/23/smart-fat.jpg>



Why is America getting fatter?

Less physical activities – more reasons

Unsafe areas to
play or walk



Fewer
playgrounds



Expensive to join



More driving,
less walking

1. www.urban75.org/photos/newyork/new-york-008.html
2. www.acefitness.org/FITFACTS/fitfacts_display...
3. www.meridiancity.org/parks_rec.aspx?id=1085
4. detroit.about.com/.../ss/VillageRocheste_10.htm



What can we do about this problem?

- The CDC is interested in trying to reduce obesity
- What solution works?
 - ◆ Using Evidence-Based Public Health research

Deaf Weight-Wise (DWW) Project

- The DWW is a research project
- DWW will be run by NCDHR and DHCC
- DWW focus on *healthy weight behavior*
- Our next step is to adapt evidence-based project for Deaf ASL users



DWW Goals:

Increase physical activities



http://everythinglubbock.com/content/moveit_activities



<http://www.nhsggc.org.uk/content/default.asp?page=s1442>



http://www.dietsinreview.com/diet_column/12/rate-your-physical-activity/

http://www.activeforlife.info/about_the_program/national_blueprint.htm



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DWW Timeline

Now to 2011	2011 - 2012
<ul style="list-style-type: none">■ Prepare materials<ul style="list-style-type: none">◆ Materials Adaptation◆ Survey measures◆ Translation & Filming◆ Institutional Review Board◆ Inform Deaf Community	<ul style="list-style-type: none">■ Start intervention research
2013	2014
<ul style="list-style-type: none">■ Analyze Data	<ul style="list-style-type: none">■ Publish & share findings with community and scientific groups



Where are we in this process?

Now in progress...

- Materials Adaptation
- Measures



Steven Barnett



Scott Smith



Tamala David



Mike McKee



Erika Sutter



Robert Pollard



Amanda O'Hearn



Robyn Dean



Where are we in this process? Now in progress...

■ Translation



Robert Pollard



Patrick Graybill



Julia Aggas



Robyn Dean

■ Filming



Amanda O'Hearn



Patrick Graybill



Ruthie Jordon



Where are we in this process

Now in progress...

- Get approval from Institutional Review Board



Deirdre Schlehofer



Erika Sutter



Where are we in this process?

Look for us at Town Hall Meetings...

- Inform community about the DWW Project



Deirdre Schlehofer



Mike McKee



Matthew Starr



Scott Smith



Keep your eyes open for future announcements
on next Town Hall Meetings!

