

Obesity and Your Health: The Deaf Weight Wise Research Project



Scott Smith, MD, MPH

Matt Starr, MPH

Deaf Health Talks @ RRCD

November 17, 2011

Supporters for DHT

■ Deaf Health Community Committee (DHCC)

- ◆ Michael McKee
- ◆ Matthew Starr
- ◆ Patrick Sullivan
- ◆ Julia Velasquez



■ Rochester Recreation Club for the Deaf

- ◆ Colleen Evenstad
- ◆ Robert Tawney
- ◆ RRCD Board



Before we begin...

- Overweight
- Obese

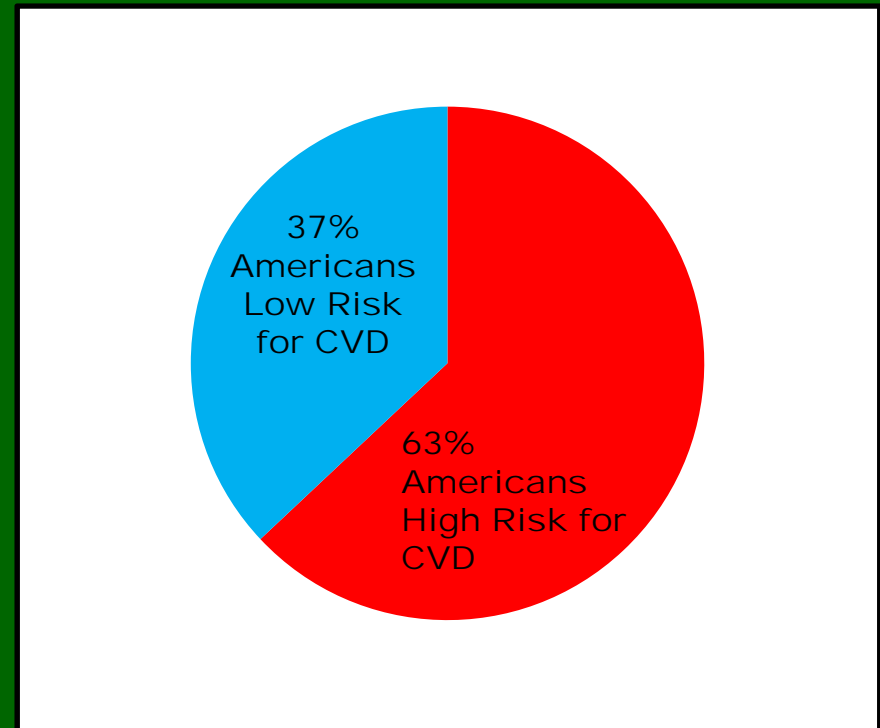
Why is being overweight or obese dangerous to your health?

Risks for carrying extra pounds

- Obese persons:
 - ◆ Higher risks
- Overweight persons:
 - ◆ Lower risks, ***BUT...***
 - ◆ Higher risk of becoming obese

Obesity

- Over 127 million adults in the U.S. are overweight
- Over 72 million obese
 - ◆ 33.3 percent of men
 - ◆ 35.3 percent of women
- Over 9 million severely obese
- Important risk factor for diabetes and heart disease!



**<http://www.cdc.gov/nchs/pressroom/07newsreleases/obesity.htm>
http://obesity1.tempdomainname.com/subs/fastfacts/obesity_US.shtml

Obesity is a national problem now!

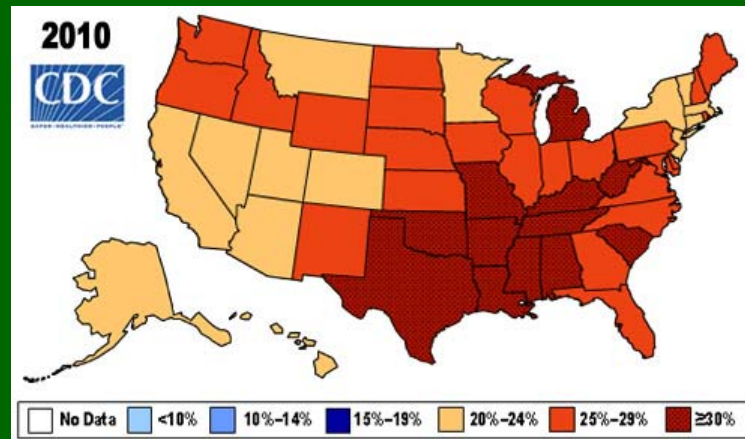
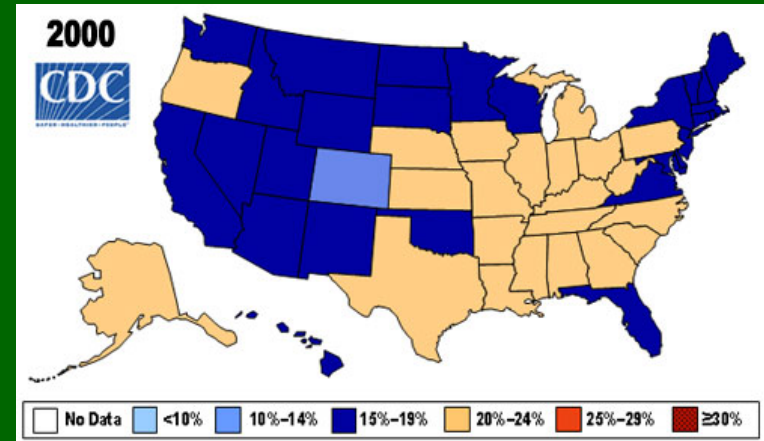
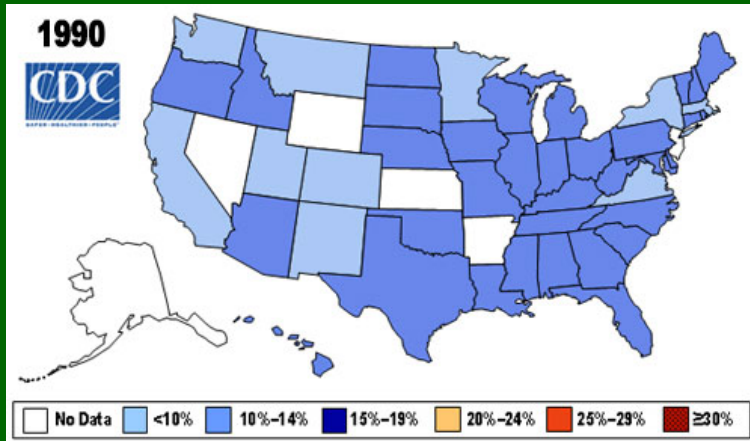
- Number of obese adult Americans increased more than 50%. *
- Number of overweight children and adolescents in the United States tripled. *
- Many children now have shorter life expectancies than their parents!

* From 1980 to 2000

Centers for Disease Control and Prevention

Obesity Trends* Among U.S. Adults BRFSS, 1990, 2000, 2010

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



Centers for Disease Control and Prevention

Am I Overweight or Obese?

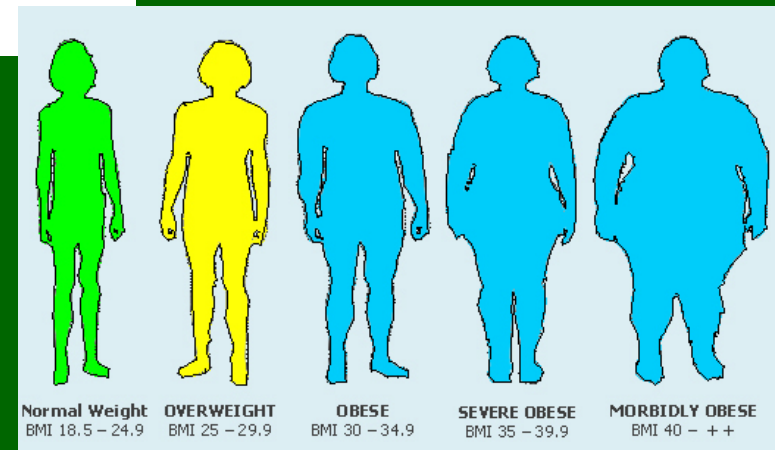
Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

<http://www.freebmicalculator.net>

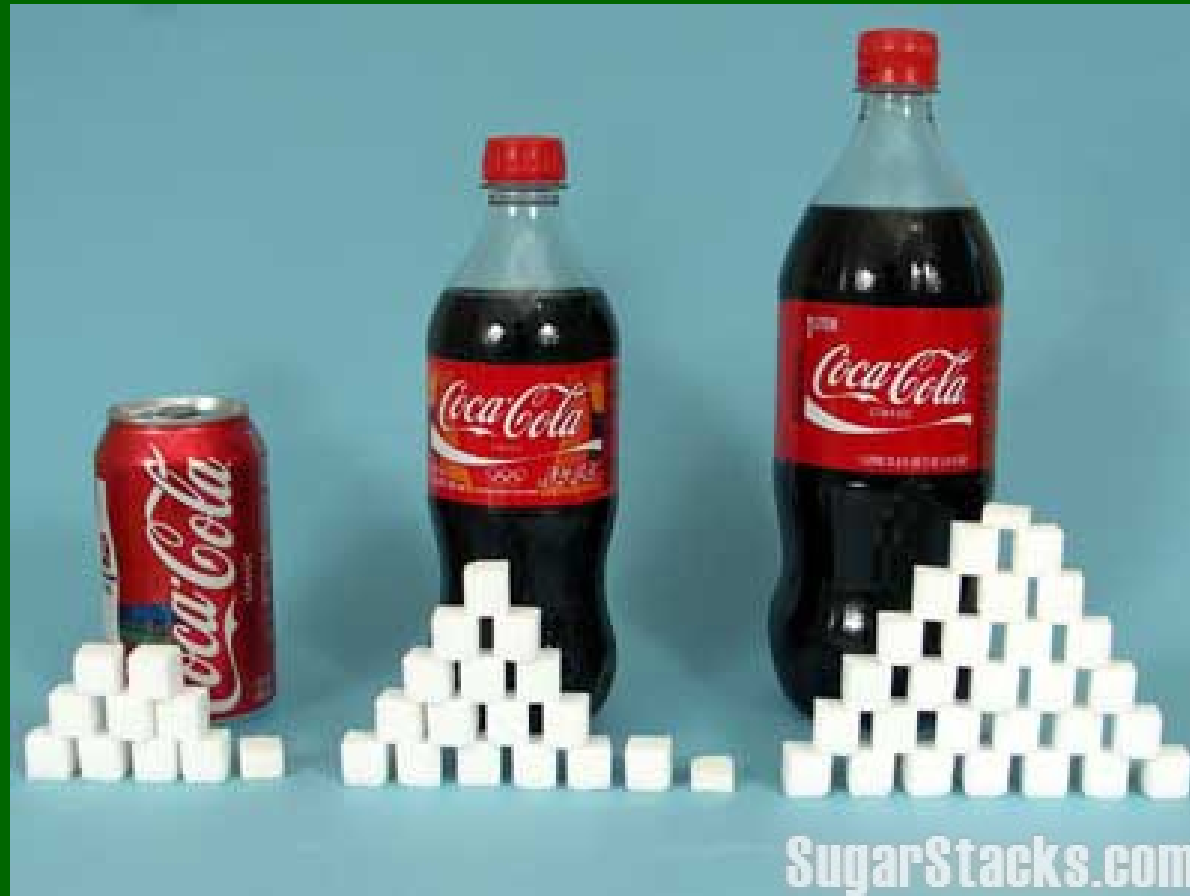
Underweight
Normal
Overweight
Obesity

Take a BMI Screening Test



Why is America getting fatter?

Lifestyle changes: Drinking more sweetened sodas



www.healthkicker.com

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_Que-Belton_Texas.html

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

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

Why is America getting fatter?

Lifestyle changes: Restaurants serving larger portions

BAGEL

20 Years Ago



140 calories

3-inch diameter

Today



Calorie Difference: **TOO MANY!!!!**

Why is America getting fatter?

Lifestyle changes: Too busy to prepare home meals



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

Why is America getting fatter?

Lifestyle changes: Less physical activities



Playing Video Games

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



Watching Television

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

Frequent Videophone Calls



http://www.bidmc.org/~media/Images/News/2009/April/Videophone_web.ashx



Using Computers

<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



www.urban75.org/photos/newyork/new-york-008.html



www.acefitness.org/FITFACTS/fitfacts_display...

Expensive to
join

Fewer
playgrounds



www.meridiancity.org/parks_rec.aspx?id=1085



detroit.about.com/.../ss/VillageRocheste_10.htm

More driving,
less walking

Why Lose Weight?

Lowers risk for:

Heart
disease

Stroke

Sleep
apnea

Some
cancers

Arthritis

Type 2
diabetes

**Helps prevent
depression**

**Maintains
Healthy Sex Life**

**Better
Functionality**

What can we do now?



*Learn to eat
a healthy
diet*



*Learn how
to make
exercise part
of your
routine*

Deaf Weight-Wise (DWW) Research Project

- The DWW is a *research* project.
 - ◆ Not the same as...
 - ◆ Nutrisystem (\$352 for a 4 week basic plan)*
 - ◆ Jenny Craig (Annual membership for \$399)*
 - ◆ WeightWatchers (Monthly meetings are \$39.95)*
- DWW focus on healthy weight behavior.

* Consumer Reports, May 2011

DWW Research Goals:

Increase physical activities



http://everythinglubbock.com/content/moveit_activities



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



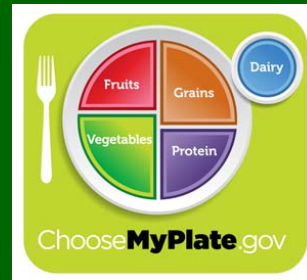
http://www.dietsinreview.com/diet_column/12/rate-your-physical-activity/

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

DWW Research Goals: Eating Better



themehybrid.com/demo/hybrid-news/?p=160



<http://www.choosemyplate.gov/>



mumsandlittleones.com/nutrition



www.webmd.com/.../heartburn-overview-slideshow

DWW Research Process

- Adapting evidence-based healthy weight intervention



English



ASL



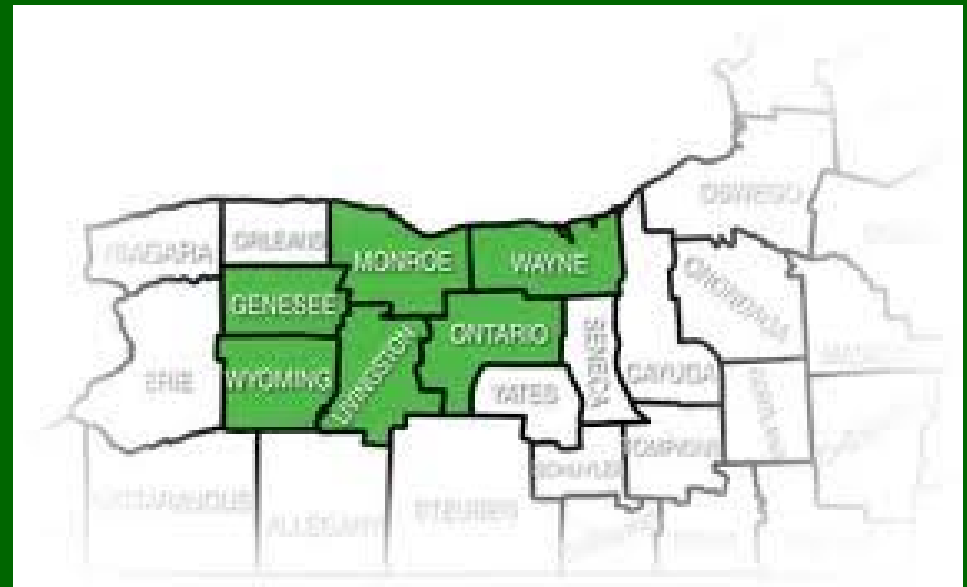
holycitystyle.wordpress.com/2008/08/

Where are we in this process right now? How you can help?

- Inform community about the DWW Research Project
- Find out your BMI
- Sign up to participate in DWW!

Who can participate in the DWW Research Project?

- DEAF: Sign Language Users
- AGE: 40 to 70
- BMI: 25 – 45
- Resident:



Who cannot participate in the research project?

- AGE: <40, >70
- BMI: <25, >45
- Pregnancy
- Doctor's permission needed to participate in DWW:
 - ◆ Heart attack in past 6 months
 - ◆ Stroke in past 6 months
 - ◆ Trouble doing physical activity

Participant Commitment

- ◆ 16 weeks group sessions at scheduled times
- ◆ Record your eating and exercise habits
- ◆ ASL surveys

How to Participate?

Interested?

- ◆ Call (585) 286-5042 videophone
- ◆ Email us at ncdhr@urmc.rochester.edu or carlene_mowl@urmc.rochester.edu
- ◆ Visit our website: www.urmc.edu/NCDHR

