

# Healthy Signs

Winter 2011-2012

## Mission of NCDHR:

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

## National Center for Deaf Health Research

**NCDHR has some research Opportunities for you!**

**NCDHR is currently running DWW Study Screening Visits!**

**Sign up to take the Deaf Healthcare Survey!**

### This Issue's Topics

Deaf Weight Wise Screening and Enrollment Visits!  
Deaf Healthcare Survey Update!  
Deaf Health Literacy and Cardiovascular Risk Study Underway!  
What's been going on at NCDHR in the Past Few Months  
Dr. Thomas A. Person Received Award From RSD

**Working for a Healthy Deaf Community**

## Deaf Weight Wise Screening and Enrollment Visits have begun!

At the end of November, NCDHR kicked off the Deaf Weight Wise research project. Times for screening visits were posted on the [NCDHR website](#) and interested people were scheduled to come find out their BMI (Body Mass Index) and to see if they could participate in NCDHR's core research project, Deaf Weight Wise.

After people find out if they are accepted for Deaf Weight Wise, they can attend an Enrollment Visit, where they watch an ASL video on informed consent on what it means to be involved in the research project (for more information on what informed consent means, please [click here for the ASL Video](#) and [here for the text](#)).

NCDHR continues to work closely with the help of the Deaf Health Community Committee (DHCC). Recruitment efforts are increasing as NCDHR hopes to screen 216 Deaf people before the end of April, 2012.

Deaf Weight Wise is a 16 week healthy lifestyle program for Deaf people ages 40-70 with a BMI between 25 and 45. If you, or someone you know, is interested in joining Deaf Weight Wise, please contact **Carlene Mowl** at

[Carlene.Mowl@urmc.rochester.edu](mailto:Carlene.Mowl@urmc.rochester.edu).

### Deaf Weight Wise



**NCDHR NEEDS YOU!**

← Click here!

First EVER healthy lifestyle research program for Deaf people.

**NCDHR NEEDS YOU!**

## Deaf Healthcare Survey Update!

Help us learn more about healthcare experiences of Deaf people!

### Deaf Healthcare Survey

NCDHR is hoping to recruit 300 participants. Help us reach our goal by clicking on the links below!

For more information regarding the Deaf Healthcare Survey, please [click here](#).

## Deaf Health Literacy and Cardiovascular Risk Study Underway!

*A Message from Mike McKee, MD, MPH*

The Deaf Health Literacy project is already underway! Tiffany Panko and I are both thankful and excited with the interest from the participants who have already signed up and completed the study.

If you are interested in participating in the study, please contact Tiffany Panko at [Tiffany.Panko@urmc.rochester.edu](mailto:Tiffany.Panko@urmc.rochester.edu).

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**NCDHR NEEDS YOU!**

### Deaf Health Literacy

← Click here to sign up to take the Health Literacy Survey!



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## What's been going on at NCDHR in the Past Few Months

### Deaf Health Literacy and Cardiovascular Risk Study Underway!

(continued)

Also, we are now signing up hearing participants to be able to compare the health literacy and the cardiovascular risk between hearing and deaf individuals. If you have a friend or family member living in the Rochester area who is hearing, they can contact Martha Tuttle at [Martha Tuttle@urmc.rochester.edu](mailto:Martha_Tuttle@urmc.rochester.edu). Upon completion of the study (75-90 minutes long), the participant will be paid \$20 for their time.



Interested in participating in a Health Literacy research study?

Researchers are studying the effect of Health Literacy on Cardiovascular Risk Factors.

**ELIGIBILITY**  
You must be a hearing person.  
You must be at least 18 years old.

**CONTACT**  
Call or email Martha Tuttle at [Martha\\_Tuttle@urmc.rochester.edu](mailto:Martha_Tuttle@urmc.rochester.edu) or [585.275.1234](tel:5852751234).

**CARDIOVASCULAR RISK FACTOR**

### An Update on the College Deaf Health Talk Series from Tiffany Panko



Tiffany Panko led three successful College Deaf Health Talk presentations at NTID. In October, she discussed stress management, explaining what stress is, how it can be good or bad, and what it does to the body, along with presenting yoga poses as a management technique.

In November, Denise Thew, PhD, and Scott Smith MD, MPH, presented about Seasonal Affective Disorder, depression, and communication/relationship problems. They presented in an informative and enjoyable way, engaging the audience and demonstrating a mock counseling session.

This January, a small group of students and student interpreters volunteered at the St. John's Home during a bingo game with a brief talk about volunteering from Tiffany. The students and the residents of the home enjoyed themselves and expressed interest in volunteering again.

The remainder of the Talks that were planned for the rest of the school year have been put on hold. We hope to start the series again in the fall. This will give us time to figure out a better infrastructure in working with NTID to improve student awareness and participation.

### NCDHR Makes Headlines on the PRC Website

NCDHR was recently informed that their recent American Journal of Public Health article on the Deaf Health Survey was highlighted in the "PRC Newsroom" section of the Prevention Research Center (PRC) Program's website. While NCDHR has been working hard to spread the word about the importance of Deaf health and meeting the needs of Deaf Communities around the country, this is an excellent example of that information being shared. The PRC (Prevention Research Center) is a branch under the Center for Disease Control and Prevention. There are 37 PRCs throughout the United States that all are linked to this website. NCDHR recognizes this recent publicity as a step in the right direction towards disseminating important information regarding Deaf Health.

To see the PRC website and blurb, [click here](#). Look under the third article, second bullet point.

## Dr. Thomas A. Pearson Receives Award from Rochester School for the Deaf

**October 27, 2011** An article By Keith Loria from the BrightonPittsfordPost.com

Two residents of Pittsford, NY were recognized for their efforts and accomplishments in October of 2011. One of the residents, Dr. Thomas A. Pearson, was given the 2011 Lyon Founders Award for his "professional contribution to the education of students who are deaf and hard of hearing." This award was named after Mr. Edmund Lyon who played a key role in establishing the Rochester School for the Deaf (RSD) as premier center for education of deaf and hard of hearing children and their families.



Dr. Pearson, Director of the National Center for Deaf Health Research (NCDHR) was given this award as an appreciation of everything he does for the Deaf community. Some of these efforts include, emphasizing the need for a bilingual faculty and staff at NCDHR, the hiring of American Sign Language-fluent deaf and hearing colleagues, the creation of opportunities for summer internships for deaf students, the inclusion of deaf community members at all levels of the research process, and the completion of the world's first health survey of deaf persons.

To read more from this article, [click here](#).