

# Healthy Signs



National Center for Deaf Health Research

Summer 2008

## Mission of NCDHR:

To promote health and prevent disease in the Deaf population through community-participatory research.

## Save the Dates!

**DHCC Picnic**  
August 17, 2008

**Community Planning Meetings for Reapplication (5:30 PM - 8:30 PM)**

August 26, 2008  
August 27, 2008  
September 2, 2008  
September 3, 2008

**Deaf Strong Hospital**  
September 5, 2008

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## Deaf Health Survey Update Matthew Starr



Eighty-five more to go! That is how many more we need to meet the goal of 300

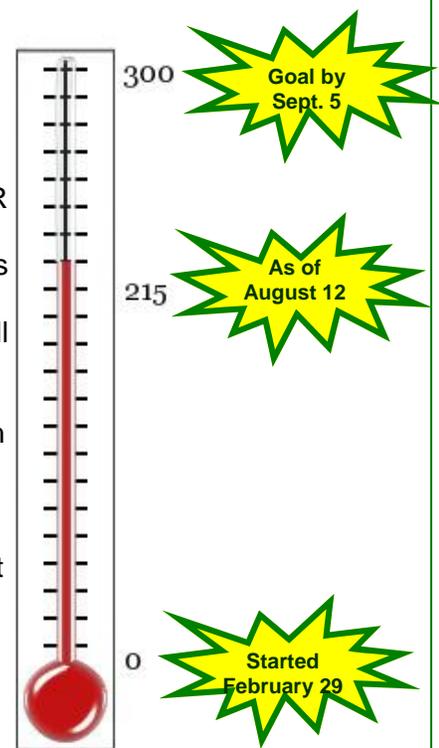
Deaf adults taking the Rochester Deaf Health Survey (see the thermometer). To date, 215 have taken the survey. Once we have 300 surveys taken, the health data will then be analyzed and presented to the Deaf community. What we are looking for is health disparity in health behaviors and health risks. Health disparity is unacceptable because it causes more health problems and higher healthcare costs. We will compare confidential survey results from two different groups of people, Deaf adults taking the sign language survey and hearing people taking the telephone survey. Both groups must live within Monroe County (NY) to

be able to make valid comparison. Suppose one group has a higher rate for diabetes than the other group, then a health disparity is found. Eliminating health disparities is necessary to increase quality of life and reduce health care costs.

The Deaf Health Community Committee (DHCC) will work with NCDHR researchers to determine which health condition impacts the Deaf community the most. Then intervention research will be conducted to see what works best in preventing disease and eliminating health disparity. An example of an intervention research would be an educational program in ASL to prevent disease - will it work better than reading a printed brochure?

**If you or someone you know may be interested in**

**taking the ASL Health Survey, please contact NCDHR to make an appointment to take the survey: (585) 276-2122 VP or [ncdhr@urmc.rochester.edu](mailto:ncdhr@urmc.rochester.edu).**



## Deaf Health "Hot Talk" Betsy Finigan, Colleen Evenstad and Michael McKee

NCDHR and Rochester Recreation Club's Deaf Educational Awareness Program (REAP) are working together to present important topics called, "**Deaf Health Hot**



McKee

Finigan

**Talk**" to the Deaf community. Two Family Medicine physicians, Dr. Michael McKee, a Deaf physician and Dr. Betsy Finigan, an ASL fluent hearing doctor, will offer different health topics in American Sign Language. Deaf Health Hot Talk will allow Deaf people to

learn health topics in ASL. Two presentations, "The Healthy Way to Lose Weight" and "Cancer Screening: What the Doctor Wants to do and Why it is Important," were given in July. Several excellent questions asked by the audience were answered by the presenters in ASL. The next "Deaf Health Hot Talk" presentation will be August 20, "Heart Disease - Learn to Love Your Heart" at the DEAR 23rd Annual Picnic.

Watch for future announcements in DeafTimes and Facebook (look for NCDHR as a group profile). Come and join the fun as you learn important points that can help you lead a healthier life!

## Message from the Program Director Tom Pearson



The National Center for Deaf Health Research is approaching the end of its fourth year. As you may know, the Center was funded by the Centers for Disease Control and Prevention (CDC) in 2004 for a period of five years. It is now time to prepare a renewal application to the CDC to renew our grant for another five-year period. We learned early this month that the renewal application is due on October 8, several months earlier than anticipated.

We have planned a series of Community Planning Meetings at the end of August and the beginning of September to give you an opportunity to help us plan our next five years.

We sincerely want to involve as many members of the community as possible in these very important planning sessions. At each meeting, we will present our ideas regarding all aspects of the Center's future course, discuss your reactions, and then work together to re-craft our ideas. We can guarantee a series of lively conversations!

We won't be successful in earning another five-year grant without community support. We truly hope you will plan to attend as many of the meetings as possible. We will have more details about the meetings available soon. But, for now, please mark your calendars and encourage your friends and family to attend. The meetings will take place on the

following dates:

**August 26, 5:30 - 8:30 PM**

**August 27, 5:30 - 8:30 PM**

**September 2, 5:30 - 8:30 PM**

**September 3, 5:30 - 8:30 PM**

All meetings will take place at the NCDHR offices at 120 Corporate Woods.

For more information, please contact Susan Demers at [susan\\_demers@urmc.rochester.edu](mailto:susan_demers@urmc.rochester.edu) and ask to be placed on our special "renewal" mailing list. We'll use the list to send out helpful background information, meeting reminders and other updates.

Thank you for your support, and we look forward to your thoughts and ideas!

### DHCC PICNIC



Deaf Health Community Committee (DHCC) held a picnic last May 2008 to recruit new members for DHCC, a community committee of the NCDHR. Seventy people attended.

**The next DHCC Potluck Picnic is Sunday, August 17 at 120 Corporate Woods at 2 PM.** Family members and children are welcome.

Last name starting with:  
A-H Appetizers  
I-Q Salad/Pasta  
R-Z Dessert

Come and learn more about the Deaf Health Survey!

Contact person:  
Julia Aggas  
[jaggas@frontiernet.net](mailto:jaggas@frontiernet.net)

### NCDHR in Facebook Susan Demers Postlethwait



As one of several important avenues to spread word about NCDHR and keep the Deaf community updated about our Center, we have created a group in Facebook where users can gain access to NCDHR's news and events anytime online. We have included Video Blogs (Vlogs) in American Sign Language and Blogs describing what is happening with NCDHR.

If you use Facebook, you are more than welcome to join the group. You can easily

find us by entering "NCDHR" in the search field.

For those who are not familiar with Facebook, it is a popular online social and professional networking which many Deaf people enjoy participating. You can join at no cost. For more information on Facebook, check out [www.facebook.com](http://www.facebook.com).

You may as well end up re-connecting to your friends, classmates or colleagues who you haven't seen in years! Come and join NCDHR in the Facebook to show your support for a healthy Deaf community!

### Getting the Word Out about NCDHR Susan Demers Postlethwait

The brilliant green table cloth with NCDHR logo on it was hard to miss during exhibition at the **NTID's**

**40th Anniversary Reunion and the 49th Biennial NAD Conference** in New Orleans, July 7-11, 2008. A demonstration of the Deaf Health Survey was "eye-catching" to nearly 600+ NTID alumni and their families. Reunion attendees had



positive reactions to the Deaf-friendly survey instrument. Likewise, similar reactions were expressed by NAD conferences attendees who stopped by our exhibition table.

Additionally, **Deaf Digest**, a national e-news bulletin, recently posted a brief description of NCDHR and **13-WHAM TV** interviewed NCDHR staff in their newscast.

For more information about NCDHR, please check out [www.urmc.edu/ncdhr](http://www.urmc.edu/ncdhr) or e-mail: [ncdhr@urmc.rochester.edu](mailto:ncdhr@urmc.rochester.edu).