

Healthy Signs



National Center for Deaf Health Research March 2010

Mission of NCDHR:

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

SAVE THE DATE!

Town Hall Meeting

Come and learn about Deaf Weight-Wise

**Wed., April 21
12 Noon - 1 pm
NTID Building 55
Room 1310**

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As a part of NCDHR's ongoing efforts to raise the Deaf community's awareness about the NCDHR's upcoming Deaf Weight Wise (DWW) Project, **Matt Starr** and **Scott**

Smith visited the Rochester Recreation Club for the Deaf on March 15, 2010. The topic of this meeting was "Obesity and Your Health." With approximately 25 community members in attendance, Matt and Scott started off the presentation with some information and numbers about the growing obesity epidemic in the United States, especially over the past 20 to 30 years. See below for obesity maps from the CDC for years 1990, 1999 and 2008:

The group engaged in a fascinating discussion about different causes and effects of obesity with many questions and back-and-forth conversations. Everybody was surprised to realize how much sugar is in our foods and drinks, and how portion sizes have gradually become larger and larger over time.

At the conclusion of the lively town hall

DHCC Happenings

Val Nelson-

Metlay is a member of the Deaf Health Community Committee and a well-known local

graphic designer. She has created wonderful deaf-focused logos in the past several years. Val has just created yet another “eye-opening” logo to identify NCDHR’s newest research project called Deaf Weight-Wise. Thank you Val for this beautifulcre-