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Deaf Roch~ster News -~• A/~=~,

Deaf Awareness Week Health Survey Results
By Robert Pollard and Steven Barnett
National Center on Deaf Health Research

On September 19, 2004 at the Deaf
Awareness Week (DAW) Kick-Off event
held at the Memorial Art Gallery, a team
of researchers from the new National Center for Deaf Health Research
(NCDHR) at the University of Rochester Medical Center collected health informa-

or obese can lead to health problems, including diabetes and high blood
pressure. You can find out your BMI by typing in your height and weight at this web site: http://nhlbisupport.com/bmi/ bmicalc.htm. In the DAW study, 42% of the deaf and hard-of-hearing partici-pants were overweight and 27% were obese. This is about the same percent-age of overweight and obese people in the hearing population, according to national studies. Fifty-five percent of the deaf and hard-of-hearing group said they exercise regularly.

Health Knowledge: A number of
our deaf participants said they did not know important information about their health. Nine (15%) said they did not know if their weight was normal or not. When we measured and weighed these nine people, only one of them had
normal BMI. Six were overweight and two were obese. Thirteen percent of the deaf and hard-of-hearing group did not know if their blood pressure was high, low, or normal before coming to the DAW event. Twenty-one percent did not know if they had high cholesterol or not. Twelve percent did not know if they ever had a cholesterol test. Perhaps most alarming, five deaf individuals said that they did not know if they were taking medicine for high blood pres-sure, high cholesterol, or diabetes. It is worrisome to us if people are taking medicines but don't know what they are for. Seventy-nine percent of the deaf and hard-of-hearing participants agreed that "I should learn more about health and illness."

We also measured health knowledge with an English vocabulary test. This same words are used to test hearing people about health knowledge. Some of the deaf and hard-of-hearing partici-pants earned low scores on the health vocabulary quiz. Twenty-six percent earned scores that were lower than hearing high school students get on this same quiz. This was surprising to us because the deaf and hard-of-hear-

ing group who