



# Music To My Ears Community Outreach Project

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## Introduction

### Location:

Wilson Highschool Zoom Meeting on 11/16/2020

Contact: Jeremy Shetler

### Audience:

Freshman Health Science Class with 25+ attendees

### Demographics:

- Age range 15-46; Average 16
- 13 male; 12 female

## Content

1 in 5 teenagers in the US has some form of hearing loss<sup>1-3</sup>

Approximately 5.2 million children and adolescents age 6-19 have NIHL (CDC)<sup>3</sup>

410 adolescents per 1,000 aged 12-19 have never used hearing protection devices when exposed to loud noise or sounds<sup>4</sup>

Noise Induced Hearing Loss (NIHL) is common, cumulative, invisible and can be permanent!<sup>5</sup>

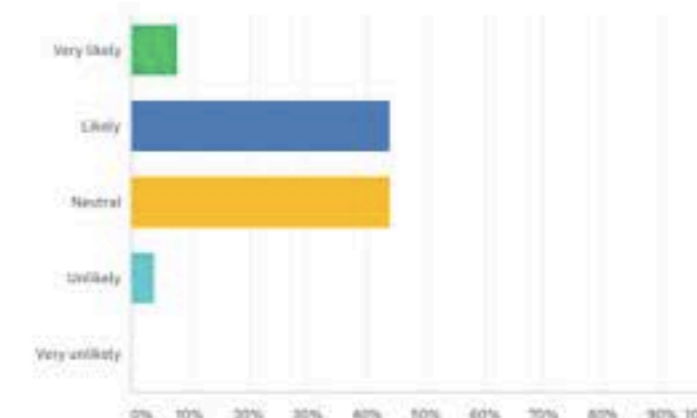
## Conclusion

### Reflection:

- Connected with my audience and used interactive learning techniques to convey the importance of hearing
- Over half the students surveyed reported that they would change their behavior based on what they learned in 45 min!

How likely is it that you will change your behavior based on what you learned from this talk?

Answered: 25 Skipped: 0



## Background

- Facts Regarding Hearing & Adolescents
- Learn the Basic Anatomy of the Ear
- Define Noise Induced Hearing Loss
- Identify Different Types of Hearing Protection
- Learn About Effects of Prolonged Exposure to Different Decibels
- Learn How to Protect Your Hearing

## Discussion

### Challenges:

- Setting up a time to meet
- Switching rooms during presentation
- Little evidence on effects of earplugs in preventing hearing loss

### Opportunities:

- Giving the talk virtually really helped since I had multiple interactive breakout sessions including a hearing test and a trivia game

### Evaluations:

- Some participants learned that decibels over 85 induces hearing loss (5)
- Many participants learned about what a PA is and does (15)
- Most participants learned how noise induced hearing loss happens and how to prevent it (17)

## References/Acknowledgements

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