Vice provost appointments announced

Provisor Eli Capilouto has announced the appointment of two vice provosts who will lead a recently reorganized administrative structure. Suzanne Austin, Ph.D., will be the new vice provost for Student and Faculty Success effective Jan. 1, 2011. Harlan M. Sands, J.D., MBA, is vice provost for Administration and Quality Improvement for the university.

Austin’s appointment comes after a national search for a newly created position designed to promote strong student and faculty engagement and learning. She will lead the Office of Student Life, both university libraries and several faculty and student support units that focus on student and faculty development, retention and enrichment. Sands, who came to UAB in June 2007 as associate provost for Administration and Finance, is responsible for providing leadership for academic administration, strategic planning, enrollment management, finance, budgeting, student support operations and compliance. His appointment was made in October.

“The restructuring and streamlining of the Office of the Provost was designed to provide more effective and efficient service to the UAB community and ensure student and faculty success,” Capilouto said. “I appreciate the efforts of all of our various units who have worked together to bring us to this point and look forward to the successes we will have in the future.

“I also would like to thank former School of Medicine Dean Robert Rich (M.D.) for his service in leading the search for the new position,” Capilouto said. “He and the other committee members share the vision of an organization that both

Newborn care, training could mean millions saved

A low-cost, essential newborn care (ENC) education-training program rooted in basic neonatal care and resuscitation and adapted by UAB researchers has the potential for saving more than 1 million lives worldwide each year, according to study data and commentary published in the November issue of Pediatrics.

The commentary was published simultaneously with research findings led by Wally A. Carlo, M.D., director of the Division of Neonatology, and senior author Linda L. Wright, M.D., scientific director of the National Institute of Child Health & Human Development Global Network for Women's and Children’s Health Research. The World Health Organization and the American Academy of Pediatrics developed the education-training program for implementation in developing countries. When it was put into action, the program reduced early neonatal mortality by almost 50 percent.

The study was designed to train midwives in basic neonatal care and resuscitation techniques at 18 urban low-risk community health clinics in Lusaka and Ndola, Zambia.

“Together with our multi-country trial published earlier this year in the New England Journal of Medicine, our research shows that this educational intervention can markedly reduce perinatal mortality — babies who die just before being born and babies who die in their first week after birth.”

’Tis the season help to feed the hungry

Rickia Smith has reached for a helping hand in the past when she needed it. The appreciation for those who offered her that help has never left her.

Smith, a cashier at the Commons on the Green, now lives her life trying to return that favor. And she was eager to help when UAB Campus Restaurants joined SODEXO’s Helping Hands Across America campaign to raise money for the local food-recovery program Magic City Harvest.

Cashiers in all UAB campus restaurants sold $5 food bags to faculty, staff and students during the month of November, and Smith led the way with 183 sold. All told, the campaign raised more than $2,000, which was used to purchase 3,764 pounds of food — enough to feed more than 1,500 families during the Thanksgiving and Christmas holidays.

“It was great to be a part of such a big project that helps the people in our community,” Smith says. “We had so many faculty and students who were willing to help. Some bought more than one bag.”

The cashiers held a competition to see who could sell the most bags, but Smith says the drive was more than a contest.

“It wasn’t a competition for me,” Smith says. “I was more concerned with selling as many food bags as I could to help our homeless and other people in need. I’ve been in need before, so I know how it is.”

Campus Restaurants has held canned food drives in recent years in an effort to help Magic City Harvest, but Leigh Clarkson, Campus Restaurants marketing manager, says their success has been limited.

That led to a change in strategy this year to selling $5 donation bags that featured samples of the food Campus Restaurants would purchase with the money raised. Campus Restaurants purchased crackers, spaghetti, canned tuna, fruits and vegetables, rice and canned soups from their vendors with the money raised.

“We wanted to try the donation bags this year to see if we could be more successful,” Clarkson says. “We found this was a little easier because a lot of times students can’t get off campus to purchase canned goods — the same for faculty and staff. People are more inclined to donate five dollars when they’re purchasing a meal than trying to

Findings led by Wally Carlo shows an education-training program in basic neonatal care in developing countries can reduce early neonatal mortality by 50 percent.
Public affairs for the 2011 Odessa Woolfolk Community Service Award.

Submit a brief letter of nomination, the faculty member’s curriculum vitae, a one- to two-page description of the community service performed and a maximum of five letters of recommendation to the Office of the Provost (AB 374, +0103) by 5 p.m. Friday, Jan. 14, 2011. Learn more at www.uab.edu/facultydevelopment. Direct questions to Linda Pito at lapiteo@uab.edu or 934-0513.

Submissions wanted for service-learning poster competition

The Office of Service-Learning is hosting its second annual Poster Competition to highlight student service-learning experience and its impact on the community. Online submission will be accepted until Jan. 21, 2011. First place prize is $300, second place prize is $200, and the third place prize is $100. Guidelines are posted at www.uab.edu/service-learning.

Charting a course for genomics is Pritchett lecture topic

Eric Green, M.D., Ph.D., director of the National Human Genome Research Institute, will discuss “Charting a Course for Genome Medicine” during the annual Paulette Shirey Pritchett Lecture at 1:30 p.m. Jan. 10, 2011, in Margaret Cameron Spain Auditorium. Green is a senior investigator & head of the Physical Mapping Section, Genome Technology Branch, Division of Intramural Research at the National Institutes of Health.

Commencement to be streamed live Dec. 18

At least 800 students will participate in full commencement exercises at 2 p.m. Saturday, Dec. 18 in Barrow Arena. More than 2,100 students are expected to graduate this semester.

The ceremonies will be streamed live at www.uab.edu/ commencement/video/livevideo to enable students’ friends and relatives who cannot attend the ceremony to be a part of the special event. For more details, visit www.uab.edu/commencement.

All are invited to participate in UAB Day of Service

For a second year, faculty and staff have an opportunity to support our longstanding mission of serving the community by participating in a UAB Day of Service.

The special day, known as Hands On Birmingham King Day of Service, is scheduled for Monday, Jan. 17, 2011 — Martin Luther King Day.

The Hands On Birmingham organization encourages volunteers in Birmingham through employer-sponsored, group and individual volunteer projects. UAB will join other local employers, including Alabama Power and Wells Fargo, to provide an opportunity for employees to participate as one of the many volunteer opportunities offered.

“Hands On Birmingham anticipates that thousands of volunteers will come together on this day in support of the community in which we live and work,” says Josephine Jackson-Banks, UAB’s manager coordinating the UAB Day of Service. “It will be great to have members of the UAB team among those numbers.”

Employees scheduled to work Jan. 17 who would like to volunteer will need to use vacation time to participate. A Volunteer-in-Kind program will be provided for hospital and university employees who will be working on Jan. 17 and unable to participate. Employees may bring clothing or personal items to the following locations anytime before Jan. 17 to contribute: Russell Ambulatory Center Suite 162 or Administration Building Suite 110.

UAB employees may form teams or volunteer individually. Register to participate at www.uab.edu/dos; projects are posted there with details about the day’s activities.

E-mail confirmation will be sent to registrants with project information, and an e-mail reminder will be sent two days before the event.

Direct questions about the UAB Day of Service to Jackson-Banks at jjbanks@uab.edu.

Nominations sought for Woolfolk award

Nominate a full-time faculty member who has rendered outstanding service to the Birmingham community in education, economic development, health-care delivery, the arts, social services, human rights and/ or urban and public affairs for the 2011 Odessa Woolfolk Community Service Award.

The Office of Service-Learning is hosting its second annual Poster Competition to highlight student service-learning experience and its impact on the community. Online submission will be accepted until Jan. 21, 2011. First place prize is $300, second place prize is $200, and the third place prize is $100. Guidelines are posted at www.uab.edu/service-learning.

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Michael Saag, M.D., will be presented with the 2010 President’s Medal at the ceremony in recognition of his role as a leader and pioneer in AIDS research. Recipients are selected by the president upon recommendation of senior university officials; this medal is one of the highest honors bestowed by UAB.

Geraldine Flannigan of Hoover, who is receiving a bachelor of science in nursing degree with departmental and university honors, will be the undergraduate commencement speaker.

Sevante Metcalfe of Birmingham, who is receiving a master of business administration degree, will be the graduate commencement speaker.

UAB Reporter will be back next year

This is the last printed UAB Reporter of the year. The next print edition will be Jan. 10, 2011. The eReporter will not publish Dec. 30 or Dec. 31. Submit information using the Request Publicity form online at www.uab.edu/reporter.
Keitt singled out as Prof of the Year for roles in history

There are many who view history through the prism of names, dates and events, and many history courses are taught in this fashion. Yasameen Ebrahimi was well aware of this when she enrolled at UAB in 2007. She had no intentions of majoring in history. “I enjoyed history as a subject,” she says, “but the thought of boring lecture courses held no appeal for me.”

But Ebrahimi’s first history course wasn’t at all what she was expecting. It was fresh and challenging. The names, dates and events — while important — weren’t the central themes. Instead, the focus was on students putting themselves into situations of the past and learning the reasons certain decisions were made and events unfolded the way they did.

But Ebrahimi did this in a Reacting to the Past course taught by Andrew Keitt, Ph.D. She played a role as a member of the Royal Society of London and debated the merits of Charles Darwin’s On the Origin of Species and whether or not he should be awarded the prestigious Copley Medal for writing it. Ebrahimi was hooked, and history quickly became her major.

“Dr. Keitt brings history to life,” Ebrahimi says.

Because of his excellence in teaching, Keitt was recently recognized as the 2010 Carnegie Foundation for the Advancement of Teaching Alabama Professor of the Year. The award, co-sponsored by the Council for the Advancement and Support of Education (CASE), recognizes teachers that excel both on and off campus.

Keitt is the third UAB faculty member to be named Alabama Professor of the Year. The Carnegie Foundation and CASE have honored a single university professor from every U.S. state annually since 1982. A luncheon to recognize each state’s winner was held Nov. 18 in Washington D.C. Keitt and his family attended.

Keitt engages students in many of his courses by having them play roles of historical figures from the time periods they’re studying in class. The technique was influenced by the approach of other educators from around the country, and Keitt says it gives his students a sense of ownership of the class.

“They really run the show, quite literally,” Keitt says. “I sit off to the side and write notes and pass them along to push the students in a certain direction or give them encouragement. It puts them in less of a passive role. I think that’s part of the reason they respond to it so positively.”

“I want to engage students,” he says, “and that is why pedagogies like Reacting to the Past and Team-Based Learning appeal to me.”

Jean Ann Linney, Ph.D., professor of psychology, and Catherine Danilou, Ph.D., associate dean of the College of Arts & Sciences, were among many faculty members who lead the charge in nominating Keitt for the award.

Linney sat in on Keitt’s “Reacting to Darwin” course to see how the Reacting to the Past role-playing game translated to students. She saw students who were engaged in research on key actors in the history of Darwin’s work and the scientific community’s reaction to it.

“Observing one class impressed me with the depth of understanding students achieved through this method,” Linney says. “The class was engaged in a school board candidate debate on the merits of teaching evolution or creationism in the science curriculum. The reactions and comments of the students reflected Dr. Keitt’s ability to engage the students in the course content in a way that went beyond simply teaching the facts for the short term. These students could take alternative perspectives, they corrected each other when a response was not consistent with the role being represented and continued the discussion going out the door after class.”

Keitt is quick to point out that the Reacting to the Past pedagogy isn’t his own. Mark Carnes at Barnard College in New York developed the concept, and the method has been honed, refined and expanded by faculty all over the country. Keitt calls this brand of a teaching the “modular-collaborative model” — the method he prefers in lieu of the “heroic model.”

“The heroic model is this idea that the individual teacher marches into the classroom and enlightens students with the sheer force of personality in some unique, mysterious process, and I don’t think that’s how good teaching happens,” Keitt says. “That’s certainly not the case for me. I’ve benefited from the ideas and efforts of a lot of other faculty.”

Much in the same way he credits others for helping shape his teaching style, Keitt is quick to credit others for their role in nominating him for the Professor of the Year honor. “I have a deep appreciation for those who nominated me and wrote letters on my behalf, that’s how these things happen,” Keitt says. “Jean Ann Linney and Catherine Danilou played especially important roles in all of this, and I am extremely grateful to them.”

Andrew Keitt is the third UAB faculty member to be named Carnegie Foundation for the Advancement of Teaching Alabama Professor of the Year. Keitt was selected as the 2010 recipient. The award recognizes teachers that excel both on and off campus.

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Carlo says, “We have taught caregivers to identify babies who appear dead, but can be resuscitated. We’ve taught them how to check the heart rate and how to determine that the baby can breathe if brought to life simply by using cardiopulmonary resuscitation (CPR). CPR is 99 percent effective in neonates if done appropriately. This has the potential to be a game changer for people in underdeveloped countries around the world.”

Funding for the project began 10 years ago with a UAB grant to develop a resuscitation program in Zambia. Carlo secured an NIH grant and three subsequent grants for this work along with funding from the Bill and Melinda Gates Foundation.

Birth asphyxia, low birth-weight/prematurity and infections are major causes of death during the first month. The low-cost interventions in this study are effective in reducing perinatal mortality from 18 in Washington D.C. to 6.8 deaths per 1,000 births after the mid-1980s. Seven-day mortality rates in this study were reduced from 11.5 deaths per 1,000 births to 6.8 deaths per 1,000 births after the midwives received training.

Babies who die just before being born in underdeveloping countries — or “stillbirth” babies — usually have no signs of being alive. But Carlo says while the baby may not be breathing, in most cases it has a slow heartbeat. In fact, Carlo says 10 percent of all babies born worldwide don’t breathe at birth, and UAB Hospital has in-house neonatologists 24 hours a day specifically to help babies who need resuscitation, including those who appear to be fresh stillborn.

Stimulation helps close to 5 percent of those babies. The other 5 percent require air pushed into the lungs with bag and mask ventilation.

“That’s what we’re doing in Zambia and many other countries,” Carlo says. “We’re helping them breathe simply by giving them a few breaths.”

The success of helping these babies breathe in Zambia has been staggering. When Carlo first went to Zambia in 2002, the fresh stillbirth death rate was 100 per 1,000 in the first minutes of life. That number has been cut to 4.9 per 1,000 in eight short years.

“It’s hard for us to understand how far behind developing countries have been,” Carlo says. “We didn’t establish a CPR program for babies in the United States until 1987. We don’t see and experience what people in underdeveloped countries experience every day. We’re just trying to help them catch up. Right now, their rate of infant mortality is about what it was here in the United States in the beginning of the 20th century. And we’ve come a long way since then.”

Next steps

The American Academy of Pediatrics, NIH and WHO developed the Helping Babies Breathe program, adopting the model developed by Carlo to spread the training to countries worldwide. And companies like Laerdal, supplier of basic and advanced life support training products and emergency medical equipment, are donating equipment to help the cause, Carlo says.

“The big next step is to expand this worldwide, and many organizations, including Save the Children and the United States Agency for International Development, are helping to do that,” Carlo says. “The leaders at Laerdal think this is a fantastic idea, and they are supplying most of the 10 sites where the program is being scaled up.”

Another recent study from Carlo’s team in the Global Network for Women’s and Children’s Health Research supported the findings of the train-the-trainer model for reducing stillbirth. They found that a basic three-day ENC training program reduced the rate of stillbirths in six resource-poor countries by more than 30 percent.

NEWBORNS

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So why are we getting fatter? Researchers seek a culprit

S o, why are we fat? And getting fatter? Most people would say it’s simple: We eat too much and exercise too little. But UAB obesity researcher David Allison, Ph.D., says that answer, while valid, may be a little too simple. Allison and colleagues think the more relevant question is this: Why do we eat too much and expend too little energy? And like good detectives, they’ve set out to identify a suspect, or suspects, that may be contributing to the obesity epidemic.

The game, as they say, is afoot.

Allison, a professor of biostatistics in the UAB School of Public Health, is senior author on a paper published in November in the British journal Proceedings of the Royal Society B. That paper, “Canaries in the coal mine: A cross-species analysis of the plurality of obesity epidemics,” suggests that the root cause of obesity may be much more complicated than the conventional wisdom — too much food availability, too little opportunity to exercise.

Allison’s current detour began when he was looking over data on small primates called marmosets from the Wisconsin Non-Human Primate Center. He noted that the population as a whole showed pronounced weight gain over time, but he could find no compelling reason. The nature of the diet had changed, but controlling for the exact date of the change, easily doable with animals living in a controlled laboratory environment, only strengthened the mysterious phenomenon.

Intrigued, he began searching for more evidence. Needing raw data, he tracked down previous studies of mammals, living with or around humans, which had lasted at least a decade. He found information, called data sets, on 12 groups of animals. Divided into male and female populations, he ended up with 24 data sets, containing information on more than 20,000 animals.

The data sets were varied. Some were laboratory research animals — monkeys, chimpanzees and rodents. Some were feral rats caught in the alleys of Baltimore. A veterinary hospital in New Jersey provided records on domestic pets — dogs and cats. There was one constant. All 24 sets had seen overall weight gain in the population over time. Twenty-three of the 24 had seen an increase in the percentage of obese individuals in the group.

“But yet there was not one single thread running through all 24 data sets that would explain a gain in weight,” says Allison.

“All the animals in some of the data sets might have had access to richer food, but that was not the case in all data sets. Some of the animals might have become less active, but others would have remained at normal activity levels. Yet, they all showed overall weight gain. The consistency of these findings among animals living in different environments, including some where diet is highly controlled and has been constant for decades, suggests the intriguing possibility that increasing body weight may involve some unidentified or poorly understood factors.”

The mystery deepens. What might those factors be? Allison and Yann Klimentidis, Ph.D., a post-doctoral trainee in the School of Public Health and co-author of the paper, say scientists are looking at alternative reasons for obesity beyond the usual suspects of increases in food intake, provoked mainly by availability, and decreases in activity level, provoked mainly by labor-saving devices. Here are several candidates for the lineup:

• Light. Studies have shown that subtle changes in the amount of time spent in light or dark environments changes eating habits. Allison wonders if increased light pollution in our industrial society may play a role.

• Viruses. Infection with adenovirus-36 is associated with obesity, and the presence of antibodies to AD36 correlates to obesity in humans. Could AD36 or other infectious agents be contributing to obesity in populations?

• Epigenetics. Genetic modifications brought about by any number of environmental cues such as stress, resource availability, release from predation or climate change.

The bottom line, say the authors, is that obesity is a problem that most likely has many causes — and will need many solutions.

“When looking for ways to combat obesity in humans, we need to be more aware of all the possible alternative causes of obesity,” says Klimentidis. “If we can find causes for the weight gain seen in our animal subjects, we may be better able to apply that to coping with obesity in humans.”

The study was partially funded by grants from the National Institutes of Health.

**Vice Provosts**

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supports and rewards congruent student and faculty success.”

Austin is coming to UAB from the University of Delaware, where she currently serves as interim dean of the College of Education and Human Development and has held various other administrative positions, including associate provost for Academic Affairs, associate dean for the Social Sciences and History and assistant dean of the College of Arts and Sciences. A member of that university’s history department since 1983, she is now a professor of history and Latin American Studies who has published numerous books, translations and articles on global issues with a focus on world epidemics and disease, including *Native Society and Disease in Colonial Ecuador*, which has been translated into Spanish.

In 2004 Austin was one of 38 faculty members in the nation selected to be an American Council on Education Fellow, and in the last three years she has served on accreditation teams for the Middle States Commission on Higher Education and the New England Association of Schools and Colleges, and as a reviewer for national screening committees of the U.S. Graduate Student Fulbright Program. She earned her doctoral degree in history from Duke University and a master’s degree in history from the University of North Carolina at Chapel Hill and also holds a bachelor’s degree in English and journalism from North Carolina State University.

“The University of Delaware, like UAB, is among only 96 public and private universities classified as an institution of ‘very high research activity’ by the Carnegie Foundation,” Capilouto said. “Dr. Austin’s extensive faculty and administrative experience at such a comparable institution will prove invaluable as we work together to provide expanded opportunities for our students and faculties.”

“We are delighted to welcome her to the university and to Birmingham,” he said. Sands, who since September 2009 has assisted the provost in managing and directing UAB Student Affairs, was originally charged with responsibilities for financial management, budget oversight, academic program policy development and oversight, long-range strategic planning and capital investments, academic space allocation and operational oversight of the university compliance program. Prior to coming to UAB, he served as associate vice president for Research at Florida International University (FIU) and Executive Director of FIU’s Applied Research Center. He was also an assistant public defender in the Eleventh Judicial Circuit in Miami, Fla., and served more than 10 years on active duty in the U.S. Navy. He is a graduate of the Wharton School of Business at the University of Pennsylvania, holds an MBA from George Washington University, and received a juris doctorate from George Mason University.

“Harlan Sands has provided strong, dynamic leadership at a time when UAB is experiencing rapid growth, as well as significant economic challenges,” Capilouto said. “His dedication to providing effective and efficient support services for the UAB community and his ability to supervise and coordinate diverse units are characteristics that make him uniquely qualified to lead in this position.”

Research conducted by David Allison, professor of biostatistics, suggests that the root cause of obesity may be much more complicated than the conventional wisdom — too much food availability, too little opportunity to exercise. Light, viruses and epigenetics may be among many other factors that lead to obesity.
A hundred miles in your body contains DNA — the set of master instructions that directs development, bodily functions and even behavior. Though the DNA of all humans is more than 99 percent identical, the differing percentage produces a variety of sizes, shapes, colors and faces. These small differences in the DNA sequence influence, at least in part, the reason people look different, have differing risks for some diseases and conditions and respond differently to the same medical treatment or training program.

Although we know that genes are important in our overall fitness, the ways in which they alter response to exercise and diet interventions are not known. A five-year study coming to UAB in January 2011 hopes to incorporate the exercise patterns of 3,200 students to bring further understanding of the reasons individuals respond and/or persist in exercise and formulate better and more efficacious interventions for obesity.

The TIGER (Training Interventions & Genetics of Exercise Response) Study will investigate the influence of variation in DNA sequence on body fitness and fitness, both prior to and following a 35-week exercise program. The groundbreaking study is one of few of its kind in the United States.

Molly Bray, Ph.D., professor of public health, is the principal investigator for the five-year, $3.5 million Phase II study funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The first phase of the study began in 2003 at the University of Houston and identified preliminary associations between gene variation and exercise dropout. Almost 2,000 University of Houston students have participated in the study to date. Now UAB students will have the opportunity to participate in Phase II, which will build on these observations in three primary areas:

• Formal evaluation of the TIGER Study intervention protocol to achieve long-term change in the participants
• Investigation of gene-expression patterns as a strategy for identifying genes related to exercise response
• Investigation of the association between genetic variation and exercise adherence

Subjects will undergo 35 weeks of exercise training: seven days a week, 24 months after completing the study protocol they will be contacted and questioned about their current exercise habits and body weight.

“The recommendations for exercise seem to change frequently, but we’re showing that people see more results when they work harder,” Bray says. “They don’t have to work out as long that way, and they are more likely to stick with the program. That’s exercise adherence. Everyone knows you will lose weight if you diet and exercise. The hardest part of that equation is doing it. That’s where Bray believes genes come into play. Research has shown that the FTO gene has been associated most robustly with obesity. TIGER research shows the gene also is associated strongly with exercise adherence.

“We want to answer the question of whether or not genes, gene variation and DNA sequence predict whether or not people persist in exercise following the completion of a formalized exercise program,” Bray says.

The National Human Genome Research Institute has contacted Bray to express its interest in the TIGER Study. In addition to understanding the role genes play in changing our physiology, researchers are becoming more interested in the possibility that genes change our behavior.

“Imagine if we knew something about the genetic makeup of people prior to giving them the generic ‘you need to exercise, diet and lose weight,’ mantra,” Bray says. “Both physicians and patients feel frustrated when this standard recommendation doesn’t work. But if our genetic makeup influences our behavior, knowing a person’s DNA sequence in genes related to exercise adherence may help the physician to select the type of program that is most likely to produce positive results for each individual.

“This kind of idea sounds far-fetched until one considers that, at one time, no one knew the predictive value of a cholesterol measure, something now routinely tested as part of health screening,” the says. Unique study
Several other aspects make this study unique.

First, UAB students ages 18-30 can be involved directly and receive course credit. The study will follow students who enroll in special sections of the PE 131 Aerobics course. Classes are offered every hour from 7 a.m. to 2 p.m. Monday, Wednesday and Friday. More than 40 students already have enrolled for the spring semester.

Students will meet in the Campus Recreation Center, check out a heart-rate monitor and exercise in their target range for at least 30 minutes each session.

Students will receive a free evaluation of their physical fitness and body composition by dual-energy X-Ray absorptiometry (DXA scan) and blood test for cholesterol, blood sugar and DNA analysis, plus exercise with fitness experts and instruction on goal setting.

“A large number of 18-year-olds have never been active,” Bray says. “You assume most have been active through playing sports and other activities, but that’s not always the case. Most young adults have never been taught to exercise in a way in which they can tolerate comfortably and see results. That’s one of the best things about this study, aside from the genetics. Students learn how to exercise effectively.”

After students complete the 15-week course, they will continue to have access to the study heart-rate monitor checkout system for the remaining 20 weeks of the study, without having to enroll in a formal class.

“Some students may say, ‘I suffered through 15 weeks, couldn’t wait until it was over, and I never want to exercise again in my life,’ and maybe part of that is driven by genes,” Bray says. “But I’m also sure there will be some who discover they love it, and it makes them feel and function better. We have lots of anecdotal evidence that shows that can happen, too, and perhaps it’s also driven by genes.”

In addition to collaborating with the Campus Recreation Center, several UAB faculty have joined Bray and will be part of the TIGER Study. Jenny Aar, M.D., associate professor of nutrition sciences, will provide medical oversight. Jose Fernandez, Ph.D., associate professor of nutrition sciences and expert on obesity, also is part of the team, as is Gary Hunter, Ph.D., professor of health education and expert in exercise physiology.

“This is really a fun opportunity for me and, I believe, for our students,” says Bray, who came to UAB in September 2009 from the Baylor College of Medicine. “I’m excited to see this study coming to UAB and to add the expertise of the other UAB faculty to this project. Each one of the investigators is top notch in their area of expertise.

Visit www.tigerstudy.org for more information or e-mail tigerstudy@uab.edu or call 975-7631.

HELPING HANDS
CONTINUED from page 1

remember to bring canned goods to work and find the place to drop them off.”

Campus Restaurants also accepted canned food donations as part of the food drive and matched the donations in canned goods. Campus Restaurants helps Magic City Harvest throughout the year by donating its leftover items and soon-to-expire foods to the food-recovery program to help alleviate food insecurity, malnutrition and food waste in the community.

“We donate any of our packaged grab-and-go items that are about to go out of date,” Ciarkowski says. “We also donate any produce we have leftover going into extended breaks like Thanksgiving and Christmas. It helps in terms of food waste because not throwing so much away, and, more important, it’s going to someone who needs it.”

Helping the community
Renata Baker, retail manager for Campus Restaurants, says her cashiers were ecstatic to be a part of the campaign.

“My workers are from this community, and they want to help the people of this community,” Baker says. “They have a heart for helping others, and they wanted to raise enough money to at least get enough food to help Magic City Harvest through Christmas.”

“So many of our cashiers really got behind the food drive, and we had a great response from our students, faculty and staff,” Ciarkowski says. “Many of them told the cashiers they were glad we were taking this initiative to support our community.

“But we couldn’t have done it without their support and their kindness.”
323 UAB physicians listed in ‘Best Doctors’

Best Doctors Inc. has named 323 UAB Medicine physicians to its latest rankings, up from the 297 physicians named last year. The Best Doctors database includes the names and professional profiles of approximately 50,000 physicians representing about 5 percent of all the nation’s doctors.

“We are proud of the high quality and reputation of our physicians and congratulate them on this honor,” says UAB Senior Vice President for Medicine and School of Medicine Dean Ray L. Watts, M.D. “At UAB Medicine we have outstanding strength across a broad range of medical specialties, enabling us to bring the advantages of academic medicine to health awareness, prevention and treatment for our community.”

To find out more information on any of the 323 UAB doctors, visit www.uabmedicine.org/bestdocs.

Partridge named Distinguished Faculty Lecturer for 2010

Edward E. Partridge, M.D., UAB Comprehensive Cancer Center director and professor of medicine, is the recipient of the 2010 Distinguished Faculty Lecturer Award, the UAB Academic Health Center’s most prestigious faculty award.

Partridge, a professor of obstetrics and gynecology and the Eula V. and Spencer Enderwood Chair in Oncology, also is president of the American Cancer Society National Board of Directors and chair of the Cervical Cancer Screening Guidelines Committee of the National Comprehensive Cancer Network. He was named Birmingham Business Journal’s 2009 Health Care Heroes Physician Provider for his outstanding efforts in the fight against cancer.

Moss named American Academy of Nursing fellow

Jacqueline Moss, Ph.D., assistant dean for Clinical Simulation and Technology and associate professor in the UAB School of Nursing, has been named a Fellow of the American Academy of Nursing. AAN Moss has a wide range of experience in adult critical care practice, nursing education and research. She has a particular interest in informatics and has been involved in multiple projects designed to implement new information and communication technologies for use in health-care practice and education.

Her research focuses on the determination of information needs and use of decision support in acute-care clinical practice and the use of standardized terminologies in health outcomes management. Additionally, Moss has worked to incorporate clinical simulation into nursing education. She is a two-time recipient of the Harriet H. Werley Award for nursing informatics research from the American Medical Informatics Association.

Raper named American Academy of Nursing fellow

Jim Raper, D.S.N., J.D., an associate professor of nursing and medicine and director of the 1917 HIV/ AIDS Outpatient and Infectious Disease Clinics, has been named a fellow of the American Academy of Nursing. AAN fellowship recipients are recognized for their extraordinary nursing career as leaders in education, management, practice and research and serve the public and the nursing profession by advancing health awareness, prevention and treatment for our community.

HIV populations. His efforts have been recognized by public and private funding agencies that include the National Institutes of Health, the Health Resources and Services Administration, the Centers for Disease Control and Prevention and many private foundations. He is a fellow in the American Academy of Nurse Practitioners, member of the Alabama Bar Association and co-chair of the steering committee of the Ryan White Medical Providers Coalition of the HIV Medical Association.

Outreach program to continue with renewed grant

Yogesh Vohra, Ph.D., professor of physics in the UAB College of Arts and Sciences, is the principal investigator of a renewed grant from the NASA Alabama Space Grant Consortium to fund the UAB Research Experiences for Undergraduates and Teacher (REUT) program in 2011. The funds, valued at $33,000, will support six participants during 10 weeks of research at UAB. REUT participants are selected from hundreds of annual applicants representing universities and schools from throughout the country.

The program gives participants access to state-of-the-art UAB research laboratories and technology that might not be readily available at their home campuses. UAB faculty members also mentor REUT participants, offering opportunities to work on relevant and important ongoing research projects.

Coral Lamartiniere receives NEHS award

Coral Lamartiniere, Ph.D., a professor in the Department of Pharmacology and Toxicology and UAB Comprehensive Cancer Center senior scientist, recently received a $1.8 million grant from the National Institute of Environmental Health Sciences to study the role environmental chemicals play in causing breast cancer.

The four-year grant will enable Lamartiniere to investigate how combinations of chemical exposures commonly reported early in life among humans can alter susceptibility to breast cancer, shedding light on understanding the complex role that environmental chemicals play in breast cancer causation and prevention.

Partridge named AAMC directors board

Kathleen G. Nelson, M.D., professor of pediatrics and senior associate dean for faculty development for the UAB School of Medicine, has been named to the Association of American Medical Colleges Board of Directors. The 17-member board is the governing body for the association, which represents all 135 accredited U.S. and 17 accredited Canadian medical schools, nearly 400 major teaching hospitals and health systems, including 62 Department of Veterans Affairs medical centers and nearly 90 academic and scientific societies. Nelson will serve a two-year term.

Appel named American Academy of Nursing fellow

Anne Turner-Henson, D.S.N., a professor in the Department of Community Health, Outcomes and Systems at the UAB School of Nursing, has been named a Fellow of the American Academy of Nursing. Fellows are recognized for their extraordinary nursing career as leaders in education, management, practice and research and serve the public and the nursing profession by advancing health policy and practice through the generation, synthesis and dissemination of nursing knowledge.

Turner-Henson is an advocate for children’s health, conducting research to test innovative models of care for children with asthma, exposure reduction of secondhand smoke, and household chemicals. She is the project director of UAB School of Nursing’s Leadership Education in Child-Health Nursing program, funded by Maternal Child Health Bureau of the Department of Health and Human Services, which is designed to prepare the next generation of nursing faculty leaders in child-health nursing education and bio-behavioral research. Additionally, she serves on the United States Environmental Protection Agency Children’s Health Protection Advocacy Committee and is vice-president of the Southern Nursing Research Society.

Appel is AHA fellow

Susan Appel, Ph.D., an associate professor in the Department of Adult/Acute Health, Chronic Care and Foundations at the UAB School of Nursing, has been named a fellow of the American Heart Association. Appel is board certified as an adult acute-care and family nurse practitioner. For more than 24 years she has been a certified critical care registered nurse by the American Association of Critical Care Nurses.

Her research interests center on women’s health, health disparities and cardiovascular disease. Appel is co-author of a nursing theory that focuses on the impact of contextual risk factors on cardiovascular risk among rural low-income, Southern African-American women.

Demark-Wahnefried on ASCO committee

Wendy Demark-Wahnefried, Ph.D., R.D., a professor in the UAB Department of Nutrition Sciences and UAB Comprehensive Cancer Center Associate Director for Cancer Prevention and Control, was recently appointed to the American Society of Clinical Oncology’s Survivorship Committee for 2010-13. Demark-Wahnefried is a nationally renowned expert in nutrition science, recognized for her research involving nutrition-related concerns of cancer patients and determining effective lifestyle interventions that improve the overall health of cancer survivors and their families. ASCO is the world’s leading professional organization representing physicians who care for people with cancer. With more than 28,000 members, ASCO is committed to improving cancer care through scientific meetings, educational programs and peer-reviewed journals.
Angela Rembert always a reliable guide for dental students

The full range of use of your arms is particularly important when you’re training to be a dentist. So when Clayton McEntire broke his collarbone in fall 2009, he had a significant obstacle placed in front of him: How was he going to get to the clinic time he needed his junior year?

Angela Rembert, then a patient-care coordinator, told McEntire the same thing she has told many dental students starting down adversity — “You will make it.” Rembert, who was responsible for scheduling and confirming patient appointments for up to 17 students, worked with McEntire to make sure he continued to matriculate through his junior year.

“It’s just a great honor, and a total shock,” says Rembert. “They come to you to see what they need to do on how to handle the patient and treat the patient in some instances. You give them ideas, but it’s up to them to do it.”

Professional, charming

Patients often lauded Rembert for her thoroughness and kindness in working with their schedules, too. Bob Gendon was surprised when he answered the phone at 6 p.m. one evening and heard Rembert on the other end. She was calling to tell him an opening on the calendar opened up the next day and wanted to know if he was interested in moving up his appointment.

“I really appreciated this kind of professional service, because that particular week for me was jammed,” Gendon says. “You have to admit that this is going far beyond the call of duty.”

“When I visited Angela to thank her for her contribution to the school audit, I received a great deal of feedback from students and patients about how much they appreciate her for the excellent job she does. It really put in perspective what an exceptional employee she is and how much I appreciate her for what she does.”

Rembert’s recent promotion to quality assurance officer has changed her duties. She now works in the clinical affairs office and is responsible for clinical safety, including maintaining emergency kits, fire extinguishers, infection control and making sure students are wearing masks and gowns.

“If there are any incidents — a needle stick or if the patient is injured — I’m the person they come to,” Rembert says. “It’s really fun. I’m still here in the School of Dentistry, and I still get to interact with students.”

If you know someone who should be employee of the month, send letters of nomination to Kelly Mayer at kmayer@uab.edu.

Analysis shows prof pay comparable regardless of gender

UAB’s first faculty salary analysis shows that the university compensates male and female professors at statistically comparable rates.

Commissioned by President Carol Garrison in 2009 at the request of the UAB Commission on the Status of Women (CSW), the analysis was conducted by the Economic Research Services Group (ERS) in cooperation with the UAB Office of the Provost, Office of Human Resources, CSW and Faculty Senate.

ERS conducted statistical analyses of the Oct. 30, 2008, base salaries paid to the 451 regular full-time faculty employed by the UAB schools of Business, Education, Engineering, Arts & Humanities, Natural Sciences & Math and Social & Behavioral Sciences, as well as the Lister Hill and Stern libraries at that time. The purpose of the study was to determine whether male and female professors (assistant, associate and full) who are similar with respect to legitimate factors that influence pay (such as academic discipline and rank, education level, work experience and administrative assignments) were compensated at statistically comparable rates.

The results of the multiple regression analysis revealed that, in every school, the female and male regular full-time faculty who were similar with respect to the factors for which the study accounts were compensated at statistically similar rates on Oct. 30, 2008.

“Pay equity studies that conform to professionally accepted methods of analysis indicate that the outcome of UAB’s salary-setting process is consistent with a system that is neutral with respect to gender,” wrote labor economist Mary Dunn Baker, Ph.D., the ERS applied statistician who prepared the final UAB report. Garrison said that one of the main goals of UAB’s strategic plan is “to create a positive, supportive and diverse work environment in which our faculty and staff can excel. Obviously competitive and equitable compensation are key parts of that equation, and the ERS study clearly shows that we base our salary decisions on merit.”

“I would like to thank the Commission on the Status of Women for championing this effort, as well as the Faculty Senate for working with ERS as the firm analyzed the tremendous amount of data necessary for a successful study,” she said.

A full copy of the study can be found on the CSW site at www.uab.edu/women.
creativity
Enroll your loved ones in classes at ArtPlay — from dance to music production. ArtPlayASC.org

laughter
Have some laughs with the sports fan in your life at The Complete World of Sports Comedy Show Jan. 14 - 15.

convenience
An ASC Gift Card (available in any denomination!) makes a unique stocking stuffer. Earn Gift Card Bonus Bucks Dec. 9 - 22

family
Celebrate the true meaning of the Holidays with A Dickens’ Christmas Dec. 18.

inspiration
Make a scholarship donation to ArtPlay in the name of your loved ones.

romance
Plan a Date Night for a special couple: Tickets for world-renowned violinist Joshua Bell Jan. 20, and a VIP dinner after the show.

legacy
The gift that lasts a lifetime: Name a seat in the ASC in honor of a loved one.

amazement
A magical gift everyone will applaud: Tickets for Spencers Theatre of Illusion, Jan. 28.