



Campus Wellness Survey Results

A whopping 44% of employees participated in the Campus Wellness Survey - providing valuable data to help increase the fitness level on our campus. About 44% of participants responded that they exercise vigorously at least 20 minutes three or more days a week.

- The top three reasons participants cited for not exercising were:
 1. Not enough time
 2. Accessibility to a gym/equipment/etc.
 3. Lack of energy or motivation
- Simple stats on who participated in the survey:

Female - 361 (75.4%)
Male - 118 (24.6%)
Age Groups:
Under 21 0
21 - 30 85
31 - 30 116
41 - 50 131
51 - 60 105
60+ 42
- Of those that participated, 45.9% were more than 20 lbs. over their ideal weight.
- Fifty-five percent have made some healthy behavior changes but are having trouble following through.
- Most participants said they would participate in a wellness activity offered during lunch or after work.
- The top three wellness activities that participants said they would take part in were:
 1. Aerobic Exercise Classes (66.4%)
 2. Weight Management Program (59.7%)
 3. Walking Event or Club (58%)
- Seventy-three percent said they would participate in a campus-led walking program.

From the Desk of the Founding Dean

Sole Finalist for TTUHSC President - *Tedd Mitchell, M.D.*, was named sole finalist for the position of Texas Tech University Health Sciences Center (TTUHSC) president after approval by the Texas Tech University System Board of Regents. State law requires that 21 days must pass before final action is taken. Please read a full biography of Dr. Mitchell below. Elmo Cavin has been serving as interim president of the TTUHSC since September 2009. He will return to his position as executive vice president for finance and administration.

Be Counted - I'm certain you've all heard that 2010 is a census year. It's important that everyone who receives a census form in the mail fill it out and send it back. The questionnaire was pared down to only ten questions. Households are asked to provide key demographic information including: whether a housing unit is rented or owned; the address of the residence; and the names, genders, ages and races of others living in the household. More importantly, census data determine the number of seats each state will have in the U.S. House of Representatives as well as help determine the allocation of federal funds for community services, such as school lunch programs and new construction such as highways and hospitals among other things. If you do not receive a questionnaire by mail, they are available at select public sites.

Campus Health Initiative - We have the results back from the Campus Wellness survey sent out in February. Thanks to all of you who took the time to fill it out. Employees told us that they are willing to participate in health and wellness opportunities provided to them. With this information, we can now set goals that meet the fitness needs of our employees. The next step in the initiative will be addressed by the planning committee. Please read more in this newsletter on what the survey respondents said.

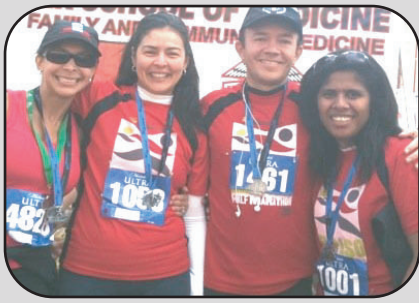
37 Years of Service! - In upcoming *Tech Views*, we will be spotlighting employees with the most years of service with TTUHSC. So far we've found three with 33 or more years of service and one with 32. This week we're featuring *Herb Janssen, Ph.D.*, who is going on 37 years with TTUHSC.

- *Jose Manuel de la Rosa, M.D. Founding Dean*



Sole Finalist Named for Texas Tech University Health Sciences Center President

Tedd Mitchell, M.D., has been named the sole finalist for the position of president of Texas Tech University Health Sciences Center after approval by the Texas Tech University System Board of Regents on February 26.



From left, Eribeth Penaranda, M.D., Ana Arroyave, M.D., Leonardo Loaiza, M.D., and Danelia Castellon, M.D., at the El Paso Marathon

Family Medicine Docs Participate In El Paso Marathon On & Off The Course

Tony Islas, M.D., associate professor in the Department of Family and Community Medicine, along with several resident physicians and others in the department staffed the official Medical Tent for the El Paso Marathon held last week.

Dr. Islas, a sports medicine specialist, said they saw numerous injuries during the marathon ranging from sprains to shortness of breath. The tent was located near the finish line for participants and when the runners were not able to come to the tent, there were personnel on hand to help carry them or drive them to the tent.

Family medicine residents and staff who helped man the tent and tend to the injured included *John Walls, P.A.*, and *Drs. Alex Borrego, Angel Garcia, Mariela Salinas, and Fernando Aviles.*

Participants in the 5k from family medicine included *Drs. Mariam Farazmand, Marco Diaz*, who finished second in his age group; and *Charmaine Martin.*

Participants in the half marathon were *Drs. Eribeth Penaranda*, who finished with an injured knee, *Ana Arroyave, Leonardo Loaiza* and *Bailey Wilson, MS I.*

Dr. Loaiza said he was very proud of the department which not only talks about community, but participates in it, promotes it, and takes it seriously. "The passion, care and love that Dr. Islas, John Walls and their team of residents put in caring for injured athletes made me proud to be in the Department of Family Medicine. We had fun and hope that next year more faculty, residents, and staff join us."

Mitchell is president and chief executive officer of the Cooper Clinic, an internationally recognized center of excellence for preventive medicine, located in Dallas.

"I am honored to become part of the Texas Tech University Health Sciences Center team," Mitchell said. "The Health Sciences Center's rich history is something all Texans are rightfully proud of, and I'm thrilled to join them. I look forward to working with Chancellor Hance, the Board of Regents, administration, faculty, staff and students in maintaining the high standards of excellence the Health Sciences Center has established over the past 40 years while moving forward to address the changing health care needs of future generations."

Kent Hance, chancellor of the Texas Tech University System, chose Mitchell for the job from a group of candidates presented to him by the President Search Committee.

"Dr. Tedd Mitchell is a proven leader with experience in high-level management, research, clinical services, media and public policy. He is a consensus builder and a man of integrity, and we are looking forward to having him on our team," Hance said. "I would like to thank the members of the Search Committee, Advisory Committee and our Board of Regents for the time and effort they put into this process. We are all excited about the journey ahead of us."

Mitchell became medical director of the Cooper Clinic in 1991 and president and CEO in 2006. He began writing the weekly column "Health Smart" for USA Weekend in 1998. The publication is found in 600 newspapers across the U.S. reaching about 49 million readers each week. He also has written two books, "Fit to Lead," in 2004, which focuses on the relationship between exercise and executive functions, and "Move Yourself," in 2008, a research-based book on the role exercise plays in health maintenance, longevity and quality of life.

"I have known Dr. Mitchell for many years," said U.S. Rep. Dan Branch, chairman of the House Committee on Higher Education. "He's a man of high integrity, an outstanding physician and has been a strong leader for the nationally recognized Cooper Clinic here in Dallas."

Mitchell was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports in 2002, a position he held until 2008. He became a member of the American College Sports Medicine Board of Trustees in 2007 and served on then Gov. Bush's State Board on Aging from 1998 to 2002.

"Tedd Mitchell is a dear friend and a talented professional," said President Bush. "He is a man of integrity who I trust as my personal physician. I congratulate Tedd and his family on this announcement."

A fellow of the American College of Sports Medicine and the American College of Physicians, Mitchell earned his medical degree from The University of Texas Medical Branch. He earned a bachelor's of science degree from Stephen F. Austin University.

"Dr. Tedd Mitchell's selection as the president for the Texas Tech University Health Sciences Center is a great decision," said E.J. (Jere) Pederson, who served as executive vice president for The University of Texas Medical Branch from 1986 to 2005. "I have known Dr. Mitchell for more than 20 years and he was at the top of his class both academically and clinically. He also has proven leadership skills. The combination of those assets makes him a perfect fit for this position."

Mitchell is married to Dr. Janet Tornelli-Mitchell. They met while in medical school, and have worked together since. They have three children, Katherine, Charlie and Chris.

Elmo Cavin has been serving as interim president of the Texas Tech University Health Sciences Center since Sept. 16, 2009.

EMPLOYEE SPOTLIGHT

'Dream Come True' Times Two for Medical Education Doc

Witnessing firsthand the entry of an inaugural class of medical students in a brand new medical school usually happens once in a lifetime. However, *Herb Janssen, Ph.D.*, a professor in the Department of Medical Education, Paul L. Foster School of



Medicine, has had the opportunity and good fortune to be part of history twice. Dr. Janssen was a graduate student in Lubbock when the inaugural class of 40 students began in 1973. At the time, Dr. Janssen was working in the Department of Physiology at TTUHSC while completing his master's degree in Educational Administration/Biology. "I knew then that it was something I wanted to be involved in," he said.

He went on to receive his Ph.D. in physiology from TTUHSC in 1980 and began his long association with the School of Medicine.

Dr. Janssen has worked for TTUHSC almost 37 years--the last two have been at the Paul L. Foster School of Medicine teaching physiology. When he found out about the new four-year medical school in El Paso, he was eager to again be a part of something that usually happens once in a person's lifetime.

"I can't imagine anyone in medical education that would turn down the opportunity to be involved in a new medical school. I sincerely enjoy what I do. If I won \$100 million in a lottery, I would still get up and come to work."

Since joining the faculty at the Paul L. Foster School of Medicine, Dr. Janssen has had numerous occasions to observe first-hand the students in the PLFSOM inaugural class both in the classroom and during other events. "I am especially impressed with how they conducted the pre-med conference this past weekend. They showed imagination, creativity and forethought. They presented something of value to the El Paso students that came to the conference," said Dr. Janssen.

"Eight to ten years from now, after they finish school and residency, they will be a wonderful addition to the professionals who provide our community's medical needs. The thought that I may have contributed in some small way, is unbelievable."

Hobbies Dr. Janssen enjoys include woodworking, skiing, and cooking. He is married to Suzanne and has four children.

Paul L. Foster SOM Dean's Awards Nominations

Nominations for the "Dean's Awards, Paul L. Foster School of Medicine" are due to Denise Olivarez in the Office of Faculty Affairs by April 2, 2010. A nominations review committee comprised of last year's Dean's Award winners will deliberate and make recommendations to the Dean. Awards will be presented at the Faculty Recognition Banquet on May 7, 2010. Categories are:

- Young Investigator
- Distinguished Service
- Excellence in Teaching
- Innovation in Medical Education
- Excellence in Research

Faculty may nominate faculty members and include the following documentation:

- Completed nomination form
- Copy of nominee's curriculum vitae
- Cover letter from the nominator detailing highlights of the nature of the candidate's exceptional contribution to the criteria for the award.

A pdf of the nomination form is available by emailing Denise.olivarez@ttuhsc.edu.

IRB Deadline Dates

The following are submission deadlines for IRB full board reviews:

Deadline	IRB Meeting
March 23	April 6
April 20	May 4
May 18	June 1
June 22	July 6
July 20	August 3
August 24	September 7
September 21	October 5
October 19	November 2
November 19	December 7

For more information on the above dates, or about the IRB, contact *Myrna Arvizo*, 545-0977, or at myrna.arvizo@ttuhsc.edu.

CIMA Lecture Features Dr. Miguel Pirela-Cruz

The Center for International and Multicultural Affairs (CIMA) invites you to attend an ongoing lecture series on world health. The lectures are held every first and third Wednesday of the month. Invited guest speakers share their experience and work involving international health. Anyone may attend the lecture.

Miguel Pirela-Cruz, M.D., professor and chairman of the Department of Orthopaedic Surgery and Rehabilitation, TTUHSC at El Paso, will speak on Wednesday, March 17 at 11 a.m. in Room 235 of the HSC. His topic is "Volunteerism: Guatemala Hand Project."

In the late 1990s, Dr. Pirela-Cruz was encouraged by a fellow physician to volunteer his specialized services in Guatemala for a surgical mission offered by a pediatric foundation located in Guatemala City. This led to a decade of work in Guatemala involving pediatric hand surgeries. He serves as one of the directors of Guatemala Healing Hands Foundation. To see more about Guatemala Healing Hands Foundation, visit their website at www.guatemalahands.org.



- Match Day for the Class of 2010 - Thursday, March 18, 9:45 a.m. - Medical Education Building Auditorium 1100
- Spring Break Holiday - TTUHSC Paul L. Foster SOM will be closed Friday, March 19.
- SPRING FORWARD - Don't forget to spring forward on Saturday evening. Daylight Savings Time begins Sunday.

FACULTY PHOTOS AND BIOS

The Department of Communications and Marketing would like to start collecting photos and bios of TTUHSC Paul L. Foster SOM faculty. If you are new to the TTUHSC Paul L. Foster SOM or do not have an updated professional photo, we can help. A photographer will be on hand once a week, Tuesdays, to take photos at your office or place of work. For more information call 545-6527, or 545-6579.

Global and Border Health Society Selling Polo Shirts, Hoodies

The Global and Border Health Society, an organization the TTUHSC Paul L. Foster SOM medical students are involved in, will be selling men's and women's black polo shirts as well as unisex hoodies with the TTUHSC Paul L. Foster SOM logo. Polo shirts are \$20 and hoodies are \$30. Items will be available approximately three weeks following order placement. Orders may be submitted with required sizes to lisa.fisher@ttuhsc.edu.

The Global and Border Health Society is an organization dedicated to raising awareness of global and border health issues and providing opportunities for members to participate in community and international health projects. Although the society is relatively new on campus, said first year medical student *Lisa Fisher*, society members have created opportunities for TTUHSC Paul L. Foster SOM medical students to participate in international health projects. The society also invites speakers to educate members about their involvement with underserved populations.

For more information, contact Fisher at lisa.fisher@ttuhsc.edu

United States Census 2010—A Snapshot

The Census is a count of everyone residing in the United States. All U.S. residents must be counted—both citizens and non citizens. People will start receive their questionnaire this month either by U.S. mail or hand delivery. Some people in remote areas will be counted in person. The U.S. Constitution requires a national census once every 10 years to count the population and determine the number of seats each state will have in the U.S. House of Representatives. Every year, the federal government allocates more than \$300 billion to states and communities based, in part, on census data. This data is used to determine locations for retail stores, schools, hospitals, new housing developments and other community facilities.

With only 10 questions, the 2010 Census questionnaire takes approximately 10 minutes to complete. By law, the Census Bureau cannot share an individual's responses with anyone, including other federal agencies and law enforcement entities.

Households should complete and mail back their questionnaire in early April. Census takers will visit households that do not return questionnaires to take a count in person.

Did you know?

The first census took place in 1790 to determine the number of seats each state would have in the U.S. House of Representatives. The census also was created to gain a better understanding of where people lived and to establish patterns of settlement as the nation grew.

For more information about the 2010 Census, visit www.2010census.gov.

MICROMEDEX Instruction Available

Healthcare professionals can stop by the HSC lobby Tuesday, March 23, from 11 a.m. to 1 p.m., just outside the Library of the Health Sciences to find out the latest information about MICROMEDEX 2.0.

Besides being mobile and fast, MICROMEDEX 2.0 also features:

- Enhanced search functions including multi-term search, predictive text, synonyms and suggestions for alternate spellings, and a single search box on every page.
- A 360-degree view of results providing a complete picture of all available information about a drug or condition on a single screen—including drug summaries, images, consults, comparative efficacy, labeled and off-label indications, treatment options, and more.
- Separate tabs for high-usage tools—including a calculators tab with 22 separate dosing, laboratory value, antidote, and measurement calculators, and tabs for Trissel's TM2 IV compatibility, drug identification with images, and comprehensive drug interaction checking.
- Support for the Safari and Opera Mini browsers, which provides for access via iPhone, iPod Touch, Blackberry, and hundreds of other mobile devices.
- Clean interface design that makes it easy for clinicians to interact with evidence-based content.

Appointments for one-on-one instruction is also available by contacting the librarians at either library by calling HSC Library (915) 545-6650, MEB Library, (915) 783-5630.