

Mizzou Weekly

Nov. 5, 2009 Volume 31, No. 11

Well and good



A volunteer worker performs a glucose and cholesterol test on LeAnn Stroupe, coordinator of Visitor Relations, at the Oct. 29 wellness fair in the Reynolds Alumni Center while Bob Bailey, assistant dean of law, offers encouragement after having the test himself. Rob Bratney photo

A health to thee

Trading tips on a healthier lifestyle for wellness

The cool, rainy weather might have persuaded a few MU faculty and staff to hunker down in their cozy campus cubicle on Oct. 29, but hundreds made their way to the Reynolds Alumni Center for the annual employee wellness fair.

Sponsored by Healthy for Life: T. E. Atkins University of Missouri Wellness Program, the fair offered a host of different health screenings and wellness educational opportunities. Individual stations offered screenings for glaucoma, skin cancer, blood pressure and cholesterol, among others.

A wellness fair is an excellent annual reminder of the importance of taking care of ourselves, said Laura Schopp, the wellness program's director. "Health screenings enable our faculty and staff to detect health conditions such as diabetes, skin cancer or high cholesterol early, when they are most treatable." They also give employees an opportunity to learn about health resources available to them, and let them enroll in free or low-cost wellness programs offered at work.

Schopp said she's pleased with how the University's wellness program is developing. Last year, they conducted 3,995 screenings and gave presentations to 1,508 faculty and staff. A total of 1,531 employees have enrolled in the Million Step Pedometer program, 997 have attended the program's fitness classes at work, and 144 have received tobacco cessation counseling.

Another successful component of the program are the Wellness Ambassadors. Currently, 303 of these faculty and staff volunteers at MU spread the word about wellness.

Another important part of the wellness program is to survey employees about their health care needs and concerns, Schopp said. “The most common concern I hear people raise is how to take care of their health amid very busy lives. Daily physical activity and cooking wholesome meals can be a challenge as we juggle work, family and community demands, and sometimes our health intentions can become a casualty of overloaded schedules.”

Issue

- [Well and good](#)Trading tips on a healthier lifestyle for wellness
- [University Hospital lauded for organ transplant program](#)Hospital has boosted organ donation rates
- [MU's global impact](#)Mizzou is among top 22 research universities in Fulbright scholars
- [Students competitive in fellowships](#)Faculty can help identify potential award winners
- [Promoting peaceful communities](#)
- [Living United](#)

[More in the archive »](#)

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University Hospital lauded for organ transplant program

Medal of honor

Hospital has boosted organ donation rates

More than 100,000 people in the United States are currently waiting for organ transplants. However, the number of available transplantable organs is well below the amount needed due to a lack of organ donation by those who would qualify. University Hospital is working to improve those odds.

The hospital's organ donor program recently received the U.S. Department of Health and Human Services' 2009 Medal of Honor for Organ Donation. This is the fourth consecutive year University Hospital has won the Medal of Honor; it is the only hospital in mid-Missouri to have ever won a Medal of Honor.

The award was presented to more than 400 of the nation's largest hospitals for achieving organ donation consent rates at or above 75 percent over a 12-month period. In addition to the Medal of Honor, University Hospital was recognized for achieving a high standard for its average organ transplantation per donor rate and 20 percent growth in its renal transplant program.

"Meeting this standard is reflection on the hard work of our transplant team," says Mark Wakefield, an urologist and director of the renal transplant program at University of Missouri Health Care and collaborative team member. "By making the evaluation process more efficient, we are able to place more patients on the organ donation recipient wait list. University Hospital's average wait time for a deceased donor kidney transplant is 16 months, which we achieve while still maintaining great outcomes."

In response to the national shortage of transplantable organs, University Hospital joined the U.S. Department of Health and Human Services' Organ Donation Breakthrough Collaborative in 2004. The collaborative is intended to dramatically increase access to transplantable organs through a strong relationship between hospitals and organ procurement organizations in order to identify more eligible organ donors, honor donation intentions as directed by the donor or donor's family, and implement procedures to transfer organs to waiting recipients.

"The collaborative has assisted our team in identifying and implementing the best practices known to produce high donation rates," Wakefield says. "As a result of this effort, University Hospital's donation rate increased from 61 percent in 2005 to above 75 percent in 2007."

Midwest Transplant Network partners with University Hospital to provide organ and tissue donation services to the community. Together they have built donation collaborative teams with members of both institutions. They strive to set goals, focus on education, perform more accurate data analysis and identify methods to consistently improve and maintain the donation services available to mid-Missourians.

"University Hospital's donor program is very successful," said Lori Kramer Clark, hospital services coordinator for Midwest Transplant Network. "One of the most pressing public health issues we as a nation face today is the disparity between available transplantable organs and those in need. University Hospital is demonstrating through a collaborative effort some of the best practices in increasing conversion rates."

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- [Well and good](#) Trading tips on a healthier lifestyle for wellness
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MU's global impact

Scholars abroad

Mizzou is among top 22 research universities in Fulbright scholars

To function as a major research university means, almost by definition, that an institution has an international perspective and a global impact. MU fits that definition: According to a ranking in the Oct. 18 *Chronicle of Higher Education*, this campus was among the top 22 research institutions in numbers of faculty Fulbright awards for 2009-10.

Sponsored by the U.S. Department of State, the prestigious Fulbright program is this country's largest international exchange program. advanced research and university teaching, and teaching. in elementary and secondary schools worldwide.

Mizzou tied with 12 other research universities that had four Fulbright awards this year.

Over the past 12 years, more than 40 MU faculty and staff members have received Fulbrights. Fulbright also funds scholars and students to study on this campus, 29 Fulbright students from 22 countries currently are enrolled at Mizzou.

That long tradition of active participation in the Fulbright program will be highlighted at a Nov. 19 panel discussion that is part of the ongoing Chancellor's Global Issues Forum. Panel members Denice Adkins, David O'Brien, Brick Johnstone and Michael Urban will discuss their Fulbright experiences and its impact on their work at MU. The event will be held from 3:30 to 5 p.m. Thursday, Nov. 19, in Chambers Auditorium in the new MU Student Center.

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- [Well and good](#) Trading tips on a healthier lifestyle for wellness
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Students competitive in fellowships

Track record

Faculty can help identify potential award winners

Mizzou's students have won so many competitive awards of late, they are a permanent fixture on the red carpet. The list is a who's who among the world's top sponsors: Truman, Fulbright, Boren, to name a few.

Much of the students' success in earning these prestigious awards to study abroad, further their education or conduct research is attributed to the MU Fellowships Office.

"Our absolute numbers are not huge, but our percentages for competing nationally are quite impressive," says Vicky Riback Wilson, service-learning and fellowships coordinator.

"Last year, 100 percent of our applicants for the Boren Fellowship to study abroad for a year were successful and nationally only 14 percent of students were successful. For the Fulbright last year, more than 36 percent of our students were offered an award compared to the national average of approximately 25 percent." Three of four MU students accepted Fulbrights.

This year, MU was designated a Truman Foundation Honor Institution, one of two universities to receive this recognition. The award, given by the Harry S Truman Foundation, honors an institution's long-standing tradition of encouraging students to pursue careers in public service and successfully aiding students in applying for and winning Truman Scholarships. Since 1980, MU has had 14 Truman Scholars.

"We have a good track record," Wilson says. "Our challenge now is to increase the number of students who are aware of the opportunities and apply for them."

The office, which opened in 2005, uses workshops, fairs, class and group presentations, e-mails and direct student contact to increase awareness, and collaborates with faculty campuswide to identify students whose qualifications and goals match specific fellowship opportunities.

Faculty support is paramount to getting students to consider applying for the major awards. Even when she sends individualized e-mails to students, it is usually the extra encouragement from a faculty member that gets them to the Fellowships Office. When requested, her office helps faculty craft the best possible letters of recommendation to support the students.

"The most important role for faculty is making students aware of the opportunities and encouraging the students to come see us or get more information on these awards," Wilson says. "We find that students, even our absolutely top students who have done dazzling things, are reluctant to put themselves forward unless a faculty member encourages them to do so." We rely heavily on faculty to identify competitive students and encourage them to apply.

Wilson says because some of the awards are given as early as the sophomore year, she starts talking to students when they are freshmen, helping them figure out how to get the most out of their MU experience by getting involved in undergraduate research, service learning, clubs and organizations, study abroad and taking challenging courses. "Not everyone decides to apply for something, but we encourage those who want to get the most from their MU experience and better position themselves to be competitive to come to the office. If they wait until they are ready to apply to come to see us, they are at a real disadvantage."

Faculty members need not worry about a particular fellowship, Wilson says. "When they see students in their classes who strike them as outstanding in some way, encourage those students to come to the Fellowships Office and we'll take it from there."

To learn more about the [MU Fellowships Office \(http://fellowships.missouri.edu\)](http://fellowships.missouri.edu), go to 204 Lowry Hall, or e-mail [wilsonvr@missouri.edu \(mailto:wilsonvr@missouri.edu\)](mailto:wilsonvr@missouri.edu).

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Promoting peaceful communities

As an office worker in Northern Ireland in the 1970s, Betty Williams saw the civil unrest in her home country documented daily in the news and on television. She and several friends decided to take action for life and not for death. Along with Mairead Corrigan and Ciaran McKeown, Williams organized the Northern Ireland Peace Movement, now known as the Community of Peace People.

They rallied their countrymen to break the cycle of violence, and Williams and Corrigan were honored for their work by sharing the 1976 Nobel Peace Prize. Williams currently leads the Global Children's Foundation. She will be on campus to present a lecture, "Community Based Solutions to Violence" at 6:30 p.m. Friday, Nov. 13, in Ellis Auditorium. The talk is free and open to the public.

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Living United

The University's 2009 United Way campaign is inching ever closer toward its goal of raising \$620,000 to help support the 31 central Missouri social service agencies that receive funding through the Heart of Missouri United Way chapter. As of Nov. 2, the University campaign had raised a total of \$477,384, or 77 percent of its goal. That's ahead of last year at this time, when the campaign had raised slightly more than 67 percent of the goal.

This year's community campaign goal is a little more than \$3.2 million, and donations from University faculty, staff, students and retirees make up 20 percent of that amount. In addition members of the university family are active volunteers at the agencies, serve on their boards of directors and take part in the budget allocation process.

In 2008, members of the university community volunteered more than 44,000 hours of service to United Way and its agencies. That volunteer time was valued at \$850,000.

Mitzi Clayton, University campaign co-chair, says if people want to make a difference in their community, they should consider a United Way contribution. "It is remarkable to me just how far the United Way can stretch every dollar donated," she says. "Regardless of your socioeconomic status, one could very well find themselves in need of a United Way agency."

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