

January 4, 2022



Despite burnout, these COVID contact-tracers stay motivated

Meet the students and staff helping Alabamians across the state stay safe and learn the truth about COVID vaccines, one call at a time.



Could this 5-second obesity management strategy keep the pounds off?

American adults tend to gain a pound or two per year, and UAB researchers are testing a new approach to halt this creeping weight gain. They give participants a digital scale that graphs their weight over time and one job: Step on it daily.



She's one of the 'Top 40 under 40': What's her secret?

Learning and development specialist Amber Anderson was selected as one of the Birmingham Business Journal's "Top 40 Under 40" for 2021.

Review masking guidance and updates to quarantine guidelines

Per emails sent Dec. 28 and 31, UAB will continue to require masks indoors during at the start of 2022 and the spring semester regardless of vaccination status; UAB also will shorten isolation and quarantine times following a close-contact exposure or positive COVID test for individuals who recover quickly, in accordance with CDC guidelines. Report any COVID-19 symptoms or exposures through the [Employee Exposure or Experiencing Symptoms Form](#) and call 205-934-SAFE with questions.

Research & learning



Study links debt with risk of psychiatric disorders, high blood pressure in midlife

Research on financial stress following the Great Recession finds that people who were in debt at midlife had a 90% increase in being diagnosed with a psychiatric disorder.



Learn how you can shape the future of health care

Visit the All of Us bus outside the Spain Wallace Building 8 a.m.-4 p.m. Jan. 5 to learn more about the All of Us research program and complete an in-person clinic visit to enroll.

Do you want to help eliminate lung disease?

Basic science and clinical investigators, preferably early stage and within seven years of graduation with a terminal degree, can apply for one-year funding of \$40,000 to conduct translational, collaborative and team science targeted toward the amelioration of lung disease. Letters of intent are due Jan. 17; direct questions to ewestfall@uabmc.edu.

Discover how to support neurodiversity in your classroom

Hear perspectives from neurodiverse students and learn classroom and course strategies to support accessibility 9 a.m. Jan. 24 in Lister Hill Library 411.

More news online

Get campus news at uab.edu/reporter and COVID-19 updates at uab.edu/uabunited. If you have news you want to share with UAB faculty and staff, use the [Request Publicity form](#) online.

Mark your calendars



Get \$2 tickets to Women's Basketball vs. Rice Saturday

See UAB Women's Basketball take on North Texas 6 p.m. Jan. 6 and again vs. Rice 1 p.m. Jan 8, both in Bartow Arena; during UAB vs. Rice, employees can get \$2 tickets at the box office with their ONE Card.

Learn how to start the semester strong in your online courses

Review course and institutional policies, student resources and expectations, and mandatory and recommended syllabus components in a virtual workshop 11 a.m. Jan. 7.

Take advantage of eLearning's extended hours

eLearning will offer extended hours for one-on-one training consultations 7 a.m.-6 p.m. Jan. 5-7 and 10-12; schedule sessions online.

One more thing



Live HealthSmart kicks off revitalization efforts in Bush Hills

Planned updates for the neighborhood include general cleanup, tree and flower planting, leaf-blowing, pine straw and mulch placement and power-washing. Following Titusville and Kingston, Bush Hills is the third neighborhood to embark on this journey toward better health for all.

Check the campus calendar for more events

Lectures	Arts	Athletics
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