

[Five questions for James Hill](#)[1]

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James O. Hill, Ph.D., has been at the forefront of understanding and combating obesity for decades. For the past year he's led that charge from a new headquarters, the [Anschutz Health and Wellness Center](#)[3] (AHWC) on the University of Colorado Anschutz Medical Campus.

While still serving as professor of pediatrics and medicine and current director of the Center for Human Nutrition, Hill is executive director of the center, which reached its first birthday on Tuesday.

"Nobody's ever done anything like this," he says of the center, which combines the exercise focus of a fitness club or gym with health, wellness and nutrition programs, all while maintaining a research mission. "So we're out there on the bleeding edge, trying to figure out how we make wellness important, how we pay for it, how we reach out and touch people's lives."

The multiple hats he wears make each day interesting, Hill says: He's a principal investigator on three major research grants, gives lectures on and off campus, mentors faculty and students, helps with fundraising and builds partnerships between the community and the AHWC.

"We see ourselves as knowledge agents: We understand health, wellness and obesity. We think in terms of strategy. We develop research and science-based programs here," he says. "But ultimately, if we're going to have an impact, we need to partner with people in the community. So we're out in the schools – we have projects like 5th Gear Kids with Aurora and Cherry Creek schools – and we have worksite wellness programs. We're very much interested in partnering with the private sector, so we work with restaurants and grocery stores.

"Through our science-based programs and initiatives, we want to infuse wellness where people live their lives. And to do that, we need to partner with people who are already touching people in the communities where they live."

### **1. When people first visit or use the Anschutz Health and Wellness Center, what's the reaction?**

What I get most of the time is, 'Wow, I've never seen anything like this.' Many of the components you see here, you can see at other places. But no one has put it together like we have: a grocery laboratory, a traditional metabolic kitchen, a fitness center, a wellness clinic. What we think we're doing is developing a prototype for wellness centers of the future.

There are places in most neighborhoods to get services like mindfulness, meditation and acupuncture. There are health clubs, weight-loss programs, cooking classes and dietitians. But no one has effectively combined these services into a comprehensive approach to wellness provided by people who are the best in their fields. We give you a personalized plan incorporating the best wellness services available without worrying whether they're traditional or nontraditional. If they're science-based, we consider them.

I believe that in a few years we will see comprehensive wellness centers in the community. They're not going to have all the research we have here but they may provide the services we offer. Maybe fitness centers will add the other services or maybe these wellness centers will develop independently. Some of the people who work here on campus aren't necessarily comfortable going into a fitness center and working out on exercise equipment, but might seek out a wellness center to get a comprehensive plan that can include weight management, diet advice, exercise advice and help with sleep and stress.

### **2. Has anything about the center's first year surprised you?**

Yes, it was my eureka.

When we started this, I was really focused on this idea of changing our focus from disease management to disease

prevention. Great message, right?

I now think that even prevention is not the right message. The right message is to focus on accumulating wellness.

We talk to a lot of people who come to the Anschutz Health and Wellness Center about the importance of getting healthy to prevent the bad stuff, like diabetes, heart disease and cancer. We tell them that a healthy lifestyle can prevent these diseases. Interestingly, people want to be healthy but they don't really like to talk about their risks and what might negatively happen to them. It's a short conversation.

Now we also talk with people about their non-health lifestyle goals and aspirations. They might want to compete in a 10K or bike race or they may just want to be able to take a healthy vacation with their family. Some want to climb a 14er or lose weight to feel better or just to get more energy to get through the day. These conversations that focus on the positives – accumulating wellness – are much longer. We often have trouble getting away. So, being smart people, we said, 'Aha! We're thinking about this totally wrong.' The major reason people want a healthy lifestyle is not to prevent disease – yes, that's part of it – but to be all they can be. It's too bad that slogan's been taken. That's been my eureka. The reason you get people excited about a healthy lifestyle is not to prevent the bad stuff, it's to accumulate good.

At the end of the day, why do people want to lose weight or get fit or manage stress? Because it enriches their quality of life. It makes them happy. And that is a huge driver. Accumulating wellness leads to so many good things, it goes well beyond being healthy.

### **3. What goals do you have in mind for the center as it begins its second year in operation?**

We are conducting a lot of research and we have established many effective, science-based wellness programs in our first year. In our second year, we want to do more to let people know what we have and how we can help them accumulate wellness. We just want people to come and see what we have to offer. We have three target audiences: our employees, patients and the community. Our success is meeting the needs of all three of those groups.

We're trying more to help people understand that being well is not something to do on the side – it can impact what's most important in your life. We help people get in touch with what they most want to accomplish in life and show them how being well can make it easier to achieve their goals. This might be being the best parent possible, or becoming the CEO of your company, or changing the world. Whatever your major purpose in life, being well can usually help you achieve it.

If you look at CEOs, most of them are pretty lean and fit compared to anybody else. The reason is, that helps them do their job better. That's why they get up at 4 or 5 in the morning and go work out. Because they're so ambitious to succeed and they've figured out this helps them.

### **4. How and where does that begin, that effort of engaging more people to change how they live?**

It starts with our campus and our employees. We have a fabulous medical school here on campus and we think it should be the healthiest place in town – actually the universe. But our employees probably mirror the average Americans out there in terms of health and wellness. We think a medical school should be a place that's enriched with employees who value wellness and serve as models for others. So we're going to work with our employees to help them enhance their own wellness. We have the best fitness center in town available to our employees at a valued price. We have the healthiest restaurant on campus and we have great tips for eating healthy, getting more active and managing sleep and stress. We have a one-of-a-kind comprehensive wellness clinic where you can assess your wellness, get an individualized wellness plan and enjoy massage and acupuncture treatments, behavior change consultations and body composition testing, all in one place.

If our employees who work with patients value their own wellness, they will communicate this to their patients. If they are actively working on their own wellness, it will be easier for them to convince their patients of the value of healthy lifestyles. I feel so good when I see department chairs, center directors, deans and even the provost working out regularly at our center. If some of the busiest people on campus can find time for their own wellness, we can't use

being too busy as an excuse.

Over the next year, we are very excited to be able to work with our clinicians to develop wellness programs for our patients. Patients come to our clinics with many different health issues and we want to offer them the opportunity to work on what is right with them while they are dealing with various health issues. We are starting by offering a program called Exercise is Medicine – For Life to our diabetic patients, but we will soon develop wellness programs for cancer and fertility patients. We feel you can have cancer and still be well. Simultaneously, this provides us with a great opportunity to research whether the focus on wellness can help with management of the disease.

**5. There have been many findings in obesity research over the past year, including some from CU such as [identifying a “fat gene” in mice](#)[4] that could lead to breakthroughs in human obesity. What trends do you see in obesity research and what can we expect in the months and years to come?**

We have one of the best obesity research groups in the world. That new gene and the role it may play is exciting science. But genetics is only one piece of the puzzle. We have to understand other aspects of basic human biology, metabolism and behavior. The more we understand, the better we will be able to develop effective interventions to prevent and treat obesity. For example, we offer several different weight loss programs at the Anschutz Health and Wellness Center. Most places that offer obesity treatment have a single plan and advertise it as effective for everyone. We know that isn't the case, so we have different programs to meet the needs of different people. We are also using our research to develop obesity prevention programs and even to affect societal change.

Obesity developed from so many little things that changed over time – on the food side, on the physical activity side. The problem is, we want to fix it with one big thing. So, 'Let's get rid of soda pop or fast food or cars or fill in the blank!' I don't believe this approach of focusing on single factors will move the needle in fighting obesity because there are so many other factors in play. We pioneered the small changes approach to lifestyle change where we focus on getting people to make small changes in what they eat and how they move. Once people start making some small changes, they tend to make more and more small changes and pretty soon we can move the needle. We are more likely going to be successful in reducing obesity in our society by concentrating on making small changes in many areas than in making one or two big changes.

Finally, we need to take advantage of being in one of the healthiest – and the leanest for adults – states. We believe that Colorado is in the sweet spot in terms of leading the way toward reducing obesity and promoting wellness. Of all the states, we probably have the most residual culture of health. In the '60s, '70s and '80s, people moved here for quality of life. They didn't say, 'I want to move to Colorado and prevent obesity or diabetes.' They said, 'I want to move to Colorado because it's the place I can live the lifestyle that makes me happy.' I believe we can re-create that culture and we want to be part of doing just that.

[With merit salary pool approved. what's next?](#)[5]

With the University of Colorado Board of Regents having [approved a merit salary pool](#)[6] of 3.1 percent for faculty and university staff (officers and exempt professionals), and a [state-mandated increase](#)[7] of up to 3.6 percent expected, what's next?

Employee Services notes that each campus controls how the merit pool is allocated for faculty and exempt professionals. For classified staff, the projected increases are pending legislative approval of the state budget, or Long Bill. For the first time, there is a matrix for merit pay that is dependent on the employee's performance score and salary [within the current \(2012-13\) pay range](#)[8].

Increases for classified staff will be implemented as follows:

Any temporary pay differential is removed from base salary. A cost of living adjustment (COLA) of 2 percent is applied as a base-building increase. If the employee's salary is at the range maximum, the cost of living increase will be a non-base-building, one-time payment. Merit increases for employees hired before April 1, 2013, are determined by the

following matrix:

March 2013 Performance Rating

Quartiles 1 2 3 4 Level 3 2.40% 2.10% 2.10% 2.10% Level 2 1.80% 1.60% 1.10% .60% Level 1 0.00% 0.00% 0.00% 0.00% Base building increase Non-base-building, one-time payment If the employee has not been employed for a full year (4/1/2012 – 3/31/2013), the merit percentage will be prorated for the number of months employed in a non-temporary classified position. Working one day in a month equals one month of service. After COLA and merit increases are calculated, if the Legislature approves the 2013-14 pay ranges, the employee's new adjusted salary will be placed into new salary ranges. If the salary is below the new minimum, a base-building increase will be added to bring the employee's salary to the minimum in the salary range. If the salary is above the new maximum, the employee's pay will be in saved pay status for up to three years, which means the employee's pay will remain the same for three years and then be reduced to the range maximum. Temporary pay differentials are calculated and monthly salary is adjusted if necessary, using departmental funds.

Boulder campus HR has put together some [FAQs](#)[9] that are helpful to any classified staff at CU. Employees are encouraged to contact their respective campus HR office with any questions.

[Exceptional service earns honors for four staff members](#)[10]

From left: Jane Muller, Pam Shockley-Zalabak, Travis Chillemi, Bruce Benson, Michelle Medal and Don Elliman. Award recipient Sarah Douvres was unable to attend.

Four staff members of the University of Colorado received awards for service excellence at the annual All-Staff Council Conference on April 12 at the Lawrence Street Center on the University of Colorado Denver campus.

The honorees were selected from nominations from the university campuses and system administration. Awards honor outstanding volunteer service, and the employees' efforts to enrich their campus, community, and the university as a whole.

The awards were presented by President Bruce D. Benson, CU Denver Chancellor Don Elliman and University of Colorado Colorado Springs Chancellor Pamela Shockley-Zalabak. Award-winners, who received a plaque and a \$1,000 prize, are:

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**Jane Muller**, UCCS, works in two half-time positions in Women's and Ethnic Studies and the Center for the Study of Government and the Individual. She was a member of the University of Colorado Staff Council from 2006-2012, has served on a variety of university committees, and volunteered with the GSPA Leadership Conference, the Math Olympiad and UCCS commencements. She also is affiliated with the American Heart Association, the Relay for Life Rally, and is a member of the Limited Government Forum.

"Jane is deeply committed to serving CU and the community. Jane exemplifies the qualities that in our mind characterize the very spirit of this award: distinguished service and leadership. We also wish to add that Jane is an exceptional human being in every way. She is respected, universally, by faculty, students and staff, for she embodies the very best ideals that CU emulates: honesty, compassion, absolute professionalism and integrity, coupled with exceptional service," wrote Muller's nominators, Abby Ferber and Andrea Herrera, Women's and Ethnic Studies, and Jim Null, Center for the Study of Government and the Individual.

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**Michelle Medal**, CU Denver, is the program assistant for the Department of Communication. She serves on the CU Denver Staff Council and is an advocate for the "Healthy Moves" program sponsored by Metro State University. She serves as president of the Zonta Foothills Club of Boulder, an international volunteer organization whose mission is to improve the lives of women and girls locally and worldwide.

“Since joining our department several years ago, Michelle has proven to be a knowledgeable, resourceful, creative, hard-working, conscientious, professional and exemplary member of our staff. In short, our department – and CLAS – is lucky to have her,” said Lisa Keranen, associate professor and director of graduate studies. Medal was nominated by Stephen J. Hartnett, professor and chair of the Department of Communication.

**Sarah Douvres** (not pictured), University of Colorado Boulder, is a program assistant for Housing and Dining Services. She has served on the Boulder Campus Staff Council since 2007, and has served, including as chair, on a variety of university committees. She also participates in a variety of volunteer efforts, including her department’s County Road Pick-up twice a year, Habitat for Humanity and the annual Giving Tree for needy families.

“Sarah is a ‘positive’ person we should all be so lucky to encounter in life. She thrives for forward progress, is productive and active, always friendly and professional, truly goes out of her way to help those around her, presents great ideas and is certainly no slacker when it comes to follow-through. Sarah’s sense of humor is very welcoming: She’s the first to volunteer to wear a snowman costume, pose in the funny hat or to stand in front of a crowd to do a presentation that no one else would step up for. ... Sarah is an outstanding person who demonstrates strong and consistent leadership. Her charm shines through in her dedication to making our world a better place,” said Lori Jackson, Boulder Staff Council Administrator. Douvres was nominated by Gregg Lundgren, Housing IT.

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**Travis Chillemi**, system administration, is a communication technology manager in Finance and Procurement Business Services (FPBS), Office of University Controller. He has helped develop the system website and other communications development projects. He devotes time to the Justice Run, dedicated to raising money and awareness for the victims of trafficking; the Girl Scouts; Mothers of Pre-Schoolers; and several schools and churches.

“Many at CU system administration know Travis as a cheerful, competent professional who is always ready to lend a hand or make them laugh. What many do not necessarily know is how those traits and attitudes extend throughout Travis’ professional/personal life, prompting him again and again to reach out in service to a friend, a stranger, a school, a church, a professional association, or a community – including the community that is CU. It is his character, and how he translates his beliefs into action, that make him an ideal candidate for the UCSC 2013 Excellence in Service Award,” said Normandy Roden, director of FPBS, who also nominated Chillemi.

Besides the awards presentations, about 40 members from the different campus, system and university councils listened to presentations that centered around the conference theme of communication.

Jay Dedrick, internal communications manager, and Cathy Beuten, multimedia editor, from the Office of University Relations, discussed efforts to inform university employees as well as the outside community about CU issues.

Dedrick discussed [CU Connections](#)<sup>[15]</sup>, the weekly online staff and faculty newsletter, and took questions from the audience about the newsletter’s mission. He also discussed the [CU Advocates](#)<sup>[16]</sup> program, which encourages employees, alumni and community members to share the word about the university’s value. Beuten gave the audience a preview of the new system website, scheduled to launch this summer, and talked about social media platforms and the efforts to improve outreach to a variety of constituent bases.

An afternoon presentation and mini-workshop was presented by John McDermott, senior instructor at the School of Education and Human Development at CU Denver, and centered on motivating and engaging people in the workplace. McDermott has taught for more than 40 years and is the co-author of “Clock Watchers” (2009) and “Just Right Challenge,” which will be published this year. McDermott discussed the six C’s of motivation and engagement: Caring Community, Challenge, Choice, Checking in/Checking out, Collaboration and Celebration.

[President’s town halls continue next week](#)<sup>[17]</sup>

CU President Bruce D. Benson speaks Monday during a town hall visit at the University of Colorado Colorado Springs.

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CU President Bruce D. Benson's spring series of town hall meetings is under way, with two complete and three remaining.

At each event, Benson is delivering an update on the state of the university, followed by a question-and-answer session with audience members. The meetings are open to all campus community members; faculty and staff are encouraged to attend.

[Click here](#)[19] to read about Friday's town hall at the CU Anschutz Medical Campus; [click here](#)[20] for a video of the event.

The remaining schedule for this spring's town halls:

**University of Colorado Boulder**, Wednesday, April 24

Old Main

2:30-3:30 p.m. **University of Colorado Denver**, Thursday, April 25

[Lawrence Street Center, Terrace Room](#)[21]

3:30-4:30 p.m. **System Administration**, Wednesday, May 8

1770 Sherman Street Events Center

7:30-8:15 a.m.: Bagels and coffee

8:15-9 a.m.: Town hall

[CU Advocates hear sobering outlook on higher education funding](#)[22]

CU Denver | Anschutz Medical Campus Vice Chancellor of Administration and Finance Jeff Parker explains budget challenges facing the university at the lunch-and-learn session presented by CU Advocates.

Budget and finance officials painted a sobering picture of the funding challenges facing the University of Colorado and higher education in the state during a lunch-and-learn program at the Anschutz Medical Campus.

About 60 people attended the April 10 program, presented by [CU Advocates](#)[24], in the Trivisible Room. Featured speakers were Jeff Parker, vice chancellor of administration and finance, CU Denver | Anschutz Medical Campus, and Geoff Barsch, the CU system's associate vice president for budget and finance.

The CU Advocates program is a way to arm faculty, staff, students and alumni with information on how to be better advocates for the university. To sign up for CU Advocates click [here](#)[16].

Parker and Barsch opened the session with positive news, highlighting CU's economic impact (\$5.3 billion to Colorado's economy in 2011) and outstanding academic achievements (five Nobel Laureates and eight MacArthur Genius Fellows). University of Colorado Hospital has [ranked as the No. 1 academic hospital in the nation two years running](#)[25] -- a feat no other hospital has achieved. Also, more than 170 of 300 physicians named in the 2012 survey of "Top Docs" in 5280 Magazine are CU faculty or clinical volunteers.

See the slideshow of their full presentation [here](#)[26].

The \$2.6 billion in payroll and operating expenditures of CU Anschutz and affiliated hospitals is comparable to the state's ski industry. "When you think about what's happening on this 1 square mile in Aurora as being comparable to the economic impact of the Colorado ski industry, that's pretty important," Parker said.

But the finance picture dims considerably when it comes to state support of higher education. "Colorado ranks 48th in the nation of state funding per full-time student," Barsch said. "That's really not surprising -- we're about 48th in the country in just about everything that's state-provided. We have a very low tax base."

Because mandated expenditures such as K-12 education and health obligations, such as Medicaid, consume most of the state general fund, "higher education is one of the areas most affected" when state revenues shrink, as they have in recent years, Barsch said. Even as the revenue outlook improves, which is currently the case, the picture for higher-ed funding in Colorado "isn't that rosy going forward," he added.

In 1991, almost 20 percent of the state budget went to higher education, Barsch said. By 2001 the state share had dropped to 14 percent for higher education and now it's at about 8 percent. "Projections right now are that there will be no (state) money available for higher education by 2023 given the current set of assumptions" on the state budget, he said. "... That is really shocking to a lot of people outside the university when they hear that."

The change in state support per resident student hit students in the CU System hardest between FY 2001 and FY 2013. In that decade, their reductions in state support ranged from 35 percent at CU-Boulder to 49 percent at CU Denver. Research institutions bore the brunt in the reductions, they said, because legislators look at the ability of campuses to rely on other revenue streams, such as research grants. Often overlooked is the fact that those grants and other donations are tied to specific research programs and not available to the discretionary fund.

CU has coped with the reductions by becoming even more efficient -- the university's administrative expenses rate well below peer institutions -- and increasing the share of each campus's budget made up by tuition and fees.

Parker said the Anschutz Medical Campus has the least flexibility in regard to tuition because of health care programs with capped enrollments, facility restrictions and other stipulations. "For this campus, you have kind of the perfect storm. You have the state cutting our general funds and we have no way of dramatically increasing our tuition," he said. Plus, changes in federal funding -- such as the current sequestration, which impacts research funding -- and health care reform, which impacts clinical funding, equate to even fewer dollars available in the future.

One slide showed CU's School of Medicine ranking second-to-last out of 39 public schools of medicine in amount of state support per student. "This is a very compelling chart," Parker said, "but like I said, (charts showing CU programs) in pharmacy, nursing, dental medicine look just the same."

Meanwhile, the Anschutz Medical Campus provides the bulk of Colorado's health care workforce, which is predicted to grow in need dramatically during the next 10 years. The Colorado Health Institute estimates a shortage by 2025 of 1,000 primary care physicians and 14,000 nurses.

Funding strategies to generate new revenue sources for the Anschutz Medical Campus include possible tax and fee initiatives, the growth of the branch medical campus in Colorado Springs and opportunities through clinical affiliates. Other opportunities include more private research, industry clinical trials and ramped-up tech transfers.

Barsch summed up by saying that CU has an "outsize impact on the state" producing the lion's share of the state's undergraduate and graduate degrees "in areas critical to economic activity, growth and prosperity."

[Professor Cobb wows students with power of math at TEDxYouth](#)[27]

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Using photos, diagrams and charts, a CU Denver professor demystified the world of math and showed how mathematical models can help political leaders keep the peace across the globe.

Loren Cobb, Ph.D., research associate professor in mathematical and statistical sciences and director of the CU Denver Statistical Consulting Service, was one of the featured speakers at [TEDxYouth@MileHigh](#)[29] on Friday. He spoke before an audience of about 1,500 students, mostly from high schools and middle schools across Colorado, at the Ellie Caulkins Opera House in downtown Denver.

TEDx is a celebration of innovation and risk takers, part of a national gathering of Technology, Entertainment and Design that features pre-eminent leaders, performers and researchers in an exchange of forward-thinking ideas. Students got a charge out of [Milo the Lynx](#)[30], the new CU Denver mascot who mingled and posed for photos before the students went into the auditorium for two sessions of afternoon speakers.

For the second year, the University of Colorado Denver | Anschutz Medical Campus was the presenting sponsor of the TEDxYouth@MileHigh conference.

Cobb began his 15-minute presentation by explaining how his love for mathematics, and his concern about worldwide peace, fused into his lifelong work. It started with the example provided by his father, who was a physician who served in war-torn areas after World War II. "It's loneliness in the deserts of the Middle East that symbolizes for me the loneliness of people who work for peace their whole lives, as my father did and as I try to do," he said. "I use mathematics; he used medicine."

He explained how a simple dynamic -- of violence committed upon communities and how the communities respond in acts of revenge -- is responsible for war since the times of tribal man. "Who knows what feelings these kids (exposed to war) will grow up with? They will feel that the world is a dangerous place," Cobb said. "They may be angry, they may be desperate and hungry. They may be all too ready to go to war in revenge for what has happened to them, and the childhood that was stolen from them."

Cobb used mathematical modeling to show the spread of the black plague across Europe in the 14th century. He noted that it only took three equations to illustrate the entire evolution of the epidemic. When other variables are included, such a model can create a full model of the cycles of war and peace across the globe, Cobb said.

He ended with a call to action, asking the students to join in this important mathematical journey. "If you learn the mathematics you'll be able to see the patterns that no one else can see," Cobb said. "That's my invitation to you."

This was the first installment of the university's TED involvement this year. This week, the Anschutz Medical Campus will be one of a limited number of sites around the country that will present simulcast screenings of the [TEDMED 2013](#) [31] conference in Washington, D.C. See the schedule of TEDMEDLive [here](#)[31].

### [In sex, happiness hinges on keeping up with the Joneses, study finds](#)[32]

Sex apparently is like income: People are generally happy when they keep pace with the Joneses and they're even happier if they get a bit more.

That's one finding of Tim Wadsworth, an associate professor of sociology at the University of Colorado Boulder, who recently published the results of a study of how sexual frequency corresponds with happiness.

As has been well documented with income, the happiness linked with having more sex can rise or fall depending on how individuals believe they measure up to their peers, Wadsworth found.

His paper, "Sex and the Pursuit of Happiness: How Other People's Sex Lives are Related to Our Sense of Well-Being," was published in the February edition of Social Indicators Research.

Using national survey data and statistical analyses, Wadsworth found that people reported steadily higher levels of happiness as they reported steadily higher sexual frequency. But he also found that even after controlling for their own sexual frequency, people who believed they were having less sex than their peers were unhappier than those who believed they were having as much or more than their peers.

"There's an overall increase in sense of well-being that comes with engaging in sex more frequently, but there's also this relative aspect to it," he said. "Having more sex makes us happy, but thinking that we are having more sex than



other people makes us even happier.”

Wadsworth analyzed data from the General Social Survey, which has been taking the “pulse of America” since 1972. All respondents in all years are asked whether they are “very happy, pretty happy or not too happy.”

The survey has included questions about sexual frequency since 1989. Wadsworth’s sample included 15,386 people who were surveyed between 1993 and 2006.

After controlling for many other factors, including income, education, marital status, health, age, race and other characteristics, respondents who reported having sex at least two to three times a month were 33 percent more likely to report a higher level of happiness than those who reported having no sex during the previous 12 months.

The happiness effect appears to rise with frequency. Compared to those who had no sex in the previous year, those reporting a once-weekly frequency were 44 percent more likely to report a higher level of happiness. Those reporting having sex two to three times a week are 55 percent more likely to report a higher level of happiness.

But while personal income can be inferred by a neighbor’s flashy new car or home renovation, sex is a more cloistered activity. So how do, say, men or women in their 20s know how frequently their peers have sex?

Though sex is a private matter, the mass media and other sources of information provide clues. For instance, Wadsworth noted, *Cosmopolitan*, *Glamour*, *Men’s Health*, *Men’s Journal* and *The AARP Magazine* — with a combined circulation of 30 million—frequently report the results of their own or others’ sex surveys.

Television and film depictions might also play a role, and, Wadsworth writes, “there is plenty of evidence that information concerning normative sexual behavior is learned through discussions within peer groups and friendship networks.”

As a result of this knowledge, if members of a peer group are having sex two to three times a month but believe their peers are on a once-weekly schedule, their probability of reporting a higher level of happiness falls by about 14 percent, Wadsworth found.

Wadsworth is also a research associate at CU-Boulder’s Institute of Behavioral Science and his research interests include the general study of happiness.

He noted that the data do not necessarily prove that social comparisons cause the effects he observed. However, “I can’t think of a better explanation for why how much sex other people are having would influence a person’s happiness,” he said.

The way most people engage in social comparison can be problematic, he noted. “We’re usually not looking down and therefore thinking of ourselves as better off, but we’re usually looking up and therefore feeling insufficient and inadequate.”

On the other hand, people are social creatures and any sense of self or identity is dependent on others. In his introductory sociology classes, Wadsworth asks students to write three adjectives, any adjectives, to describe themselves.

“And then I ask them, ‘Do your adjectives have any meaning whatsoever if you’re alone on a desert island, in the sense that there’s no one to compare yourself to?’ ”

Regardless of the adjective — attractive, smart, funny, poor — “these things are meaningful only if there’s some sense of what other people are like,” he said. “As such, we can only be wealthy if others are poor, or sexually active if others are inactive.”

Read more about Wadsworth’s study in *Colorado Arts & Sciences Magazine* at [http://artsandsciences.colorado.edu/magazine\[33\]/](http://artsandsciences.colorado.edu/magazine[33]/).

[Health science students get faculty, staff in shape](#)[34]

Kee Warner completes a seated row exercise with the assistance of student trainer Annoushka Ranaraja at the Campus Recreation Center.

Kee Warner was not thinking about his health when senior instructor K.C. Craig's email to the faculty list appeared on his computer screen late on a December Friday afternoon.

But Craig's offer of a free personal trainer as part of her spring semester course, Exercise Testing and Prescription HSCI 4950, made Warner pause.

"K.C.'s email reminded me of a conversation with my sister who had been working with a trainer and how much better she said she felt by 'tuning in,'" Warner, associate vice chancellor for diversity and inclusiveness, Academic Affairs, said. "I thought that it would be a good thing for me to do, particularly being an insulin diabetic and at my age."

As one of 200 UCCS faculty or staff members who responded to Craig's offer within 15 minutes –and one of 25 selected to work with one-on-one with a student — Warner soon found himself in the Campus Recreation Center doing something he'd done sporadically during the last few years, exercising.

With the help of Annoushka Ranaraja, a Beth-El College of Nursing and Health Sciences senior, Warner is now doing pull-ups, push-ups, sit-ups, and spending time at the weight bench three or four times a week.

"She designed a program for me and my needs," Warner said of Ranaraja. "We meet weekly, which provides discipline. It's been a humbling experience. It's been a while since I've done pull-ups or push-ups. It was a lot easier when I was 20."

Warner heaped praise on Ranaraja for her work and for Craig for changing her course design to include faculty and staff members as research subjects. Craig was equally positive about the faculty and staff who agreed to work with her students with the shared goal of providing a realistic health professional experience. Many of the students hope to work as personal trainers or as trainers for elite athletes.

Since 2005, Craig has taught health science courses focused on exercise and preparing students for certification as professional trainers. Previously, students used family members or friends to practice classroom lessons and to prepare for certification and careers. The idea behind having students work with strangers – faculty and staff members chosen at random – was to create a more realistic experience.

"I wanted something that was real, live, and down and dirty reality," Craig said.

She got it.

Students faced fears of being intimidated by clients and developed solutions for problems that ranged from conflicting schedules to injuries. The students discussed solutions in the classroom but without sharing names. Client files are locked in Craig's University Hall office to ensure confidentiality.

"I only heard a few complaints," Craig said. "Most had to do with difficulty scheduling the required weekly client meetings. My response was to tell the students 'welcome to reality.'"

Reality is what Ranaraja says she liked about the course, something she says will help her achieve her goal of earning a master's degree and, eventually, owning a sports nutrition-related business.

"This was a great part of the course," Ranaraja said of her work with Warner. "I get to apply things. I'm such a hands-on learner that it helps me more than coursework would."

[Wiggins named Employee of the Quarter](#)[36]

[37]

**Chris Wiggins** is used to helping faculty, staff and students from behind the University of Colorado Colorado Springs IT Help Desk. But Wiggins, manager of Computing Services, was thrown into the spotlight when he was named Employee of the Quarter for the second quarter of 2013.

The four-year UCCS veteran said he was shocked when the announcement was made at a recent Information Technology Department staff meeting. "I was checking my email before the meeting started and someone walked in and said, 'We need to see Chris,'" Wiggins recalled. "I thought I was in trouble." Instead Wiggins received a one-day administrative leave, a \$100 stipend, three months free, reserved campus parking and a certificate of recognition.

Wiggins is responsible for the day-to-day operations and support of the IT Help Desk, where he says his primary goal is to try and make user experiences easier. According to Iyrse Naro, executive assistant, Office of the Vice Chancellor for Administration and Finance, Wiggins continually reaches his goal.

"Chris delivers impeccable customer service," Naro said in a nomination letter. "With the addition of a new XEROX 'monster' to our office, I have had to call on Chris for help with department printing and scanning issues. He always shows up with a smile on his face and ready to help."

In his four years at UCCS, Wiggins successfully led the transition of faculty and staff to the Exchange server, helped create the self-service password recovery system used by faculty, staff and students, and served on a number of search committees for departmental hires.

Outside of his work at UCCS, Wiggins keeps up with the current trends in IT and support, sits on the steering committee for Cherwell Software and is expecting his first child, a boy, in mid-June.

[Donors needed for Boulder blood drive next week](#)[38]

[Boulder Campus Staff Council](#)[39] invites donors to take part in its next blood drive, set for Tuesday and Wednesday in the University Memorial Center.

Donations will be collected from 10 a.m. to 3:30 p.m. both days in Rooms 382-386.

To schedule an appointment, go to [www.bonfils.org](http://www.bonfils.org)[40] and reference site code 0248 when searching for donation location, or call the Bonfils Appointment Center, 303-363-2300. Walk-ins also are welcome.

The need for donations is constant. Bonfils Blood Center requires thousands of blood donors weekly to meet Colorado's needs and to be prepared for unexpected events. All blood types are needed. New blood donors are invited to join the Bonfils family.

[Huemer's philosophy prize a first](#)[41]

[\[42\]](#)

**Michael Huemer**, a professor at the University of Colorado Boulder, is the winner of the inaugural Adams Prize in Philosophy, which is presented by the Taylor Charitable Trust, in partnership with University of North Carolina's Program in the Humanities. Huemer's research focuses on epistemology, ethics and metaethics.

The Adams Prize was named in honor of UNC philosopher and Kenan Professor E. Maynard Adams (1919–2003). The \$50,000 prize recognizes the scholar who best demonstrates an understanding of Adams' work, and the significance and implications of his ideas on the relationship between morality,

epistemology and metaphysics. To win the award, Huemer submitted an essay addressing the philosophical views of Adams as expressed in "Ethical Naturalism and the Modern World-View" (1960).

Adams was a longtime faculty leader, and an engaged public scholar. He was the co-founder of UNC's Program in the Humanities and Human Values, its Peace, War, and Defense Curriculum, and served as Chair of the Department of Philosophy and Chair of the Faculty during his tenure.

[Research honor for Lindquist](#)<sup>[43]</sup>

**Thea Lindquist**, history and Germanic language and literature librarian at CU-Boulder, has been selected as this year's winner of the Gale Cengage History Research and Innovation Award for her research proposal, "History on the Semantic Web: Using a Linked Data Approach to Enhance Access in Digital Primary Sources on World War I."

This award includes a \$2,500 and a citation to facilitate further research relating to history and history librarianship.

Lindquist also is a Fulbright Scholar for the 2011-12 academic year, working on improving searches of digital collections at Aalto University in Helsinki as part of the Fulbright Scholar Program.

[Jones chosen for health panel](#)<sup>[44]</sup>

[\[45\]](#)

**Grant Jones**, executive director of the Center for African American Health at the University of Colorado Denver, has been selected to serve on the health disparities panel of the Patient Centered Outcomes Research Institute (PCORI), which was created by the Affordable Care Act.

PCORI panels are critical contacts ensuring stakeholder input into the nation's health care policymaking process.

The selection process was highly competitive, and Grant was one of 84 people chosen from among 1,021 applicants. The Center for African American Health is a community-based organization providing disease prevention and disease management programs to African Americans living in metro Denver.

[Dropping names ...](#)<sup>[46]</sup>

Bailey

Thenhaus

Hinke

**Wade Thomas Cathey Jr.**, professor emeritus at CU-Boulder, received the 2013 Joseph Fraunhofer Award/Robert M. Burley Prize of the Optical Society (OSA). Cathey is being honored for seminal contributions to the field of computational optical imaging and its commercial application. ... **Rhonda Truesdale**, a human resources and finance manager for the University of Colorado's Anschutz Medical Campus Police Department, was one of six people recently named Living Portraits of African American Women for 2013 by the Denver section of the National Council of Negro Women. Truesdale, a Denver native, and her husband, Kris, who also works for CU, are co-directors of the youth ministry at True Light Baptist Church, where she also leads the Wednesday Night Youth Bible Study Group. ... **Dom Bailey**, assistant professor of philosophy at CU-Boulder, has been awarded a prestigious Loeb Classical Library Fellowship from Harvard University, which will allow him to pursue his research in classical Greek philosophy for one year, free of other duties. ... Newly elected System Staff Council (SSC) representatives for fiscal year 2013-14 are: **Leo Balaban**, Office of Information Security (re-elected); **Stephanie Ball**, Risk Management; **Jamie Joyce**, University Counsel; **Nancy Sicalides-Tucker**, Employee Services (re-elected); **Tony Tolin**, Procurement Service Center; and **Amanda Ulrey**, University Relations. These employees will join the continuing council representatives to advocate for system administration staff. Continuing council members are: **Judy Anderson**, University Counsel; **Darren Chavez**, Academic Affairs; **Jim Dages**, Employee Services; **Lexie Kelly**, Office of Treasurer; **Debbie Martin**, Internal Audit; **David Pierce**, Office of the University Controller; **David Poticha**, Technology Transfer; **Tricia Strating**, Employee and Information Services; and **Lisa Vallad**, Office of the University Controller. ... **Clark Thenhaus**, lecturer in architecture at CU Denver and director of Endemic, has had his project "The Canteen Farm House" published in "Future Arquitecturas" international edition magazine 37/38. The Canteen Farm House won first place in the Single Family Category of the 2011 D3 Housing of Tomorrow Competition. According to [endemicarchitecture.com](http://endemicarchitecture.com), it is "designed to collect, store, and distribute storm water in an elastic, expandable exterior skin for agrarian irrigation, the capacity of the house to perform like a cactus or a canteen integrates the farm house with the operations of the farm." ... **Michael Hinke**, lecturer in planning and in the Department of Geography and Environmental Sciences, and coordinator of the Facility for Advanced Spatial Technology/FAST at CU Denver, along with colleague Rafael Moreno, associate professor, Department of Geography and Environmental Sciences, presented the keynote lecture on the use of free and open source software for the creation of web-based geospatially enabled decision-support tools for natural resources management at the 30th Anniversary of the School of Forestry at the Universidad Juárez del Estado de Durango in Durango, Mexico, on March 22. ... A feature documentary co-produced by **Robert Von Dassanowsky**, professor in the Department of Languages and Cultures and Department of Visual and Performing Arts at UCCS, will be shown April 27 as part of the Hot Docs Canadian International Film Festival. "Felix Austria!" is a 76-minute documentary that von Dassanowsky produced with Christine Beebe, Los Angeles. The film depicts California-based designer Felix Pfeifle as he travels across the U.S. and Europe on a quest for the realization of dreams and identities. For more information, or to see a movie trailer, visit [http://www.hotdocs.ca/film/title/felix\\_austria](http://www.hotdocs.ca/film/title/felix_austria) [50] ... **Marsha Anderson**, associate professor of pediatrics at the School of Medicine, has been selected as a fellow in the 2013-2014 class of the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program. Anderson joins a distinguished list of 16 other CU ELAM Fellows. ELAM is the only in-depth national program dedicated to preparing senior women faculty at schools of medicine, dentistry, and public health for institutional leadership roles. ... **Gregory Walker**, professor of music and entertain industry studies at CU Denver, will give the world-premiere of Pulitzer Prize-winning composer George Walker's "Bleu" for solo violin at the Library of Congress in Washington, D.C., playing a new computer-scanned "Betts" Stradivarius copy, known as the "Oberlin Betts," on Saturday. "Electric Vivaldi: Global Solstice," a Centaur Records compact disc of Walker's symphonic electric guitar music co-produced by Associate Professor **Leslie Gaston**, is scheduled for release next month.

**Links**

[1] <https://connections.cu.edu/stories/five-questions-james-hill>[2] <https://connections.cu.edu/news/five-questions-for-james-hill/5q-hill-p-3>[3] <http://www.anschutzwellness.com/>[4] <http://www.ucdenver.edu/about/newsroom/newsreleases/Pages/Researchers-discover-gene-that-causes-obesity-in-mice.aspx>[5] <https://connections.cu.edu/stories/merit-salary-pool-approved-what%E2%80%99s-next>[6] <https://connections.cu.edu/news/regents-approve-3-1-percent-salary-pool-for-faculty-exempt-professionals>[7] <https://connections.cu.edu/news/pay-raises-tuition-benefit-in-spotlight-at-staff-council-meeting>[8] <https://www.cu.edu/SysHR/downloads/2012PayPlan.pdf>[9] <http://hr.colorado.edu/es/Classified/Compensation/Pages/FY2013-14ClassifiedMeritFAQ.aspx>[10] <https://connections.cu.edu/stories/exceptional-service-earns-honors-four-staff-members>[11] 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