HR Highlights is the Official Newsletter of UNT System Human Resources. If you have an HR question or topic you'd like covered in the newsletter, please email HR@untsystem.edu.

HSC Faculty Awarded $45M Research Grant from NIH

Federal grant will fund HSC’s study of health disparities in Alzheimer’s disease among Mexican Americans

Researchers from the UNT Health Science Center were awarded a grant expected to total $45 million from the National Institute on Aging, part of the National Institutes of Health, to expand innovative research into Alzheimer’s disease and the
biological differences that cause the disease to disproportionately afflict Mexican Americans.

The 5-year research grant, awarded to Sid O’Bryant, PhD, Professor and Executive Director of the Institute for Translational Research, and Leigh Johnson, PhD, Associate Professor and Associate Director, is the largest research award ever received by HSC.

“This is a transformative award for our university,” HSC President Dr. Michael Williams said. “HSC is recognized as a national leader in the quest to unlock the mysteries of Alzheimer’s disease and to discover new interventions to help prevent this deadly disease.”

The new funding will build off the HABLE study, a five-year project at HSC that Dr. O’Bryant started in 2017 and is funded by a $12 million National Institutes of Health grant. Almost 1,000 Mexican Americans and 1,000 non-Latino whites over 50 from North Texas have enrolled in the study into how different biological causes relate to Alzheimer’s disease across ethnicities.

UNT and UNT Dallas Announce Record Enrollment for Fall 2020

This week both the University of North Texas and UNT Dallas announced record enrollment for Fall 2020. Preliminary headcount numbers show UNT with a record 40,796 students and UNT Dallas with a record 4,171 students this fall.
Save Money and Earn Rewards
As of Sept. 1, all medical plan enrollees can participate in the new HealthSelectShoppers incentive program that allows you to save money and earn rewards for certain medical services and procedures.
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Easy Workouts for Beginners
Fall is here, and it is a great time to learn eight easy, beginning-level exercises that you can do in and outdoors to get moving, establish a routine to build confidence and create lifelong habits for good health.
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Three Tips to Manage Stress
Take time for deep, calming breaths. Let loose a little. And let your imagination take you to a calm place of peace. Learn more about these ways to de-stress.
READ MORE

How to Cope with Loneliness
It’s important more than ever to take care of your mental health, especially during our social isolation over the last few months.
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Tap Into Mental Health Help
Mental illness can affect anyone and the causes come from a variety of personal
circumstances, according to the [CDC](https://www.cdc.gov).
September 28 at 8 a.m. - CLICK FOR DETAILS

WEBINAR: "Put Your Debt on a Diet"
September 29 at 10 a.m. - CLICK FOR DETAILS

WEBINAR: "Grief, Loss and Renewal"
September 30 at 8 a.m. - CLICK FOR DETAILS

WEBINAR: "When the Income Decreases, But the Bills Don't"
September 30 at 11:30 a.m. - CLICK FOR DETAILS

WEBINAR: "Let's Talk: Couples and Money"
October 1 at 1 p.m. - CLICK FOR DETAILS

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Campus News.

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