

ISSUES PROGRAMS LIST
Quarterly Issues Programs List for KSTP-AM
St. Paul, Minnesota
Apr. 1 – June 30, 2023

Section I. Issues

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Minnesota politics
- B. Food & diet
- C. Parental issues
- D. Women's issues
- E. Mental health
- F. Hospital-related issues

Section II. Responsive Programs

The station has broadcast programming dealing with each of the above referenced issues. Programming dealing with each issue is set out below.

A. Minnesota politics

MN BUDGET BILL MOVES FORWARD

Minnesota Matters

Air Week: 4/16/2023

Time: 6:00-6:10a

The Minnesota budget bills move forward at legislature. The bill would provide direct payments to Minnesotans up to certain incomes through a one-time refundable tax credit of \$260 for single filers and up to \$1,300 for a family with three kids.

MN LEGISLATURE PASSES PAID FAMILY/MEDICAL LEAVE BILL

Minnesota Matters

Air Week: 5/14/2023

Time: 6:00-6:10a

Legislature passes paid family/medical leave bill, a new program launching for Minnesotans in 2026. It provides paid time off when a serious health condition prevents you from working, when you need time to care for a family member or a new child, for certain military-related events or for certain personal safety issues.

GOV. WALZ SIGNS CANNABIS AND INFRASTRUCTURE BILLS

Minnesota Matters

Air Week: 6/4/2023

Time: 6:00-6:10a

Governor Tim Walz signs cannabis and infrastructure bills. Per the bill, adults could possess up to two pounds of cannabis in the home or no more than two ounces in public. They could not, for example, operate a motor vehicle while under the influence of cannabis; give cannabis to a person under age 21;

or smoke or vape cannabis in a multifamily housing building, on the grounds of a child care facility or family or group family day care program.

B. Food & Diet

SEGMENT 2: KITCHEN CHEMISTRY: NATURAL FLAVORS – HOW NATURAL ARE THEY?

Radio Health Journal

Air Week: 4/16/2023

Time: 6:45-6:55a

Duration: 9:13

Synopsis: We see natural flavor listed as an ingredient in many of our products, but what does that mean? Dr. David Andrews explains the process of creating natural flavors, the FDA guidelines, and how safe they are for consumption.

SEGMENT 2: KITCHEN CHEMISTRY: SWEET PROTEINS MAY BE THE FUTURE OF SUGAR

Radio Health Journal

Air Week: 4/23/2023

Time: 6:45-6:55a

Duration: 8:44

Synopsis: Dr. Jason Ryder, an adjunct professor of chemical and biomedical engineering, says humans weren't designed to eat this much sugar every day. Many alternative sweeteners have tried to solve this sugar dilemma, but Ryder believes the best solution can be found in plant proteins.
Host: Nancy Benson. Producer: Kristen Farrah.

SEGMENT 2: FOOD MARKETING TO CHILDREN PART 2: HOW TO MAKE HEALTHIER CHOICES

Radio Health Journal

Air Week: 5/21/2023

Time: 6:45-6:55a

Duration: 7:18

Synopsis: Last week we discussed how food marketers spend billions to get kids to eat unhealthy food. Today, we're giving you some tips on how to add more nutritious options back into your family's diet. Experts reveal small actions that can make a big difference in the health of America's children.

SEGMENT 2: OZEMPIC: A LOOK INTO HOLLYWOOD'S MAGIC WEIGHT LOSS PILL

Radio Health Journal

Air Week: 5/28/2023

Time: 6:45-6:55a

Duration: 7:57

Synopsis: Ozempic is an anti-obesity and anti-diabetic drug that's being touted as a miracle weight loss drug on social media. But is there such a thing as a magic pill? Dr. Disha Narang, an obesity medicine expert, says there's no fast track to healthy and sustainable weight loss. Instead, Dr. Disha Narang explains how these types of therapies need to be paired with long-term, strict daily routines in order to be effective.

C. Parental issues

SEGMENT 2: WHAT YOU NEED TO KNOW ABOUT YOUR BABY'S FLAT HEAD

Radio Health Journal

Air Week: 5/7/2023

Time: 6:45-6:55a

Duration: 6:56

Synopsis: Flat head syndrome occurs when a baby's head develops a long-lasting flat spot. However, Dr. Peter Taub, a professor of pediatrics, says the deformity isn't a syndrome at all and doesn't cause any neurologic symptoms. He explains what causes it and successful treatments to reshape your child's head.

SEGMENT 2: HAS THE FOOD MARKETING INDUSTRY CONTRIBUTED TO CHILDHOOD OBESITY?

Radio Health Journal

Air Week: 5/14/2023

Time: 6:45-6:55a

Duration: 7:38

Synopsis: Childhood obesity is one of the most common chronic diseases for children in the US. Experts say that the marketing of ultra-processed foods to kids has grown exponentially in recent years – promoting unhealthy diets. These experts break down the marketing strategies used to get product attention in grocery stores and online.

SEGMENT 2: DEALING WITH LOSS THIS FATHER'S DAY

Radio Health Journal

Air Week: 6/18/2023

Time: 6:45-6:55a

Duration: 7:52

Synopsis: Whether you lost your father ten days ago or ten years ago, Father's Day can be a hard time of the month. Dr. Sanam Hafeez, a clinical neuropsychologist, says it doesn't have to be something to dread. Dr. Sanam Hafeez offers advice on how to turn this time of year into an experience of healing and growth.

D. Women's issues

SEGMENT 1: HONORING THE MOTHERS WHO NEVER GOT TO MEET THEIR CHILDREN

Radio Health Journal

Air Week: 5/14/2023

Time: 6:30-6:40a

Duration: 11:54

Synopsis: Miscarriage is the most common form of pregnancy loss – so why aren't we talking about it? Dr. Jessica Zucker says this silence promotes a societal stigma of shame and isolation. This week, we open the conversation around miscarriage in an effort to normalize this common experience.

SEGMENT 1: IT'S JUST EASIER TO NOT INCLUDE WOMEN': THE GENDER BIAS IN HEALTH CARE

Radio Health Journal

Air Week: 5/21/2023

Time: 6:30-6:40a

Duration: 12:15

Synopsis: Why are male bodies the standard for human health? Why did researchers refuse to conduct studies on female mice? Why don't we have widespread information on puberty, the menstrual cycle, and menopause? Experts discuss the dangerous reality of gender bias in health care.

SEGMENT 1: MENOPAUSE: WHAT TO EXPECT WHEN YOU'RE FINISHED EXPECTING

Radio Health Journal

Air Week: 6/25/2023

Time: 6:30-6:40a

Duration: 12:51

Synopsis: Every female on earth will eventually go through menopause, so why don't women know more about the process? If you've been suffering with menopausal symptoms or are confused about this life transition, our experts are here to help. They discuss how you can stay in control of your body and feel like yourself again during this time.

E. Mental health

SEGMENT 1: IS MENTAL HEALTH A SCAPEGOAT FOR MASS VIOLENCE?

Radio Health Journal

Air Week: 4/23/2023

Time: 6:30-6:40a

Duration: 10:38

Synopsis: Unfortunately, mass violence has become a common topic. And though many perpetrators we see on the news have been diagnosed with a mental illness, that attribute may be blinding us to the real issue. Experts explain what the statistics point to as the underlying cause of mass violence.

SEGMENT 1: ADRENAL DYSFUNCTION MAY BE CAUSING YOUR BRAIN FOG AND WEIGHT GAIN

Radio Health Journal

Air Week: 5/28/2023

Time: 6:30-6:40a

Duration: 11:49

Synopsis: Our adrenal glands produce numerous hormones that help us regulate stress. Unfortunately, these glands can easily be disrupted and make us feel tired and forgetful. Dr. Izabella Wentz, a thyroid expert, explains the lifestyle changes you can make to fix your hormone imbalance.

SEGMENT 1: THE PSYCHOLOGICAL TRENDS OF THE EVER-GROWING GIG ECONOMY

Radio Health Journal

Air Week: 6/18/2023

Time: 6:30-6:40a

Duration: 12:14

Synopsis: The gig economy seems to only be growing, especially with the boom of businesses like Uber and Grubhub. Workers now get to choose their own hours, but is the freedom worth the lack of regulation, protections, and benefits like health insurance? Experts explain the societal perception and personal psychology of gig workers.

F. Hospital-related issues

SEGMENT 1: HELPING PATIENTS FEEL LIKE KIDS AGAIN: THE MAGIC OF CHILDREN'S HOSPITALS

Radio Health Journal

Air Week: 6/4/2023

Time: 6:30-6:40a

Duration: 12:26

Synopsis: Children's hospitals do a lot more than cure diseases. For many long-term, young patients, these institutions become their entire world and not just the place where they receive treatment. Learn how some of these hospitals go above and beyond to help our sick kids every day.

SEGMENT 1: WHY DOCTORS SHOULD HAVE CREATIVE PASSIONS OUTSIDE OF MEDICINE

Radio Health Journal

Air Week: 6/11/2023

Time: 6:30-6:40a

Duration: 11:32

Synopsis: Hannah Boone entered medical school with a degree in music instead of having a typical science background. While this may seem unwise, some experts think it may be the best prerequisite for a career in medicine. Find out why this educational path is thought to create more involved and empathetic physicians.

SEGMENT 2: MEDICAL GASLIGHTING: WHAT TO DO WHEN DOCTORS STOP LISTENING TO YOU

Radio Health Journal

Air Week: 6/11/2023

Time: 6:45-6:55a

Duration: 8:00

Synopsis: Doctors told Karen DeBonis that her son's concerning tics were normal, and he'd grow out of them. But when she got a second opinion, an MRI scan showed that he had a large brain tumor. This week - DeBonis shares how she was forced to advocate for herself when doctors didn't listen or take her seriously.