

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

Section I. Issues

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

- A. General health issues
- B. Ethics
- C. Parental + Pregnancy issues
- D. Evolution issues
- E. Diet + exercise issues
- F. Disease-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. General health issues

SEGMENT 1: REVEALING THE HIDDEN SYMPTOMS AND STIGMAS SURROUNDING BRAIN INJURIES

Radio Health Journal

Air Week: 8/20/2023

Time: 6:30a

Synopsis: Traumatic brain injuries can range from mild to severe, but there are symptoms that may not show up until months or years after the incident. Personality changes, hallucinations, and delusions are all common occurrences. Dr. Sandeep Vaishnavi, a cognitive neuroscientist, reveals the best practices to heal from a TBI, including meditation and nutrition.

SEGMENT 1: CAN WE FIX OUR HEALTHCARE SYSTEM WITHOUT STARTING FROM SCRATCH?

Radio Health Journal

Air Week: 9/10/2023

Time: 6:30a

Synopsis: America's healthcare system is full of patchwork legislation. Some experts say we should keep pushing forward with the status quo, while others want to completely rebuild from the ground up. And though many universal healthcare proposals skew more toward left-wing politics, Dr. Amy Finkelstein, a professor of economics, has a plan that aims to please both sides of the political divide.

SEGMENT 2: HOW TO PROTECT YOURSELF FROM AIR POLLUTION

Radio Health Journal

Air Week: 9/17/2023

Time: 6:45a

Synopsis: Wildfire smoke has affected cities across America, but it's not the only reason for our poor air quality. Polluted air leads to 7 million deaths each year worldwide, according to the World Health Organization, so how can you protect yourself? Dr. Nikki Vars McCullough, a respiratory expert, gives advice on how to stay safe even when inside your home.

SEGMENT 1: WHY FERTILITY PRESERVATION IS CRUCIAL FOR CANCER PATIENTS

Radio Health Journal

Air Week: 9/24/2023

Time: 6:30a

Synopsis: A cancer diagnosis is often life changing, but many people don't realize that the side effects can be just as serious, like the risk of infertility. Patients only have a short window of time to preserve their fertility through sperm or egg retrieval. An expert explains what the process looks like for both genders and why we need to increase access to fertility clinics.

B. Ethics

SEGMENT 2: "THERE'S NO 'NORMAL' PERSON": THE INTERSECTION OF ETHICS AND DISABILITY

Radio Health Journal

Air Week: 7/9/2023

Time: 6:45a

Synopsis: Bioethicists help governments, universities, hospitals, and patients make the best possible judgement calls based on cultural and personal values. But they don't always get it right. Experts explain how the disabled community is often left behind in society, medicine, and bioethics.

SEGMENT 1: BIOETHICS PART 2: SHOULD YOU HAVE THE RIGHT TO END YOUR OWN LIFE?

Radio Health Journal

Air Week: 7/16/2023

Time: 6:30a

Synopsis: In this follow-up to last week's discussion on bioethics and disability, we dig into Dr. Brooke Ellison's life as a quadriplegic. Using her own experience, she explains the public policies and technological advances needed to help people with disabilities live life to the fullest. Along with Ellison, Dr. Jeffrey Bishop -- a bioethicist -- explores the many ethical decisions that surround end-of-life care.

SEGMENT 1: HONORING NAZI DOCTORS AND CRIMINALS: THE DARK SIDE OF MEDICAL EPONYMS

Radio Health Journal

Air Week: 7/30/2023

Time: 6:30a

Synopsis: Eponyms honor people who discover diseases, treatments, and procedures. You may be familiar with ones like Alzheimer's disease, named after Alois Alzheimer, or Hodgkin's lymphoma, discovered by Thomas Hodgkin. However, Our experts explain how eponyms can go awry and place honor on criminals or even the wrong person.

C. Parental / Pregnancy issues

SEGMENT 1: HOW CAN WE SAVE INFANTS FROM THE EFFECTS OF OPIOID ADDICTION?

Radio Health Journal

Air Week: 7/9/2023

Time: 6:30a

Synopsis: Though we've known about neonatal opioid withdrawal syndrome (NOWS) since the 1970s, there has never been a standard treatment plan across all hospitals. In fact, the scale that's used to determine a diagnosis is complicated and outdated. Experts discuss a promising new treatment approach and how to fix the root cause of NOWS.

SEGMENT 2: HIGH-RISK PREGNANCY? BED REST MAY NOT BE THE ANSWER

Radio Health Journal

Air Week: 7/30/2023

Time: 6:45a

Synopsis: Bed rest is one of the most common interventions prescribed for high-risk pregnancies, but does it work? There's no research that proves bed rest prevents preterm labor, however multiple studies show that this intervention harms a woman's physical and mental health. Our experts break down the evidence and explain alternative interventions.

SEGMENT 2: THE 'PERFECT PREGNANCY' DOESN'T EXIST: CHILDBIRTH THROUGHOUT HISTORY

Radio Health Journal

Air Week: 9/10/2023

Time: 6:45a

Synopsis: Modern technology has saved countless pregnancies. Instead of mothers worrying if they'll survive childbirth, they're now able to focus on the child they're expecting – which Dr. Lara Freidenfelds, a historian, says has shifted our view of pregnancy. Dr. Lara Freidenfelds explains how our mindset has changed over time and the repercussions that follow.

D. Evolution

SEGMENT 2: EVOLUTION PT.1: HOW OUR ANCESTRY IS REVOLUTIONIZING PRECISION MEDICINE

Radio Health Journal

Air Week: 8/20/2023

Time: 6:45a

Synopsis: Science has come to learn that one treatment plan or medication won't work the same for every patient. We need to tailor every dosage and application specifically for each person to have the best results. Our expert this week explains that in order to move into this new era of medicine, we need to take a look back at our evolutionary path.

SEGMENT 1: SICKLE CELL DISEASE: AN EVOLUTIONARY PROTECTION TURNED DEADLY

Radio Health Journal

Air Week: 8/27/2023

Time: 6:30a

Synopsis: Sickle cell disease is the most common genetic disease in America. Red blood cells become crescent-shaped and die much earlier than healthy cells. Oddly enough, the cause of this disease stems from an evolutionary advantage against malaria. Our experts explain the health and financial burdens of sickle cell disease.

SEGMENT 2: EVOLUTION PT.2: IS THE SUCCESS OF HUMANITY BASED ON LUCK?

Radio Health Journal

Air Week: 8/27/2023

Time: 6:45a

Synopsis: Last week Dr. Tony Capra, an epidemiologist, explained how evolution protected our ancestors based on their environments. Today, we're breaking down how this same genetic history affects our current biological makeup – including our vulnerability to disease: where it comes from and why we haven't yet evolved to be fully protected from illness.

E. Diet + Exercise

SEGMENT 2: KITCHEN CHEMISTRY: IS ASPARTAME TOO GOOD TO BE TRUE?

Radio Health Journal

Air Week: 8/6/2023

Time: 6:45a

Synopsis: Aspartame has been studied for more than 40 years, but people are still skeptical of its safety. The World Health Organization recently released a report that reaffirms the sweetener’s safety and didn’t find any evidence of cancer-causing properties. Experts break down the new research and explain the effects of having aspartame in your diet.

SEGMENT 2: IS THERE SUCH THING AS A ‘SAFE’ AMOUNT OF CAFFEINE FOR TEENS?

Radio Health Journal

Air Week: 9/3/2023

Time: 6:45a

Synopsis: Energy drinks have only gotten more popular since their creation in 1949. Today, many products market to younger audiences through sweet flavors like ‘tropical punch’ or ‘blue raspberry’ that contain up to 200 milligrams of caffeine. Doctor Holly Benjamin, a professor of pediatrics, discusses the dangers of adolescents consuming high amounts of caffeine.

SEGMENT 2: KITCHEN CHEMISTRY: THE FACTS (AND MYTHS) OF DIETARY PROTEIN

Radio Health Journal

Air Week: 9/24/2023

Time: 6:45a

Duration: 8:10

Synopsis: There’s been a growing emphasis in the fitness community on protein consumption – but do we have all the facts? Dr. Emily Lantz, a professor of nutrition, breaks down how our body uses protein, how much protein we need in a day, and who needs extra supplementation.

F. Disease-related issues

SEGMENT 1: WILL HORMONAL CONTRACEPTIVES WORSEN YOUR AUTOIMMUNE DISEASE?

Radio Health Journal

Air Week: 7/2/2023

Time: 6:30a

Synopsis: Of the 24 million Americans with autoimmune diseases, about 80% are women. A 2020 paper in the American Journal of Nursing estimates that nearly 90% of women who could become pregnant but don’t want to use contraception – which may worsen a preexisting disease. Our experts explain what to do if you fall into this category and how to safely use hormonal contraceptives.

SEGMENT 2: DO YOU FEEL PRESSURED TO WORK WHILE YOU’RE SICK?

Radio Health Journal

Air Week: 7/2/2023

Time: 6:45a

Synopsis: Though the pandemic changed a lot about traditional offices, by now many people are back working in communal spaces. While this is great for building relationships, it’s also a surefire way to spread disease. Our experts discuss how office culture feeds into putting yourself and others at risk.

SEGMENT 2: ARE YOU PROTECTED FROM TICK-BORNE DISEASES?

Radio Health Journal

Air Week: 8/27/2023

Time: 15:20

Synopsis: Summer is a season of activities, but it’s also the favorite season of blood-sucking bugs like ticks. Do you know how to best protect yourself, your family, and your pets? Dr. Bobbi Pritt explains which repellants are worth your money, and the most effective way to remove a tick to avoid diseases.