

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: **Weekend of 04/01 – 04/03**

Guests & Topics:

- Since 2020 we have learned every day about COVID-19, its variants and vaccines. AltaMed's chief health officer and director of medical affairs Dr. Ilan Shapiro talks about the new variant of Omicron and the importance of being vaccinated.
- We also spoke with Barbara Robles; a Texas academic child psychiatrist and mental health consultant about how social media affects our mental health.

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To air: **Weekend of 04/08 – 04/10**

Guests & Topics:

- The number of scams and fraud cases is now at record levels and millions of people lose billions of dollars a year at the hands of criminals. We speak with Alex Juárez, AARP expert on family and loved one care issues, who gives us tips on how we can help our loved ones.
- We also spoke with Dr. Barbara Robles, an academic child psychiatrist and mental health consultant. She brings us more information about a survey that shows that about three in 10 Hispanic Americans are concerned about the impact that social networks have on mental health.

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To air: **Weekend of 04/15 – 04/17**

Guests & Topics:

- Kym Lee, actress and celebrity makeup artist, joined forces with Dr. Yan Katsnelson to promote the topic of how women are affected by uterine fibroids. Women of all cultures provide care and hope to their families, and they want to empower women to take control of their bodies and their lives. Today, Heidi Jantzen, the Latin ambassador for Fibroid Centers USA, joins us with more information on how fibroids affect the Latino community.
- We also talk about a new study that found nearly eight in 10 people are taking steps to build generational wealth. Miguel Horvath is General Director and Private Wealth Advisor at Horvath Wealth Management and explains the subject in better detail.

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To air: **Weekend of 04/22 – 04/24**

Guests & Topics:

- According to the latest Healthy Minds Monthly* survey from the American Psychiatric Association (APA), Hispanic Americans are more concerned than other Americans, in general, about the effects of climate change on their health.

- Nearly two-thirds (63%) of Hispanic adults believe that climate change already affects the health of Americans, and more than half agree that it affects mental health. Joining us today is Dr. Bernardo Ng, a native of Mexicali, Mexico and current Principal Investigator at Sun Valley Research Center, Inc. He will share more details about the survey.
- The number of scams and fraud cases is now at an all-time high, and millions of people lose billions of dollars a year to criminals. We speak with Alex Juárez, an AARP expert on family and loved one care issues, who gives us tips on how we can help our loved ones.

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To air: **Weekend of 04/29 – 05/01**

Guests & Topics:

- We are talking with Dr. Adriana Cadilla who shares more information about COVID vaccines and if they can affect pregnant women and those who are breastfeeding.
- We also speak to Dr. Hector Colon-Rivera, President of the APA Caucus of Hispanic Psychiatrists. He will give us more information on how inflation is affecting our decisions about how we eat.

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To air: **Weekend of 05/06 – 05/08**

Guests & Topics:

- The cost of childcare is skyrocketing and for many parents, the math doesn't work. They can't afford the luxury of never going back to work, but they can't afford childcare to get back to work. Yaneth Bright, Director of Annie's Place with Mommies In Need, a nonprofit organization that provides childcare so families can access health care. Tells us details about what parents can do to help alleviate these increasing costs.
- We also talk to Dr. Pablo Rodriguez, Gynecologist and retired doctor who is going to talk to us about COVID vaccines for children and reinforcements.

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To air: **Weekend of 05/13 – 05/15**

Guests & Topics:

- After two years, many families will return to their summer trips, and it is very important to be aware of our health to avoid the spread of COVID-19. Dr. Sandra Leal, President of the American Association of Pharmacists, joins us today with more details on how to prepare before the trip.
- On another topic, the foods we eat may be good, but they never taste good until we read the label. A study by Attest found that only 9% of us can correctly read a Nutrition Facts label. Dr. Fabricio Mancini, Expert in Healthy Living, gives us tips to read the labels and make better decisions at the store.

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To air: Weekend of 05/20 – 05/22

Guests & Topics:

- Mental health is a hot topic these days, which is essential to breaking down the outdated stigma surrounding the topic and helping those in need access of critical care. Dr. Danielle Ramos Madril is the medical director of UnitedHealthcare of Florida and she is here to tell us more about the importance of mental health.
- Dr. Olveen Carrasquillo, the principal investigator for the All of Us research program at the National Institutes of Health at the University of Miami, has just published a new study proving the Latino epidemiological paradox. He explains to us why Latinos have similar or even better health outcomes than their nonwhite Hispanic counterparts, has just published a new study proving the Latino epidemiological paradox. He explains to us why Latinos have similar or even better health outcomes than their nonwhite Hispanic counterparts.

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To air: Weekend of 05/27 – 05/29

Guests & Topics:

- This month is Mental Health Awareness Month and now more than ever we need to pay attention to our minds and bodies. Major medical groups, including the American Academy of Pediatrics, have declared a national state of emergency on children's mental health. According to experts, a keyway to support children's mental health is for parents and caregivers to have regular check-ins and help them openly express how they feel. We're joined by mental health expert Dr. Regina Miranda as she discusses why it's important for parents and caregivers to talk to their children about their emotional well-being.
- We're also joined by Beverly Cazares, food safety specialist with the U.S. Department of Agriculture, who wants to make sure people avoid food poisoning while enjoying typical outdoor activities this summer like grilling, camping, and picnics.

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To air: Weekend of 06/03 – 06/05

Guests & Topics:

- New research reveals that women who hug their partners reduce their stress levels. Dr. Pierluigi Mancini is an expert in behavioral health and gives us more details about this study.
- We also speak with César Ybarra, Vice President of Policy at FreedomWorks who brings us more details on gas prices and why it is a priority for the Biden administration.

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To air: Weekend of 06/10 – 06/12

Guests & Topics:

- This year we had the 90th United States Conference of Mayors where more than 180 mayors discussed solutions to a wide range of issues such as public safety, mental health, and infrastructure. The first Latino mayor of Allentown, Matt Tuerk, tells us a little more about what happened at the meeting.
- For years, unexpected medical bills have devastated the finances of countless families in America. A new law, the No Surprises Act, helps protect patients from receiving surprise bills. Retired Police Chief Frank Fernandez talks about how you can protect yourself from unexpected medical bills.

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To air: Weekend of 06/17 – 06/19

Guests & Topics:

- A study shows that kids who play team sports tend to have better mental health outcomes than kids who don't. Connections Wellness Group CEO Anna Arwine talks about this study.
- We also speak with Yaneth Bright, director of Annie's Place with Mommies In Need, who gives us more details about the childcare crisis and why parents face rising costs and diminishing options.

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To air: Weekend of 06/24 – 06/26

Guests & Topics:

- As COVID-19 vaccines become available for children under the age of 5, parents are concerned about side effects and more. We're joined by Dr. Judith Flores, a pediatrician at NYC Health + Hospitals.
- Plus, the U.S. Department of Agriculture wants to make sure people stay food safe while enjoying food during typical outdoor activities this summer like grilling, camping, hiking, and picnicking.