



Date aired: ____ 8/9 ____ Time Aired:

Weekly Public Affairs Program

Show # 2020-32

Total running time: 29:30 (with optional exit at 24:00)

1. **Sofia Cienfuegos**, Dietitian, Intermittent Fasting Researcher, Human Nutrition PhD Candidate at the University of Illinois at Chicago

Ms. Cienfuegos led a study that examined the effectiveness of intermittent fasting for weight loss. She found that obese adults lost an average of 3% of their body weight in two months without counting calories, simply by confining their eating to a 6-hour window each day. She said the weight loss led to other significant health improvements, as well.

Issues covered:

Personal Health

Obesity

Nutrition

Length: 8:00

2. **Simone Bruce, Psy.D.**, visiting therapist at the Behavioral Wellness Clinic in Connecticut, expert in mental health issues related to racism and discrimination

Dr. Bruce said that the impact of race-based stress and trauma on the mental health of black people has been ignored far too long. She said that mental health professionals' lack of education in this area often results in misdiagnosis and mistreatment. She explained how the death of George Floyd sparked a serious increase in stress, anxiety and fear in the black community.

Issues covered:

Racism

Mental Health

Length: 9:23

2. **Merete Berg Nasset, Norwegian University of Science and Technology**

Domestic violence is on the rise, partly as a result of COVID-19 lockdowns. Prof. Nasset led a study that found that anger management treatment for offenders can have dramatic results in the prevention of physical and emotional violence. She found that two forms of treatment, cognitive-behavioral group therapy and a stress management course based on mindfulness, worked equally well. Prior to treatment, 85% cent of the male study subjects used physical violence that resulted in harm to their partner. After treatment, the percentage fell to 10%.

Issues covered:

Domestic Violence

Mental Health

Length: 5:02

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