



Date aired: ____7/25____ Time Aired:

Weekly Public Affairs Program

Show # 2021-30

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

1. **Elizabeth Rosenthal, MD**, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of *"An American Sickness: How Healthcare Became Big Business and How You Can Take It Back"*

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:

Length: 8:39

**Personal Health
Consumer Matters**

2. **Jodie Plumert, PhD**, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:

Length: 8:27

**Traffic Safety
Parenting
Children's Issues**

3. **Adriana Zuniga-Teran**, architect, postdoctoral research associate in the University of Arizona's Udall Center for Studies in Public Policy.

Ms. Zuniga-Teran conducted a study that examined how the design of a neighborhood can affect health and wellness. She found that those who live in traditional neighborhoods do the most walking, while those who live in suburban developments report the highest levels of mental well-being.

Issues covered:

Length: 5:02

**Mental Health
Personal Health
Community Issues**

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