



Date aired: ____1/12____ Time Aired:

Weekly Public Affairs Program

Show # 2020-02

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

1. **Jordan W. Smoller, PhD**, psychiatric geneticist, Professor of Psychiatry at Harvard Medical School, Professor in the Department of Epidemiology at the Harvard School of Public Health

Depression is one of the world's most common mental disorders, affecting more than 300 million people globally. Prof. Smoller led a study that found that walking, jogging, yoga or any type of exercise may help to ward off depression, even in those with a genetic susceptibility to it. He also talked about the importance of social engagement and relationships in preventing depression.

Issues covered:

Length: 8:41

**Mental Health
Physical Fitness**

2. **Wendy Wood, PhD**, Provost Professor of Psychology and Business at the University of Southern California, author of "*Good Habits, Bad Habits: The Science of Making Positive Changes That Stick*"

This is about the time in the calendar that New Year's resolutions fail. Prof. Wood explained how people form habits, and what can be done with this knowledge to make positive change. She said willpower is usually not enough when someone is striving make a change in behavior. She also outlined the differences between habits, self-control and addictions.

Issues covered:

Length: 8:35

**Personal Growth
Addictions**

3. **Sherry Pagoto, PhD**, Professor in the Department of Allied Health Sciences, Director of the University of Connecticut Center for mHealth and Social Media

Prof. Pagoto led a study that found that 78 percent of major fitness chains offer tanning beds to their customers. She said that while the public health community has been trying to communicate the message to the public that tanning beds are not safe or healthy, gyms are essentially putting a 'health halo' on them because people associate gyms with health. She explained why tanning beds create serious risks for the development of skin cancer.

Issues covered:

Length: 4:51

**Personal Health
Consumer Matters
Government Regulations**