



Date aired: \_\_\_\_\_10/25\_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2020-43

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

1. **Farrokh Alemi, PhD**, Professor of Health Informatics, George Mason University College of Health and Human Services

Suicide among US veterans is on the rise. Prof. Alemi led a study that examined the reasons that vets take their own lives. He found that while social factors like family problems and homelessness can predict suicide, they are not the cause of it -- mental illness is. He said the results of the study were a surprise. He added that the social isolation that accompanies COVID-19 has been a major factor in increasing suicide rates overall.

**Issues covered:**

**Length: 8:31**

**Suicide**

**Veterans Issues**

**Mental Health**

2. **Joseph Dieleman, PhD**, Associate Professor in the Department of Health Metric Sciences at the University of Washington, faculty lead of the Resource Tracking team at the Institute for Health Metrics and Evaluation

Prof. Dieleman said five major health risks, things such as obesity, high blood pressure, and smoking, were linked to over \$730 billion in preventable health care spending in the US in 2016. He talked about policy changes and public awareness programs that may influence people to take steps to avoid costly health problems.

**Issues covered:**

**Length: 8:41**

**Healthcare Costs**

**Personal Health**

3. **David B. Soma, MD**, Pediatric Sports Medicine Specialist, Mayo Clinic

Youth sports can help kids via exercise and the development of socialization skills, but the COVID-19 pandemic has had a dramatic effect on sports programs nationwide. Dr. Soma explained how the risks vary from one sport to another, and what parents and student athletes can do to reduce their chances of contracting the virus during sports activities.

**Issues covered:**

**Length: 4:53**

**Youth Sports**

**Parenting**

**Coronavirus**