



Date aired: 6/23 Time Aired:

Weekly Public Affairs Program

Show # 2019-25

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

1. **Jamie Cooper, PhD**, Associate Professor in the Department of Foods and Nutrition at the University of Georgia

Prof. Cooper led a study that found that stepping on the bathroom scale once per day may help to avoid weight gain. She said the average adult gains 1-2 lbs over each vacation or holiday period, and normally doesn't lose it afterwards. She said although people may walk more and get other forms of physical activity during vacations, they tend to eat more.

Issues covered:

**Personal Health
Obesity**

Length: 9:31

2. **Laurie Nadel, PhD**, psychotherapist who specializes in treating acute stress, anxiety and PTSD, author of *"The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes"*

An American Psychiatric Association report found that Americans have experienced a 51% increase in anxiety levels in the past two years. Dr. Nadel said the report illustrates an epidemic of anxiety issues, including PTSD. She said it can be triggered just by watching disturbing images on electronic devices, causing what she terms "vicarious traumatization." She outlined five techniques that may help those suffering from mental trauma.

Issues covered:

**PTSD
Mental Health**

Length: 8:48

3. **Julie Angwin**, Pulitzer Prize-winning investigative journalist, author of *"Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance"*

Ms. Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint.

Issues covered:

**Privacy
Government Policies
Consumer Matters**

Length: 5:02