



Date aired: ____2/14____ Time Aired:

Weekly Public Affairs Program

Show # 2021-07

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

1. **Ted Rossman**, Industry Analyst at CreditCards.com

51% of U.S. adults with credit card debt, or about 51 million people, added to their credit card debt since March 2020. Mr. Rossman outlined that and other findings from his organization's survey of the economic effects of the pandemic lockdowns. He said millennial credit card debtors (ages 24-39) continue to be hit the hardest.

Issues covered:

Length: 9:42

Personal Finance

Economy

Government Policies

2. **Casey B. Mulligan, PhD**, Professor of Economics at the University of Chicago

Prof. Mulligan discussed the rising number what he calls of "deaths of despair," lives lost to suicides, alcohol-related deaths and especially drug overdoses. He explained how the deaths of elderly people diagnosed with COVID-19 differs from the loss of younger Americans to "deaths of despair" in 2020, particularly males between the ages of 15 and 55. He said it will take about a year to get additional data that will better explain possible causes.

Issues covered:

Length: 7:32

Drug Abuse

Suicides

COVID-19

3. **Phil Chilibeck, PhD**, Kinesiology Professor at the University of Saskatchewan

Walking has long been the prescription of choice for physicians trying to help their patients bring down their blood pressure. Prof. Chilibeck led a study that found that stretching is superior to brisk walking for reducing blood pressure. He said that stretching muscles also stretches all the blood vessels that feed into the muscle, leading to less resistance to blood flow. He noted that stretching should not replace aerobic activities, but would be a helpful addition to it.

Issues covered:

Length: 4:59

High Blood Pressure

Personal Health

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