



Date aired: ____8/16____ Time Aired:

Weekly Public Affairs Program

Show # 2020-33

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

1. **Sophie Egan**, former Director of Health and Sustainability Leadership for the Strategic Initiatives Group at The Culinary Institute of America, author of "*How to Be A Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet*"

Ms. Egan offered easy-to-remember suggestions for making practical decisions about food. She explained why the organic label is important for certain specific foods. She outlined the concerns relating to some canned foods, particularly for children and pregnant women. She also explained how to choose foods that have the least impact on the environment.

Issues covered:

Length: 8:55

Nutrition

Food Safety

Environment

Consumer Matters

2. **Bindu Kalesan, PhD, MPH**, Assistant Professor of Medicine, Assistant Professor of Community Health Services at the Boston University School of Public Health

Dr. Kalesan led a study that examined gun suicides in rural America. She said that rather than firearm confiscation, efforts to reduce these suicides should be focused on addressing other diseases of despair which are connected to suicide, such as heart and liver diseases, diabetes and accidental opioid overdose. She said it is critical that those at risk of suicide and opioid addiction are treated by mental health professionals, rather than just untrained support from families or friends.

Issues covered:

Length: 8:29

Suicide

Mental Health

Gun Control

Drug Abuse

3. **S. Vincent Rajkumar, MD**, hematologist and researcher at the Mayo Clinic

The concept of herd immunity has sparked debate about whether it would control the spread of COVID-19. Dr. Rajkumar explained the two weapons the human body uses to fight the virus: antibodies and T cells. He also discussed whether immunity to COVID-19 can decrease with time.

Issues covered:

Length: 5:04

Personal Health

Coronavirus

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