



Date aired: \_\_\_\_7/18\_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2021-29

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

1. **Carmen Piernas, MSc, PhD**, University Research Lecturer at the Nuffield Department of Primary Care Health Sciences at the University of Oxford

Dr. Piernas was part of a group of British researchers that examined the strong connection between COVID 19 and obesity. She said they found that younger people with a Body Mass Index of 30 or more, which is considered obese, are at a significantly higher risk of being hospitalized or dying of COVID-19, while those with a BMI of 23 are at the lowest risk. Interestingly, they found that obesity made no difference at all in COVID risks for the elderly.

**Issues covered:**

**Length: 9:17**

**COVID-19**

**Obesity**

**Public Health**

2. **Rebecca Johnson, PhD**, Co-Director of Citizen Science and Research Associate in the Department of Invertebrate Zoology and Geology at the California Academy of Sciences

In recent years, community science--also known as citizen science--has become a global phenomenon, as millions of amateurs with an interest in science contribute unparalleled amounts of data on the natural world. Ms. Johnson said community science data remains widely underutilized by the scientific community due to its perception as being less reliable than expert-collected data. She said community science may be the only practical way to answer important questions about our planet's biodiversity and how it is changing.

**Issues covered:**

**Length: 7:58**

**Science**

**Climate Change**

3. **Shannon M. Robson, PhD, MPH, RD**, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it's important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

**Issues covered:**

**Length: 4:38**

**Nutrition**

**Parenting**

