

Quarterly Issues Programs List Q2 2021

April 01, 2021 – June 31, 2021

KRIX FM provides its listeners with programming and public service announcements that address issues of interest and concern to our local community. The key issues identified for the period April 1, 2021 through June 31, 2021 were diabetes, vaccines, heart health and the effect of the Pandemic in addition to the importance of COVID-19 vaccinations to promote community health.

Program issue	Time	Duration	Narration of program
Gestational Diabetes	6/6/2022 7:05:00 AM 6/20/2022 7:05:00 AM	4m54s	Cathy Mattox discusses with Dr. Lucy England woman's health during and after GDM with complications such as large birth weight, C-section, and birth trauma. After birth GDM may go away but not in all women and she must get care right away by checking in her postpartum visit. She may develop pre diabetes and is at risk for future Diabetes. Even with normal blood sugars she should be concerned. Diabetes can be delayed or prevented with lifestyle changes. Regular testing at least every three years is important
Vaccines and Variants	6/26/2022 7:05:00 AM	3m07s	Will Samson discusses Covid Vaccines in the arm and masking are essential to prevent this disease and effective against the newer variants as per UT specialists. Barbara Taylor MD was cited as saying that vaccines are at least 50% effective against COVID. We should continue masking and social distancing to mitigate spread.

Program issue	Time	Duration	Narration of program
Heart Disease and Stroke Prevention	5/30/2022 7:05:00 AM	4m54s	Cathy Mattox discusses a high incidence of death with Judy Hannon and ways to prevent these conditions in women. Heart disease is 1 in 4 deaths in women and Stroke deaths are twice as many in women; but both are preventable by lowering risk by exercise and better food choices less sodium. We should consume no more than 2300 milligrams per day and less if we have Hypertension. Most comes from restaurant food. We should also avoid smoking and check for Diabetes. Nationally we need to reduce sodium in restaurants' food, increase exercise, increase fruits and vegetables access, and better screening and medications for hypertension diabetes and high cholesterol to delay these diseases.
Child Obesity and Diabetes	5/30/2022 7:10:00 AM	6m35s	Melissa Newton discusses the rise of Metabolic syndrome often related to obesity among children and adolescents putting them at higher risk of developing chronic diseases in childhood. Lorena Pacheco did research at the University of California San Diego and showed the relationship of obesity to metabolic syndrome in Chilean children. She states Pediatricians have the ability to intervene at the forefront with continuous screening and tracking weight with good communication with parents. Conclusion is that early life interventions in public health to combat obesity should take importance.
FDA Insight on Flu Vaccination	6/13/2022 7:05:00 AM 6/27/2022 7:05:00 AM	14m00s	Dr. Anon Shaw discusses the coming flu season and the need to vaccinate as we fight the COVID-19 virus. He interviews Dr. Peter Marks in FDA research and discusses how flu vaccine will prevent exposure and hospitalization especially for COVID risk. It is possible to have both viruses. Flu vaccine can reduce the risk of COVID. FluB can cause more serious disease in children. Quadrivalent vaccines are best and contain four inactivated virus strains and an adjuvant that helps immunity. Each February FDA, WHO, and CDC get together to determine which flu variants are more common and will be decided by the FDA to make the next years vaccine.
Healthy Communities	8 times Monday-Sunday	30s spots	Strengthening citizen participation in keeping our communities safe. Get Back to the Moments We Miss promoting awareness. Missing Moments – Amusement Park Missing Moments – Ballgame Missing Moments – Concerts Missing Moments – Movies