

July 2021

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Prison and Criminal Justice; Public Health; Ethics; Law Enforcement; Public Safety; Police	Longform Program	7/4/21	5:00 AM	15 mins	Radio Health Journal: Many patients arrive in the emergency room as a result of violence or car crashes—events in which police have an investigative interest. Sometimes, police needs clash with trauma care, and priorities are hashed out case by case. Experts discuss which priorities come first and when, and the procedures needed to smooth out sometimes	News
Psychology and Pop Culture; Mental Health; Consumerism	Longform Program	7/4/21	5:15 AM	15 mins	Radio Health Journal: Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate. Viewpoints:Physician burnout is still a very real problem in the U.S. – and the pandemic has only exacerbated these feelings	Interview
Wage Theft, Harassment, Inequality, Labor Rights, Nonprofit, Workers Rights, Law, Career, Poverty	Longform Program	7/4/21	5:30 AM	15 mins	in some of the hardest hit hospitals across the country. We speak with Dr. Greg Hammer at Stanford University Viewpoints:About 60 percent of Americans don't yet have a written will in place. People spend a lifetime working hard,	Public Info
Personal Finance, Parenting, Child Development, Money, Savings, Consumerism	Longform Program	7/4/21	5:45 AM	15 mins	saving money, building assets, but often never think about what would happen in case they suddenly passed away. Viewpoints speaks with life planning expert, Abby Sebastian, about the importance of	Longform Program

<p>Pollution; Local Government; Roads and Traffic Safety; Environment</p>	<p>Longform Program</p>	<p>7/11/21</p>	<p>5:00 AM 15 mins</p>	<p>Radio Health Journal: Traffic engineers are learning that they can increase road efficiency and safety by eliminating left turns at many busy intersections, even those that have left turn arrows. This increases distance traveled for some people--some may have to make three right turns instead--but virtually everyone benefits in travel time, as package carrier UPS has learned. A traffic engineer and UPS official discuss Radio Health Journal:Dementia has a much wider range than most people think, and people with dementia are usually functional for years. An expert discusses the course of the disease and how life can still be positive for years before it reaches the late, debilitating stage most people think of when they hear the word "dementia."</p>
<p>Health Care; Elderly and Senior Citizens; Aging; Public Health</p>	<p>Longform Program</p>	<p>7/11/21</p>	<p>5:15 AM 15 mins</p>	<p>Viewpoints: The U.S. prison population has decreased during the pandemic, but the number of people behind bars is still close to two million. Some of these inmates have been in prison for decades and at a young age were deemed by the justice system to be 'unfixable'. This week, we shed light on the cycle of youth incarceration in this country and why people like Ian Manuel, a former inmate, were</p>
<p>Crime, Justice System, Prison Reform, Mental Health, Law, Government, Poverty, Mass Incarceration, Youth Development</p>	<p>Longform Program</p>	<p>7/11/21</p>	<p>5:30 AM 15 mins</p>	<p>Viewpoints: The U.S. prison population has decreased during the pandemic, but the number of people behind bars is still close to two million. Some of these inmates have been in prison for decades and at a young age were deemed by the justice system to be 'unfixable'. This week, we shed light on the cycle of youth incarceration in this country and why people like Ian Manuel, a former inmate, were</p>

<p>Tourism, Travel, Sustainability, Traditions, Customs, History, Wildlife Management, Consumerism, Environment, Local Economy, Small Business</p>	<p>Longform Program</p>	<p>7/11/21</p>	<p>5:45 AM</p>	<p>15 mins</p>	<p>Viewpoints: It seems like lately almost everyone is heading to the airport. Whether you're flying, driving or taking a train, vacations are a highly anticipated time to get away from everyday life. Everyone deserves relaxation, but is there a way to make sure that you're traveling more</p>
<p>Economics; Health Care; Ethics; Public Health</p>	<p>Longform Program</p>	<p>7/18/21</p>	<p>5:00 AM</p>	<p>15 mins</p>	<p>Radio Health Journal: More people die of lung cancer than breast, prostate, and colon cancer combined. A decade ago, a lung cancer diagnosis was often a death sentence. But now treatments are being developed that mean it can often be treated, especially if screening</p>
<p>Public Health; Crime; Teen Pregnancy; Hunger; Children and Youth at Risk; Poverty; Education</p>	<p>Longform Program</p>	<p>7/18/21</p>	<p>5:15 AM</p>	<p>15 mins</p>	<p>Radio Health Journal: A study by Save the Children shows on a county-by-county basis that children in poor and rural counties, especially in the south, are much less likely to survive into adulthood, and when they do, they're often forced to become adults too soon by poverty, pregnancy, and lack of education. A Save the</p>
<p>Healthcare, Insurance, Medicine, Patient Advocacy, Personal Finance, Healthcare Management</p>	<p>Longform Program</p>	<p>7/18/21</p>	<p>5:30 AM</p>	<p>15 mins</p>	<p>Viewpoints: Millions of Americans put off going to a doctor or hospital because they're afraid of the high cost of care. Depending on your insurance, one MRI scan can cost upwards of a thousand dollars. One trip to the emergency room can mean thousands of dollars in charges that people can't afford to pay. So, what's driving these</p>

Health, Disease, History, Policy, Sleep Disorders, Adolescent Health, Behavioral Health	Longform Program	7/18/21	5:45 AM 15 mins	Viewpoints:Each year, as the flowers bloom and the days turn warmer, we spring forward and adjust our clocks one hour forward. The routine of ‘springing forward’ can feel like a nuisance and for some, it can severely throw off their internal body clocks for days or weeks on end. Why Radio Health Journal: Where COVID-19 vaccination is high, it’s a getting-back-to-normal world after the pandemic.
Health Care; Public Health; Employment Issues; Mental Health; COVID-19 Pandemic	Longform Program	7/25/21	5:00 AM 15 mins	But even some vaccinated people won’t return to normal for months or years because of the psychological effects. Experts discuss why this occurs and how people can help themselves return to mental health.
Aging; Auto Safety; Drug Overdoses and Opioids; Elderly and Senior Citizens; Public Health	Longform Program	7/25/21	5:15 AM 15 mins	Radio Health Journal: A new study shows that people over age 70 are three times more likely than younger people to die when they fall. Older people also take more medications with a fall risk, and which pose a risk themselves when someone taking them falls. Experts discuss these complications and why it’s important to prevent falls and other injuries.
Writing, Editing, Publishing, Literature, Business, Career	Longform Program	7/25/21	5:30 AM 15 mins	Viewpoints: In 2019, the book publishing industry in the U.S. generated more than \$25 billion dollars in revenue and employed close to 70,000 people. It’s a massive industry that publishes and generates publicity for many

Music, Career, Business,
Nonprofit Organization,
Entrepreneurship, Music
Industry

Longform
Program

7/25/21 5:45 AM 15 mins

Viewpoints: There's much more to being a professional musician than the practice and performance aspect of the career.

For independent artists, there's an entire side of entrepreneurship to handle, including money management, marketing, networking and more. Debra Silvert, the Radio Health Journal:

Longform
Program

Radio Health Journal:

Longform
Program

Viewpoints:
Viewpoints:

August 2021

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Health Care; Insurance; Federal Government and Regulation; Public Health; Economics; Technology	Longform Program	8/1/21	5:00 AM	15 mins	Radio Health Journal: Hospitals are now required to post prices for many procedures on their websites, including cash prices and what insurers pay. The intent of the federal rule is to allow patients to shop around, putting pressure on hospitals to compete on price. However, many hospitals have yet to follow the rule. Experts discuss the rule, its likely outcome, and how	News
: Pets and People; Children and Youth at Risk; Education; Family Issues; Child Safety	Longform Program	8/1/21	5:15 AM	15 mins	Radio Health Journal:Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament,	Interview
COVID-19 Pandemic, Public Health, History, Career, Education, Science, Medicine	Longform Program	8/1/21	5:30 AM	15 mins	Viewpoints: Wondering what to do with the dozens of face masks and all of those unused yeast packets? Us too. There are several items that Americans sought after during the height of the Covid-19 pandemic that help to showcase	Public Info
Fashion, History, Fashion Trends, Consumerism, Film, Culture, Literature	Longform Program	8/1/21	5:45 AM	15 mins	Viewpoints:In 2017, Sara Dykman biked more than 10,000 miles, following the path of the annual Monarch migration. Along her route, she stopped to educate and raise awareness about the beauty and fragility of the butterfly. Dykman joins us this week to teach us about the insect's unique migration patterns across North	Longform Program

Economics; Disaster Preparedness; Severe Weather; Climate Change; Environment; Public Safety	Longform Program	8/8/21	5:00 AM 15 mins	<p>Radio Health Journal: Climate change has been discussed as a serious issue impacting future generations. However, the recent rash of extreme weather worldwide, which has killed hundreds, is making scientists wonder if we have reached a turning point more quickly than we thought. Experts explain how climate change results in droughts, floods, and other severe weather.</p> <p>Radio Health Journal: Some people have an unusual merging of senses, where they routinely see colors in sounds or numbers, see time visually, or have other perception differences. Artists sometimes have synesthesia, and researchers are beginning to study it to see how it might be tapped to help the rest of us. Experts explain.</p>
Medicine and Culture; Education; Arts and Culture	Longform Program	8/8/21	5:15 AM 15 mins	<p>Viewpoints: The cryptocurrency that started it all, Bitcoin, is now valued at around 1.6 trillion dollars. And in just the last month, another, newer form of crypto, Dogecoin has skyrocketed in popularity across the Internet, sharply driving up the price per token. We explore the fascinating and fast-evolving world of cryptocurrency and the future of traditional financial systems as digital currency gains ground.</p>
Space Exploration, Travel, Technology, Business, Science, Wealth, History, Tourism	Longform Program	8/8/21	5:30 AM 15 mins	

American History, Women's Rights, Travel, Migration, Marriage, Politics	Longform Program	8/8/21	5:45 AM 15 mins	Viewpoints: When most people imagine the early West, they picture wide open landscapes, lawlessness and sweaty men working away in mines and on farms. While this is part of the narrative, the other lesser known side is the unique opportunities the West held for women of the 19th century. Radio Health Journal: Adoption and how it is carried out have well-studied psychological effects on adoptees. However, how birth mothers are affected by giving up their child is less well studied. Birth mothers have historically been shunned and stigmatized, and often still do not receive the grief counseling and mental
Children and Youth at Risk; Mental Health; Parenting Issues	Longform Program	8/15/21	5:00 AM 15 mins	Radio Health Journal: One of the most popular searches on Google is for symptoms and what they mean. It's
Technology; Health Care; Technology and Health	Longform Program	8/15/21	5:15 AM 15 mins	created a much more well informed patient population, but one that may panic at the least pain or discomfort. Two experts discuss how to think of
Education, Teaching, Career, Remote Learning, Parenting, Child Development, Technology, COVID-19 Pandemic	Longform Program	8/15/21	5:30 AM 15 mins	Viewpoints:It's that time of year already: back to school. After eighteen months of kids and teens learning remotely or on a hybrid schedule between in-person and remote, millions are returning back to classrooms full-time. While this may change as COVID-19 cases rise due to the Delta variant, for now, many schools are moving

Diet, Nutrition, Health, Disease, Personal Finance, Cooking	Longform Program	8/15/21	5:45 AM 15 mins	Viewpoints: Every year it seems like there's a new diet or health trend that captures people's attention. The keto diet, which mainly cuts out carbohydrates, has seen a sustained rise in popularity. Originally used as a treatment for kids with epilepsy, today, thousands of ordinary Radio Health Journal: : A new CDC report shows that suicide among veterinarians is much higher than in the general population. Experts discuss the unique stresses that affect these professionals, including financial, compassion fatigue, euthanasia, and online harassment. They also discuss measures being taken to prevent mental health struggles and suicide. Radio Health Journal: Swinging small children around by their arms may be fun, but it can lead to a very common injury, "nursemaid's elbow," an elbow dislocation, and each instance makes the next more likely. Physicians who treat it—and have experienced it in their own children—discuss the injury, its treatment and prevention Viewpoints:Have you ever had trouble falling or staying asleep? If you have, you'll know that not getting good rest can have a big impact on how you feel physically and mentally. For astronauts in space, sleeping in a zero-gravity
Suicide; Pets and People; Economics; Mental Health; Gender Issues; Euthanasia; Internet Harassment	Longform Program	8/22/21	5:00 AM 15 mins	
Child Injuries; Children and Youth at Risk; Consumerism; Health Care; Prevention	Longform Program	8/22/21	5:15 AM 15 mins	
Space, Biology, Health, Mental Health, Science, Technology, Exploration	Longform Program	8/22/21	5:30 AM 15 mins	

Mining, Development, Natural Resources, Corporate Interests, Inequality, Policy, Law, Government, Environment	Longform Program	8/22/21	5:45 AM	15 mins	Viewpoints: Gold mining has been a lucrative business for many generations. Today, it's still a booming industry with global mining companies expanding into new markets each year. This week – we highlight the incredible story of activists in northern El Salvador who stood up to mining company, OceanaGold and won.
Jails and Prisons; Police; Children and Youth at Risk; Mental Illness; Recidivism; Prison and Criminal Justice; Public Safety; Crime; Prosecution	Longform Program	8/29/21	5:00 AM	15 mins	Radio Health Journal: Many people in prison have a mental illness that keeps them from following the rules of society. Prison, its rules, and often its punitive intent may be the worst place for them, especially since treatment is often lacking there. A noted prison psychiatrist and behavioral scientist discusses this.
Diet; Food and Nutrition; Public Health; Consumerism; Health Care	Longform Program	8/29/21	5:15 AM	15 mins	Radio Health Journal: Heart disease is the number one killer in the US, but a well known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to
International Affairs, Politics, Government, Human Rights, Women's Rights	Longform Program	8/29/21	5:30 AM	15 mins	viewpoints: The news of the Taliban regaining control of Afghanistan has swept news headlines this month. Hundreds of thousands of Afghan citizens have already fled the country, but how will everyday life change for those who remain? We discuss the precarious situation in the region and the reversal of modern freedoms and economic stability for millions of men, women and children.

History, Species Extinction, Paleontology, Science, Climate Change	Longform Program 8/29/21 5:45 AM 15 mins	viewpoints: there s something special about dinosaurs. These majestic creatures walked the Earth more than 230 million years ago, yet, even today, they capture our wildest imagination. Most us have heard the familiar narrative that an asteroid collided with Earth and this catastrophic event led to their downfall..but is there more to the story? Would dinosaurs still be around today if the asteroid flew past Earth? This week on Viewpoints
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September 2021

<u>Issue Description/Topic</u>	<u>Segment Type</u>	<u>Date</u>	<u>Time</u>	<u>Duration</u>	<u>Summary of Segment</u>	<u>Segment Type</u>
Children and Youth at Risk; Education; Public Health; Health Care; Covid-19 Pandemic	Longform Program	9/5/21	5:00 AM	15 mins	Radio Health Journal: Schools that just a couple of months ago imagined opening free of great pandemic worry are now facing a Delta variant that's even more contagious than the original. Yet last year's experience is telling experts and administrators that school can be held safely if masking and other protocols are	News
Health Care; Federal Government and Regulation; Public Health; Technology	Longform Program	9/5/21	5:15 AM	15 mins	Radio Health Journal: Scientists are developing 3D printing technology using human cells to build human organs. The technique could be used to grow organs for transplant, relieving the long waitlist. Experts discuss.	Interview
Mental Health, Health, Technology, Addiction, Happiness, Career, Communication	Longform Program	9/5/21	5:30 AM	15 mins	Viewpoints: The average American checks their phone about 90 times a day, according to a 2019 survey from tech research firm, Asurion. How often would you say you check? Every hour? Once every 20 minutes? Do you ever panic	Public Info
Career, Dance, Self-Confidence, Performance Arts, Creativity	Longform Program	9/5/21	5:45 AM	15 mins	Viewpoints: Ballet requires athleticism, artistry and decades of grueling practice. It's an extremely competitive field and few dancers manage to become principal dancers at major theatres. This week on Viewpoints – James Whiteside, a principal dancer at the American Ballet Theatre, shares his professional ballet journey and what he's	Longform Program

Radio Health Journal: Entertainer Britney Spears claims in court that her conservator father won't let her remove birth control. It's merely the most celebrated recent case of something most people find surprising: forced sterilization still exists in the US, usually in cases of guardianship. Experts explain its legality, history & use.

Longform
Program

Legal Issues and Courts;
Prison and Criminal Justice;
Disabilities; Women's Issues

9/12/21 5:00 AM 15 mins

Radio Health Journal: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop.

Longform
Program

Destructive Behavior; Health
Care; Mental Illness

9/12/21 5:15 AM 15 mins

Viewpoints: The 2021-2022 school year is officially in full swing. But, it's not the return that many were hoping for as COVID-19 cases spread, and outbreaks pop up in classrooms across the U.S. While there are barriers and challenges just like last year, school must go on. We speak with education expert, Julie King, to get some tips on how to navigate the hectic back to school season and how parents can

Longform
Program

Education, Communication,
Parenting, Psychology,
Health, Child Development,
COVID-19 Pandemic

9/12/21 5:30 AM 15 mins

History, Terrorism, Public Service, Trauma, Government, Mental Health	Longform Program	9/12/21	5:45 AM	15 mins	Viewpoints: 'Today, there are many young adults who were mere babies when 9/11 happened. They learn about the terrorist attacks from history books, television segments and documentaries as well as the firsthand stories of people who lived through the experience. Former FDNY Battalion Radio Health Journal: Government reports say more than 265 million healthcare records have been stolen, lost, or
Health Care; Employment Issues; Consumer Safety; Economics; Crime; Technology; Consumerism	Longform Program	9/19/21	5:00 AM	15 mins	improperly disclosed in the last decade. It may create a financial risk, but it could also mean your health conditions and secrets are all over the internet. What are health systems doing to keep data safe? What Radio Health Journal: Heart disease is often preventable, but how people look at it often keeps them from doing as much about it as they could. Often this is a result of myth and misinformation. An expert physician discusses some of the most harmful of these myths.
Food and Nutrition; Public Health; Consumerism; Health Care	Longform Program	9/19/21	5:15 AM	15 mins	Viewpoints:Many Americans stay home and crank up the air conditioning once temperatures reach 80 degrees. Imagine working for hours on end outside in temperatures exceeding 90 or 100 degrees. On top of this, there's little shade, minimal breaks and often not enough water. This is the reality for millions of laborers who work in

Construction, Sustainable Design, Architecture, Technology, Innovation	Longform Program	9/19/21	5:45 AM 15 mins	Viewpoints: Constructing a new building requires many resources, from hundreds of hours of labor to thousands of pounds of steel, cement, glass and other building materials. Design consultant Ned Cramer joins us this week to uncover how the industry is utilizing new technology to build
Health; Volunteer Organizations; Social Isolation; Elderly and Senior Citizens	Longform Program	9/26/21	5:00 AM 15 mins	Radio Health Journal: Loneliness has been increasing across all ages even before the pandemic. It's especially noteworthy among seniors, and it can dramatically affect health. An expert geriatrician who has studied the effects of loneliness and the leader of an organization that provides friendly visitors to the isolated elderly discuss causes of increasing loneliness, its
Mental Health; Consumerism; Health Care	Longform Program	9/26/21	5:15 AM 15 mins	Radio Health Journal: As much as 16 percent of the population suffers from tryphobia, which makes them uneasy at the sight of holes clustered together, as in a honeycomb. Two experts and a sufferer discuss this phobia, which can be remarkably debilitating.
Health, Mental Illness, Behavioral Health, Health Education, History	Longform Program	9/26/21	5:30 AM 15 mins	Viewpoints: Like many other mental illnesses, Obsessive Compulsive Disorder (OCD) is often misunderstood and clumped into a stereotypical category. Many people believe that the disorder is just physical behaviors, such as persistent

Music, Arts, Performance,
Racial Issues, History, Career

9/26/21 5:45 AM 15 mins

Longform Program

Viewpoints: Opera is a beloved art form, but its racial history is as flawed as the rest of our culture. We talk to Naomi Andre, a professor at the University of Michigan, about the history of race in opera and how this traditional art form is evolving with the times.
Radio Health Journal:

Longform Program

5:00 AM 15 mins

Radio Health Journal:

Longform Program

5:15 AM 15 mins

Viewpoints:

Longform Program

5:30 AM 15 mins

Viewpoints:

Longform Program

5:45 AM 15 mins