



# KTOP-AM

## ISSUES AND PROGRAMS FOR THE PERIOD

10/1/2023 thru 12/31/2023

As compiled by: Joey Irsik  
Program Director

In our ongoing effort to serve the public interest, this station broadcasts programming responsive to issues and concerns of Topeka, Kansas, and the surrounding area. The following is a list of those issues, and of the station's most significant programming treatment of them.



Call Letters: KTOP-AM

Weekly Public Affairs Program

## **QUARTERLY ISSUES REPORT, OCTOBER, 2023**

Show # 2023-40

**Date aired:** 10/1/2023 **Time Aired:** 6:00 am

**Timothy W. Fong, MD**, Clinical Professor of Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Director of the UCLA Addiction Psychiatry Consultation Service, Co-Director of the UCLA Gambling Studies Program

In just five years, legalized sports betting has swept the nation, now embraced as a revenue source by at least 37 states. Dr. Fong discussed gambling addiction, who is most at risk and how to recognize it, particularly in teenagers. Some well-known universities have signed deals with sportsbooks or casinos to advertise on campus, in athletic venues and in some cases, directly in students' university email inboxes. He offered advice for parents to prevent the start of addictive behavior in their teen.

**Issues covered:**

**Gambling Addiction  
Government  
Parenting**

**Length: 9:54**

**Lee Newman, MD, MA**, Distinguished Professor in the Department of Environmental & Occupational Health and Department of Epidemiology at the University of Colorado, Director of the Colorado School of Public Health's Center for Health, Work, and Environment

Today, the average American lives just 76 years, the shortest lifespan the country has seen since 1996. Dr. Newman talked about growing data that suggests that employers can dramatically affect the quality—and perhaps even length—of an employee's life. A recent report by Deloitte claimed life span could increase by an average of 12 years, and the number of years a person spends in good health by 19 years by 2040, if employers not only made sure their employees are safe on the job, but also addressed their health and well-being in other less traditional ways.

**Issues covered:**

**Longevity  
Personal Health  
Employment**

**Length: 7:22**

**Baia Lasky, MD**, board-certified physician in Blood Banking and Transfusion Medicine, Medical Director of the American Red Cross of Georgia

Dr. Lasky explained how several natural disasters this summer have contributed to a national blood shortage that could have far-reaching effects across America. She said the national blood supply has fallen by nearly 25%. She explained why the problem is so serious and how a first-time blood donor can get started.

**Issues covered:**

**Blood Donation  
Public Health**

**Length: 4:59**

Show # 2023-41

**Date aired:** 10/8/2023 **Time Aired:** 6:00 am

**Matt Levendusky, PhD**, Professor in the Department of Political Science at the University of Pennsylvania, Stephen & Mary Baran Chair in the Institutions of Democracy at the Annenberg Public Policy Center

Many Americans do not know what rights are protected under the First Amendment and a substantial number cannot name all three branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey, discussed the reasons behind today's widespread civic ignorance and explained why the trend is so worrisome.

**Issues covered:**

**Length:** 9:06

**Constitutional Rights**  
**Citizenship**  
**Education**

**Marlene Schwartz, PhD**, Director of the University of Connecticut's Rudd Center for Food Policy and Health

Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and TikTok. Prof. Schwartz discussed the little-known tactic often used by the multibillion-dollar food, beverage and pharmaceutical industries to sway consumers faced with often-contradictory health messages about popular products. She offered suggestions to help viewers recognize these paid messages.

**Issues covered:**

**Length:** 8:11

**Consumer Matters**  
**Personal Health/Nutrition**

**Jill Ciminillo**, Managing Editor for the website Pickup Truck + SUV Talk, co-host of the Consumer Guide Car Stuff podcast

Minivans are frequently the go-to vehicle for families, not only for passenger comfort but also their ability to hold a lot of stuff. However, the Insurance Institute for Highway Safety recently updated their methods for testing minivan safety, with disturbing results. Ms. Ciminillo outlined the new data and what consumers need to know.

**Issues covered:**

**Length:** 5:10

**Vehicle Safety**  
**Consumer Matters**

Show # 2023-42

**Date aired:** 10/15/2023 **Time Aired:** 6:00 am

**Devin Mann, MD**, Professor in the Departments of Medicine and Population Health at NYU Grossman School of Medicine

Dr. Mann led a study of healthcare consumers that found that most of ChatGPT's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the chatbots will be great tools for healthcare providers to communicate with patients, improve quality of care and reduce misdiagnoses and errors.

**Issues covered:**

**Length:** 9:02

**Artificial Intelligence**  
**Personal Health**

**Gary Painter, PhD**, Academic Director of the Carl H. Lindner College of Business real estate program, Professor of Real Estate at the University of Cincinnati

Prof. Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years and contribute to many social ills. He said while some trade-offs, such as buying less clothing, might not have severe long-term consequences, some rent-burdened residents reported cutting back on medicine and other health care that could have cascading effects.

**Issues covered:**

**Length: 8:18**

**Housing  
Poverty  
Economy**

**Jim Lorraine**, military veteran, President of America's Warrior Partnership

Mr. Lorraine said the suicide rate of military veterans is roughly twice that of the general population, and is often spurred by more than just post-traumatic stress syndrome or depression. He said underemployment, irregular housing and other economic issues also play a large role in suicidal behavior. He talked about the resources that are available to veterans. He said that risk factors for veterans at risk of suicide vary significantly from one state to another, and his organization helps to identify the differences and develop strategies to help.

**Issues covered:**

**Length: 5:03**

**Suicide Prevention  
Veterans' Concerns  
Mental Health**

Show # 2023-43

**Date aired: 10/22/2023 Time Aired: 6:00 am**

**Adia Harvey Wingfield, PhD**, sociologist, Mary Tileston Hemenway Professor of Arts & Sciences and Vice Dean for Faculty Development and Diversity at Washington University in St. Louis, author of "*Gray Areas: How the Way We Work Perpetuates Racism and What We Can Do to Fix It*"

While explicit discrimination no longer occurs and organizations make internal and public pledges to honor and achieve diversity, black employees remain less likely to be hired, stall out at middle levels, and rarely progress to senior leadership positions. Prof. Wingfield discussed what she calls "gray areas:" the relationships, networks, and cultural dynamics that exist apart from specific expectations and duties required for any given job. She offered suggestions to address the problem.

**Issues covered:**

**Length: 8:33**

**Racism  
Workplace Matters**

**Lisa Damour, PhD**, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University, author of "*The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents*," co-host of the Ask Lisa podcast

Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives—and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, and offered tips to help teenagers maintain or regain emotional control.

**Issues covered:**  
**Adolescent Mental Health**  
**Parenting**

**Length: 8:45**

**Shahab Haghayegh, PhD**, Research Fellow at the Brigham and Harvard Medical School

Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at greater risk of developing hypertension, or high blood pressure. He said hypertension and sleep disorders are becoming increasingly prevalent among American adults. He also noted that, while his study only included women, it's likely the findings apply to men, as well.

**Issues covered:**  
**High Blood Pressure**  
**Personal Health**

**Length: 5:03**

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