

# Do a Consumer Health Radio Show and Blog Advance Inclusion, Diversity, Equity, and Accessibility?

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Health Sciences Library



IDEAL '19: Advancing Inclusion, Diversity, Equity, and Accessibility in Libraries & Archives  
August 6-7, 2019

# Your Health Radio ®

<https://yourhealthradio.org/>

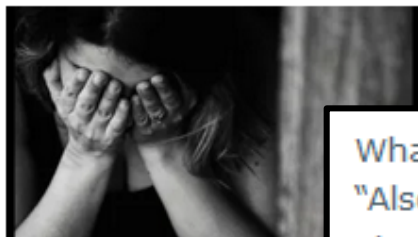
- One-hour weekly consumer health radio show
- Hosted by UNC practicing family medicine faculty (MD, MPH)
- Debuted October 12, 2008
- Companion blog (WordPress) launched June 2010
  - Librarians created blog, index posts and provide ongoing support
  - One blog post per show (initially announces each upcoming show)
  - Additional, topical blog posts

# Librarian Roles

- Librarians don't work on the radio show itself
- After each show airs, librarians add to blog post:
  - audio file, associated content (links to quality websites), tags, categories
- Also create topical blog posts (not always associated with a show)
  - Some, original: National health observances, current topics (e.g. ticks, toy safety, back to school health, healthy aging)
  - Others: Transcript of excerpt and expansion of specific show topics

Transcript &  
article links

Expanding  
the topic



The following is a transcript of a recent Research That Matters podcast segment and the rest of the show "How Parental Leave Policies Affect Women's Health".

**Dr. Adam Goldberg:** We're going to look at some research that about what's called celebrity fat shaming. We know that obesity is And even among people who aren't obese, their beliefs, their thoughts weight is particularly, sometimes difficult. We see eating disorders kinds of issues. We see the pressures on young adult women, on ages, on men of all ages, here and we know that this celebrity fat created a lot of what we might say 'buzz' around the country. And the question wanted to know is does this actually impact women who are watching shaming. These are researchers from McGill University in Canada twenty instances of celebrity fat shaming, looking at what's called have about their weight before and after this type of event. This weight bias was on the rise during this time. And these are people something that they think is inherently good or bad. This was published in the Psychology Bulletin and it's a longitudinal research called Project Implicit. I took an online weight implicit association test during an eleven-year study found is that these fat shaming events, such as Kourtney Kardashian husband for not losing her post pregnancy weight quickly enough is a spike in women's implicit anti-fat attitudes. Much more so after greater spikes. It doesn't mean that this proves a cause and effect the culture's emphasis on the thin ideal mate actually, and these contribute to worse problems. We do know that weight bias continues. It is discrimination and it needs to change. I think more research planning to do to see if they can change these implicit biases would

- News about the study
- Article abstract

#### What is Implicit Bias?

"Also known as implicit social cognition, implicit bias refers to the affect our understanding, actions, and decisions in an unconscious manner. These biases, which encompass both favorable and unfavorable assessments, are activated involuntarily and without an individual's awareness or intentional control. Residing deep in the subconscious, these biases are different from known biases that individuals may choose to conceal for the purposes of social and/or political correctness. Rather, implicit biases are not accessible through introspection." **Kirwan Institute**

Healthcare providers are susceptible to implicit bias just like the rest of us. This can impact patient care. Learn more with these resources.

[How to Reduce Implicit Bias \(Institute for Healthcare Improvement\)](#)  
[Implicit Biases Have an Explicit Impact on Healthcare Outcomes \(American Journal of Managed Care\)](#)  
[Implicit Bias Guide \(UNC Chapel Hill Health Sciences Library\)](#)

#### What is Weight Bias? (Obesity Action Coalition)

The weight implicit association test, mentioned in Research That Matters, is part of Project Implicit from Harvard University. To take the test and learn more about your own biases, choose the social attitudes test and then the weight IAT on the **Project Implicit site**.

<https://yourhealthradio.org/2019/05/03/fat-shaming-and-health/>

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Main guest and topic



Links for main topic



 **The Social Determinants of Health and Implicit Bias**

Posted by: [yourhealthradio](#) | April 5, 2018 (edit)

This weekend on YOUR HEALTH® Dr. Cristy Page and guest co-host Dr. Jonathan Fricke talk with [Dr. Denise Rodgers](#)—vice chancellor for [Interprofessional Programs at Rutgers Biomedical and Health Sciences](#)—about how the social determinants of health and implicit bias can lead to health disparities.

You can catch the episode on:


**WCHL 97.9 FM**

- Saturday, April 7 at 9 a.m.
- Sunday, April 8 at 9 a.m. and 5 p.m.
- Monday, April 9 at 6 p.m.

**KKAG Retro Radio 88.3 FM**

- Sunday, April 8 at 7 a.m.

**Listen to the show!**

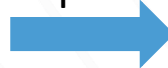


- **Conversations with Dr. Denise Rodgers (min 9:55-32:45)**
  - [Health Disparities](#)
  - [Understanding Implicit Bias](#)
  - [Building a Culture of Health from Robert Wood Johnson Foundation](#)
  - [Project Implicit from Harvard](#)
  - [Understanding Prejudice. Implicit Association Test](#)
  - [Test Yourself for Hidden Bias](#)
  - [Implicit Bias Guide \(UNC Health Sciences Library\)](#) ←

#### You may also like:

- [The Effects of Racism on Health](#) with Dr. Chandra Ford, YOUR HEALTH Radio, March 2019
- [The Ways Health Care Can Let Women Down](#) with Maya Dusenbery, YOUR HEALTH Radio, July 2018
- [The Issues that Disproportionately Affect African American Smokers](#) with Dr. Phillip Gardiner and Dr. Alan Blum, YOUR HEALTH Radio, September 2017
- [How Science and Medicine Influence Conversations about Race](#) with Dr. Alondra Nelson, YOUR HEALTH Radio, July 2017
- [Sex Bias in Surgical Research](#) with Dr. Melina Kibbe, YOUR HEALTH Radio, September 2016
- [Bias, Black Lives and Academic Medicine](#) with Dr. David Ansell, YOUR HEALTH Radio, July 2015

Shows on related topics



# IDEAL '19 Inspired Us to Take a Look!

Topics already covered on show

Many, librarians had already pulled together for easier discovery

- Addiction
- Aging
- Bullying
- Domestic violence
- Effects of discrimination
- Farmworker health
- Gender bias
- Health disparities
- Healthcare reform
- Homelessness
- Implicit bias
- LGBT health
- Mental illness and discrimination
- Race

# Results of Examining Your Health Radio® show coverage of IDEAL concepts:

- Many IDEAL concepts are covered on the show
  - We have made some easier to find by pulling together related ones
- We can increase discoverability of additional IDEAL topics
  - Blog platform changes might provide additional methods
- Research potential: further, more structured examination
  - Share gaps with show producer/hosts to inform future content
  - Surface additional IDEAL topics for enhanced discoverability

# More Information on Your Health Radio® Project

Richardson L, Renner BR, Ottosen T, Goldstein AO. (2019). ["A Library and a Radio Show: The Story of a Successful Partnership at 10 years and Counting"](#), *Journal of Library Administration*, volume 59, number 4, 395-408.

DOI: [10.1080/01930826.2019.1593713](#).

Complete List of Publications and Presentations and Additional Information About Librarian Roles

<https://yourhealthradio.org/behind-the-scenes/#publications>



# Thank you! Questions!

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<https://yourhealthradio.org/>