



MICHIGAN PUBLIC HEALTH
POPULATION HEALTHY PODCAST, SEASON 6:

Weight stigma and redefining healthy

Discover the harmful impact of weight-centric perspectives in public health with Kendrin Sonneville, associate professor of Nutritional Sciences. She discusses weight stigma and why she advocates for a weight-inclusive approach to public health.





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Declining childhood vaccination

Dr. Natasha Bagdasarian, Chief Medical Executive for the State of Michigan, discusses challenges related to childhood vaccinations post-COVID, emphasizing the need to rebuild trust and explore innovative solutions in a compelling interview with Michigan Public Health professor Matthew L. Boulton.





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Living with purpose

Vic Strecher, a professor renowned for his work in behavior change and digital health, discusses the concept of purpose. Drawing from personal loss and professional research, he found that a strong sense of purpose can lead to a longer life, with improved emotional wellbeing, and even changes in gene expression leading to physical improvements. His experiences led him to create the Purposeful App, which helps users explore and define their personal purpose.





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The invisible impacts of air pollution

Sara Adar, an environmental epidemiologist and associate professor at the University of Michigan School of Public Health, discusses inefficient school buses, far-reaching wildfires, and brain-damaging particles in this episode on air pollution. From the subtle effects of day-to-day air quality to the long-term consequences on health, Adar shares some of her own research to shed light on sources of air pollution beyond the usual suspects.





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Health and dignity for Michigan farmworkers

Seasonal and migrant farmworkers play a crucial role in powering Michigan's nearly \$105 billion food and agriculture industry. Despite their vital contribution, there are limited occupational protections for this essential workforce. In this episode, two researchers from the University of Michigan School of Public Health outline the health and safety challenges faced by farmworkers in the state of Michigan.

