

CALENDAR EVENT: March 1,2026

**FOR IMMEDIATE RELEASE**

# **Living in the United States May Be Hazardous To Your Health!**

**Produced by KSQD 90.7, 89.5 & 89.7FM**

**“Be Bold America!”**

**Airs March 6, 2026 at 5:00pm (PT)**

*“America presents an egregious paradox – it has both the most expensive healthcare and the shortest life expectancy in the West.” - Robert Sapolsky*

Living in the United States today means surviving in a society where the social fabric has been ravaged.

How healthy you are is dependent on where you live. Americans suffer, more cancers, heart disease, mental illness, and chronic diseases than those who live in other wealthy nations, despite having the most expensive healthcare system in the world.

Why?

This Interview will embark on a journey to unravel the profound impact of public policies on American health from *before* birth in the book *[“Born Sick in the USA”](#)* by Stephen Bezruchka, PhD.

Delve into the intricate web where economic inequality weaves a tapestry of sickness stemming from a highly stressed society.

## Interview Guest:

[Stephen Bezruchka](#), M.D., M.P.H. is Associate Teaching Professor Emeritus in the Departments of Health Systems & Population Health and of Global Health at the School of Public Health, University of Washington. At UW he received the 2002 Outstanding Teacher Award, the 2008 Faculty Community Service Award, the 2017 Outstanding Faculty Mentor Award, and the 2018 Communicating Public Health to the Public Award.

Dr. Stephen Bezruchka is a returning guest. His previous interview was on his book, [Inequality Kills Us All](#), and was one of the most listened to "Be Bold America!" podcasts.

Dr. Bezruchka serves on the board of the Washington Physicians for Social Responsibility, whose parent organization has shared two Nobel Peace Prizes. There he developed the Economic Inequity Health Task Force. He launched the Population Health Forum in 1998, which presents many of the ideas in this book. His previous books include *The Pocket Doctor: A Passport to Healthy Travel*; *A Guide to Trekking in Nepal*, with the 8th edition appearing in 2011; *Nepali for Trekkers*; and *Altitude Illness: Prevention & Treatment*. These books have been translated into other languages.

*(Live streams, worldwide, on any electronic device. Visit the [ksqd.org](http://ksqd.org) website)*

**Podcast now available on:  
Apple, Spotify, Podcast Addict, Downcasts, Overcast, YouTube, [jillcodyauthor.com](http://jillcodyauthor.com)  
and [KSQD.org](http://KSQD.org)!**

### CONTACT:

Jill Cody, "Be Bold America!" Producer and Host  
#1 Amazon Bestselling author of *Climate Abandoned* and the award-winning, *America Abandoned*  
[bebld@ksqd.org](mailto:bebld@ksqd.org)  
[www.jillcodyauthor.com](http://www.jillcodyauthor.com)

***KSQD 90.7, 89.5 & 89.7FM***  
***Serving California's Central Coast ~ "Many voices. One station."***

**[ksqd.org/be-bold-america](http://ksqd.org/be-bold-america)**