

UEN-TV Monthly Health Highlights - January 2019



Life on the Line

Tuesdays at 8:30 p.m. beginning January 1



The desire to overcome is at the core of everyone - especially those fighting disease, facing a natural disaster, or coping with a disability or battling mental illness. The series is an inspiring look into the resilience of humankind. Lisa Ling narrates.

Parent's Survival Guide: Childhood Obesity

Tuesday, January 1 at 9 p.m.



Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. This film addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention.



Poverty and Homelessness in Utah: What Can I Do About It?

Thursday, January 3 at 8 p.m.



Poverty and homeless persist in Utah communities and the effects are far-reaching. Presenters will discuss how to become involved with community organizations and how to help others, one on one.

Global Health Frontiers

Fridays at 8 p.m. beginning January 4



Each story reveals how new sources of funding, innovation and dedicated people working on the front lines are making progress in controlling or eradicating major health threats, including poverty that has afflicted millions for centuries. Filmed primarily in Africa, Asia and Latin America, without an on-camera host and minimal narration, the stories include: searches for deadly viruses that could cause global pandemics, mass vaccination campaigns, the development of new strains of food crops to fight malnutrition, anti-smoking successes in Asia, and childbirth improvement methods in some of the deadliest places to be born.



Sexual Assault in Utah: Shining a Light

Thursday, January 10 at 8 p.m.



Nearly one in two women in the U.S. will experience some form of sexual violence in her lifetime and unfortunately Utah has the same overall rate. Presenters will discuss more about these important issues, including prevention, intervention and response strategies.

Gluten Free

Tuesday, January 22 at 9 p.m.



January is Gluten awareness month. This program explains the true story of gluten, with its facts, myths, mysteries and deadly potential revealed.

The Painful Truth

Tuesday, January 29 at 9 p.m.



An intimate view of patients' frustrations, setbacks and goals as they deal with chronic pain.