

em dash podcast

Episode 7 Show Notes: "The Weight of the World," featuring Nina Rodgers

Podcast available at: <https://www.em-dash-podcast.com>

## Show Notes

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In this episode, Nina and I talk about her experiences as a Black woman interacting with healthcare professionals, particularly around the issue of weight. We explore the complicated history that healthcare has with Black people in America and the ways that medicine's past discriminatory, deceptive, and exploitive practices have shaped the way healthcare is viewed today. We also talk about hospice, hair care and exercise, and the strength of Black women.

## Audio Used

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Intro & Outro Songs: "Unbeatable Epic Trailer" by Jon Wright. Used with permission under Melody Loops License #23653623875.

## Guest Bio

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"In the expanding field of digital media and communications, Nina Rodgers is an emerging voice. Nina believes in the power of media as a form of education, empowerment and civic involvement. Born and raised in New Jersey, this young journalist aspires to be an influential figure in the media and community as a broadcaster and writer. As a lover of storytelling, Nina most enjoys hosting in-depth interviews and giving others a platform to share their experiences. She has had the distinct opportunities to coordinate public events and conduct sit-

down interviews with the likes of activist and past NFL player Wade Davis; successful television producer, and creator of television shows *Girlfriends*, *The Game* and *Being Mary Jane*, Mara Brock Akil; and Academy Award nominated actress Taraji P. Henson. Nina has also been a writer for publications such as *The Daily Orange*, an award-winning student-run newspaper at Syracuse University, where she produced a weekly opinion column covering topics such as the 2014 student sit-in on Syracuse University's campus, and other political and cultural topics relevant to millennials. Currently, Nina is a student at Columbia University's Teachers College, where she is pursuing a Master of Arts in Communication Education. Nina is also a proud alumna of the S.I. Newhouse School of Public Communications at Syracuse University, where she obtains a Bachelor of Arts in Broadcast & Digital Journalism and Sociology. Her academic interests include media literacy education, and the intersection of media and race/ethnicity." Source: <http://www.ninarodgers.com/about> You can follow Nina on Twitter at @NinaMRodgers.

## Links

- Nina's sister Jade is a hair blogger with a YouTube channel about natural hairstyles. You can visit her YouTube channel, "SimplyJade101," here: <https://www.youtube.com/user/SimplyJade101/>
- Nina's website: <http://www.ninarodgers.com>

**Tags:** Nina Rodgers; Black women; strength; weight; diversity; Tuskegee; Henrietta Lacks; SimplyJade101; natural hair; obesity; doctor; nurse; exercise; healthcare