



**FOR IMMEDIATE RELEASE**

April 2, 2012

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## **An Ounce of Prevention**

*A multimedia documentary from Capital Public Radio*

Sacramento, Calif – April 2, 2012: By some estimates, every dollar spent on prevention today could yield savings of more than 5 dollars in future health care costs. “An Ounce of Prevention” profiles community health innovators in California and Mexico who are championing strategies and technologies to help people become more resilient and require less medical care. In Capital Public Radio’s newest documentary you’ll meet healthcare heroes from the foothills of the Cascade Mountains to towns south of the Mexican border. Including;

A cross-border public health collaboration provides international access to low cost medicines and high tech solutions for better diagnosis and treatment of Tuberculosis;

A community clinic in rural Shasta County that offers hope and healing to clients through a surprising range of local services;

A South Sacramento emergency room that becomes the turning point for young victims of violence to get their lives back on track;

And community health workers in Visalia who are the heroes of a hospital-based program that reduces costs by coaching high-need patients back to health and self-sufficiency.

“An Ounce of Prevention reports on innovative programs to reduce violence, strengthen mental health, cure disease, and lower the costs of medical care. But the documentary goes deeper than that. It tells the stories of everyday healthcare heroes--the doctors, counselors, researchers and community health providers who connect people to the care they need to live healthier lives,” says Documentary Unit Producer Catherine Stifter.



Reported by Pauline Bartolone, Steve Milne, Amy Isackson and Andrew Nixon. Hosted by Pamela Wu.

In depth online at [www.capradio.org/ounceofprevention](http://www.capradio.org/ounceofprevention).

Airs Friday, April 6, 2012 at 10:00 a.m. and 8:00 p.m. on Capital Public Radio and online at [www.capradio.org](http://www.capradio.org). The documentary will also air throughout California as part of Capital Public Radio's California Capitol Network.

Capital Public Radio's healthcare coverage is funded by The California Endowment and the California Healthcare Foundation.

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