



Unhealthy Kid Stuff

April 29 , 2026

Julian Shapiro-Barnum is the host and creator of Recess Therapy, where he regularly records [conversations](#) with kids. Recently, Rep. Alexandria Ocasio-Cortez (D-New York) joined his program to discuss healthcare policy.

“The children agreed with AOC,” a *Washington Post* editorial [noted](#), “and brought the same level of sophistication to political and economic questions that Americans have come to expect from the four-term congresswoman.”

AOC and the youngsters shown [think](#) healthcare should be free, which *The Post* used as a jumping off point to have an adult conversation about government-run healthcare, specifically the National Health Service in the United Kingdom.

“Despite the government funding and running a universal

health care system, private hospital admissions in the United Kingdom reached their highest level ever in 2024,” readers were informed.

“The number of people opting to buy private health insurance rose to 6.5 million in 2024, the highest number in a quarter-century, according to the Association of British Insurers.”

The Brits “have learned the hard way that the promise of ‘free’ care is only as good as their ability to get an appointment,” wrote the editors.

The editorial further explained that “government systems can only stay afloat when they are rationed, often with backlogs that can leave people waiting months for serious procedures.”

“America’s health system is a mess,” *The Post* concluded, “but the belief that a full government takeover would lead to better outcomes is just childish.”

One of the nation’s largest newspapers appears to be growing up.

AOC?

Not so [much](#).

This is Common Sense. I’m Paul Jacob.