



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

January 11, 2023: Common Public Health Concepts

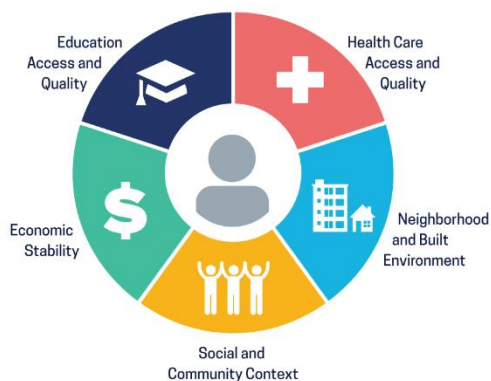
There are a few widely used phrases and concepts in the sector of public health. Below we provide definitions to those concepts.

DEFINITIONS:

Health, as defined by the [World Health Organization \(WHO\)](#), “is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Social Determinants of Health (SDoH) are the conditions in places where people live, learn, work, and play that affect a wide range of health outcomes. According to the [Office of Disease Prevention and Health Promotion](#), **SDoH** affect nearly everyone in one way or another.

Social Determinants of Health



Social Determinants of Health
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Healthy People 2030

Research shows that the social determinants are more important than healthcare or lifestyle choices in influencing health. For example, numerous studies suggest that SDOH account for between 30-55% of health outcomes. In addition, estimates show that the contribution of sectors outside health to population

health outcomes exceeds the contribution from the health sector.

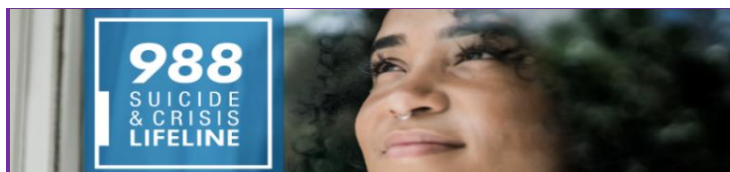
Health Disparities are the measurable difference when comparing two or more (racial/ethnic, income, age, etc.) groups. These are usually preventable differences in disease burden, injury, opportunities, and even behaviors. Many populations experience health disparities, including people from some racial and ethnic minority groups, people with disabilities, women, LGBTQ+ community, people with limited English proficiency, and other groups.

Health Inequities are the systematic differences in health status of different populations.

Health Equity refers to the state in which everyone has a fair and just opportunity to attain their maximum health potential.

When we put it all together, **Health Equity** seeks to combat **Health Disparities and Inequities** influenced by **Social Determinants of Health**.

To achieve **health equity**, we must change the systems and policies that have resulted in the generational injustices that give rise to racial and ethnic health disparities.



YOU ARE NOT ALONE. REACH OUT FOR HELP.

988 is able to accept calls, texts, or chats.

TTY: Use preferred relay service or dial 711 then 988.

❖ [MentalHealth.gov](#)

❖ [NIMH » Help for Mental Illnesses](#)

- ❖ [Mental Health | Wisconsin Department of Health Services](#)
- ❖ [Free Mental Health Resources \(Milwaukee\)](#)
- ❖ [Rogers Behavioral Health](#)

SOCIAL MEDIA WELLNESS: UNDERSTANDING ADOLESCENT TRENDS AND IMPACTS ON MENTAL WELLNESS

Register by Thursday, January 12, 2023

Social media can be a great way to stay in touch with friends and family, schedule events, learn new skills, and show no signs of slowing down. Social media popularity continues to grow, with more than half the world's population using social media for an average of 2 hours and 30 minutes a day. Social media also continues to be more accessible, with approximately two-thirds of the world's population accessing social media from mobile devices. **In partnership with Dr. Mike Zussman, Psy.D., LPC, of Sunrise Consulting, LLC, the January Community Health Series focuses on understanding social media trends among adolescents, social media dangers, and their impact on mental well-being and tips for creating a healthy balance.**

Wednesday, January 18, 2023 6:30-7:30 pm
Lydell Community Center
(5205 N Lydell Ave, Whitefish Bay, WI 53217)

Pre-registration required.

Visit your local park and rec department or [Whitefish Bay Recreation](#)

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



**JANUARY 2023 HEALTH TOPIC:
SOCIAL MEDIA: UNDERSTANDING ADOLESCENT TRENDS AND
IMPACTS ON MENTAL WELLBEING**

WEDNESDAY, JANUARY 18, 2023 | 6:30 PM - 7:30 PM

LYDELL COMMUNITY CENTER, ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

Health topics that matter to the North Shore Community.

+++ Social media can be a great way to stay in touch with friends and family, schedule events, learn new skills, and show no signs of slowing down. Social media popularity continues to grow, with more than half the world's population using social media for an average of 2 hours and 30 minutes a day. Social media also continues to be more accessible, with approximately two-thirds of the world's population accessing social media from mobile devices.

+++ In partnership with Dr. Mike Zussman, Psy.D., LPC, of Sunrise Consulting, LLC, this month focuses on understanding social media trends among adolescents, social media dangers, and their impact on mental well-being and tips for creating a healthy balance.

FREE

**JOIN
US!**

PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay, Nicolet, and Shorewood Recreation Departments and Brown Deer Park and Recreation.

To learn more, or register visit [Whitefish Bay Recreation](#) or [local park and rec department website](#).

Thank you Whitefish Bay Recreation for hosting the series.



#FIGHTTHEFLU

If you or your family have not yet received your flu shot, call your doctor or pharmacy today and make an appointment for your flu shot.

**#fighttheflu
with a flu shot**

**Stay well this winter by
getting your family
vaccinated against flu.**

**Call a doctor or pharmacy to make flu vaccine
appointments today.**

Find a flu vaccine near you at [vaccines.gov](#)

WHAT HAS NSHD BEEN WORKING ON?

NORTH SHORE HEALTH DEPARTMENT
WELCOME!
HEATHER CHAMPAGNE, MPH, BSN, RN

PUBLIC HEALTH NURSE



North Shore Health Department would like to extend our congratulations to Heather Champagne, our new Public Health Nurse!

Heather has been engaged in public health work since she graduated from nursing school at UW-Milwaukee in 2010. Throughout her nursing career, she has worked in a variety of settings including health departments, community health centers and managed care organizations.

Heather is especially passionate about maternal and infant populations, health equity, social justice, quality improvement and public health policy.

Heather is a recent Master of Public Health graduate from UW-Milwaukee Zilber School of Public Health. Her focus of study was Public Health Policy and Administration.

Heather's commitment to bettering the health of our community doesn't stop at the end of the workday. She's a member of the WI Maternal Morality Review Impact Team which leads the efforts on reducing maternal mortality and morbidity in Wisconsin. She has also been a member of Progressive Community Health Center's Board of Directors for the past four years, and currently chairs their Advocacy Committee.

When Heather's not serving her community, you can find her thrifting at Goodwill, watching a crime documentary on Netflix or spending quality time with her husband, their two daughters and their two cats.

WELCOME TO NSHD!

STAY SAFE. BE WELL.

LET'S CONNECT!

If you know of someone who should be added to our health highlight and/or our NSHD newsletter distribution lists, please let us know.



COMMUNITY COLLABORATIONS

Positive improvement of population health requires multi-agency collaboration and action. NSHD is excited to collaborate to better serve our communities.

COMMUNITY HEALTH SERIES

In conjunction with Whitefish Bay Recreation, Nicolet Recreation, Shorewood Park and Recreation and Brown Deer Park and Recreation, **NSHD is excited to present our Winter-Spring 2023 Community Health Series!**

To learn more or register, please visit your local park and recreation department.

NORTH SHORE
HEALTH DEPARTMENT
**COMMUNITY
HEALTH SERIES**



Health topics that matter to the North Shore Community.

6:30 PM - 7:30 PM | LYDELL COMMUNITY CENTER

ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

- +++ JANUARY 18 2023: Social Media Wellness
- +++ FEBRUARY 15 2023: Small Talks: Youth Alcohol
- +++ MARCH 15 2023: Vaping 101: Introduction
- +++ APRIL 22 2023: Spring Into Safety: Bike Rodeo (11:00a-2:00p)
- +++ MAY 17 2023: E-Waste

FREE

JOIN
US!

PRE-REGISTRATION
REQUIRED

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation. For more, or to register visit Whitefish Bay Recreation or your local participating park and rec department website.

Thank you Whitefish Bay Recreation for hosting the series.



RITE-HITE YMCA

YMCA of Metropolitan Milwaukee provides services and programs that can help North Shore residents take action to improve and redefine health. YMCA membership may not be required, or financial assistance may be available to those who qualify. Contact Karen Kalkhoff to learn more at 414-357-2811 or kkalkhoff@ymcamke.org

→ Blood Pressure Self-Monitoring

Personalized support for individuals with hypertension, including nutrition education.

→ Diabetes Prevention Program

Yearlong program for individuals at risk for type 2 diabetes.

→ LIVESTRONG at the YMCA

Small group exercise program for adult cancer survivors.

→ **Moving For Better Balance**

Falls prevention program based on the principles of Tai Chi.



BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP Screening information: www.nshealthdept.org/Clinics



Follow us on social media and visit our website for health information and updates



RESOURCES AND REFERENCES

1. [World Health Organization\(WHO\) Definition Of Health - Public Health](#)
2. [What is Health Equity? | Health Equity | CDC](#)
3. [Social Determinants of Health - Healthy People 2030 | health.gov](#)
4. [Health inequities and their causes \(who.int\)](#)