



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

January 18, 2023: Social Media & Adolescent Mental Health

Social media is ever-changing. TikTok made it's debut in 2018 and quickly gained popularity, while Facebook usage among teens has dropped dramatically since 2014-15 ([Source](#)). Although there are many benefits to social media, like staying connected with long distance friends, more easily building relationships and finding people with similar unique interests, it comes with risks. The negative effects of social media on adolescent mental health are evident.

What is social media? It differs from traditional news sources because it is multi-directional. Users can interact with one another through likes, comments, shares, tags & more. Social media allows you to build online networks with people and create virtual communities.

As of early 2022, there were 195 social media platforms. The most popular platforms among teens ages 13-17 are YouTube, TikTok, Instagram and Snapchat ([Source](#)).

[Studies](#) show increased social media use is associated with increased feelings of:

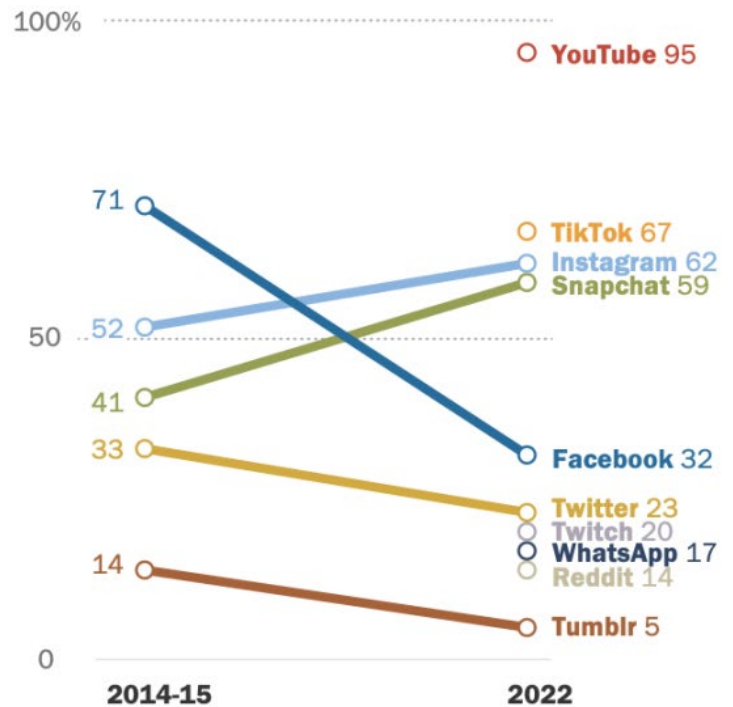
- Envy
- Inadequacy
- Loneliness
- Adolescent depression
- Death by suicide
- Anxiety
- ADHD symptoms
- Eating disorders
- Sleep deprivation

Check out the WI Office of Children's Mental Health [Annual Report](#)

Create a [Family Media Plan](#)

Since 2014-15, TikTok has arisen; Facebook usage has dropped; Instagram, Snapchat have grown

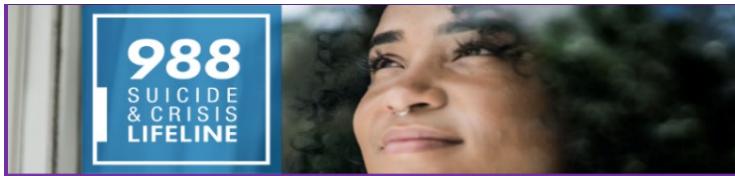
% of U.S. teens who say they ever use any of the following apps or sites



Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. TikTok debuted globally in 2018.

Source: Survey conducted April 14-May 4, 2022. "Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER



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](https://www.mentalhealth.gov)
- ❖ [NIMH » Help for Mental Illnesses](https://www.nimh.nih.gov/help-for-mental-illnesses)
- ❖ [Mental Health | Wisconsin Department of Health Services](https://www.dhs.gov/health-services)
- ❖ [Free Mental Health Resources \(Milwaukee\)](https://www.wisconsin.gov/health-services)
- ❖ [Rogers Behavioral Health](https://www.rogersbehavioralhealth.com)

#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](https://www.vaccines.gov)

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.

NORTH SHORE HEALTH DEPARTMENT PUBLIC HEALTH 2023

HEALTH HIGHLIGHTS BE HEALTHY. STAY SAFE

COMMUNITY SAFETY EQUITY HEALTHY AGING COMMUNICABLE DISEASE CONTROL & PREVENTION EMERGENCY PREPAREDNESS

POPULATION HEALTH EDUCATION WELL BEING MENTAL HEALTH CHRONIC DISEASE PREVENTION NUTRITION & PHYSICAL WELLBEING

MATERNAL & CHILD HEALTH ENVIRONMENTAL HEALTH PUBLIC HEALTH NURSES EPIDEMIOLOGY

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!**

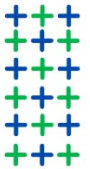
To learn more or register, please visit your local park and recreation department.

To register, visit Whitefish Bay Recreation: <http://ow.ly/3jXG50MIKpk>. Course code = 391006

You have to have a rec account with either WFB Rec or your local rec department to register. Register for a WFB Rec Department account: <http://ow.ly/xygu50MIKpj>

Part of the Shorewood Rec Department? Sign up for the event through their website - <https://shorewoodrecreation.org/CourseActivities.aspx?id=37>. Course code = 2704.1

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community. LYDELL COMMUNITY CENTER, ROOM 17 | 5205 N LYDELL AVE, WHITEFISH BAY, WI 53217

WINTER-SPRING 2023 TOPICS

- +++ 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

JOIN US!

FREE

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.

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.



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



RESOURCES AND REFERENCES

1. <https://www.pewresearch.org/internet/2022/08/10/teens-social-media-and-technology-2022/>
2. <https://www.sciencedirect.com/science/article/pii/S0001691822000270>
3. <https://children.wi.gov/Documents/ResearchData/Wisconsin%20Office%20of%20Children%27s%20Mental%20Health%202022%20Annual%20Report.pdf>
4. <https://www.healthychildren.org/english/fmp/pages/mediaplan.aspx>

BLOOD PRESSURE CLINICS

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