



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

## February 1, 2023: National Children's Dental Health Month

### Importance of Good Dental and Oral Hygiene

Oral health is essential to overall health and well-being as it affects our abilities to speak, eat, and show emotions. Additionally, oral health also impacts one's self esteem and school or work performance.

Oral diseases—which range from cavities and gum disease to oral cancer—cause pain and disability for millions of Americans and cost taxpayers billions of dollars each year.

*Medical-dental integration between oral health and chronic disease prevention programs benefits patients and saves money.*

The health care system could save up to

# \$100M

each year if dental offices performed screenings for **diabetes, high blood pressure, and high cholesterol**

<https://www.cdc.gov/oralhealth/infographics/infographics-health-topics.html>

In the United States, cavities are one of the most common chronic diseases of childhood in the United States.

### In Fact

- By age 8, over half of children (52%) have had a cavity in their primary (baby) teeth.
- More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.

- More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth.

### How to Keep Good Dental Hygiene



#### For Children:

- Brush their teeth twice a day with fluoride toothpaste.
- Help your child brush their teeth until they have good brushing skills.
- If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.
- Ask your child's dentist to apply dental sealants when appropriate.
- Drink tap water that contains fluoride

Because of these dental hygiene practices, there have been overall declines in childhood dental problems. Specifically, since 1999-2004, the prevalence of untreated tooth decay in primary teeth of children aged 2-5 years has dropped by half.

With proper preventive care, such as regular dental check-ups, brushing, flossing, fluoridation, and dental sealants, the risk of dental disease can greatly be reduced.



**988 SUICIDE & CRISIS LIFELINE**

**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](http://MentalHealth.gov)
- ❖ [NIMH » Help for Mental Illnesses](#)
- ❖ [Mental Health | Wisconsin Department of Health Services](#)
- ❖ [Free Mental Health Resources \(Milwaukee\)](#)
- ❖ [Rogers Behavioral Health](#)

## #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](http://vaccines.gov)



**NORTH SHORE HEALTH DEPARTMENT** PUBLIC HEALTH  
**HEALTH HIGHLIGHTS BE HEALTHY. STAY SAFE 2023**  
 COMMUNITY SAFETY EQUITY HEALTHY AGING COMMUNICABLE DISEASE CONTROL & PREVENTION EMERGENCY PREPAREDNESS  
 POPULATION HEALTH EDUCATION WELL BEING MENTAL HEALTH NUTRITION & PHYSICAL WELLBEING  
 MATERNAL & CHILD HEALTH ENVIRONMENTAL HEALTH PUBLIC HEALTH NURSES EPIDEMIOLOGY  
 CHRONIC DISEASE PREVENTION INJURY PREVENTION

## COMMUNITY HEALTH SERIES

Last month's Community Health Series focused on Social Media and Mental Health was a success! We appreciate all those who attended the session.

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!**

An account with WFB Rec or your local rec department is needed to register.

- Register for a WFB Rec Department account: <http://ow.ly/xyqu50MIKpj>
- To register for a session, visit Whitefish Bay Recreation: <http://ow.ly/3jXG50MIKpk>.
- Part of the Shorewood Rec Department? Sign up at: <https://shorewoodrecreation.org/CourseActivities.aspx?id=37>.



**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



**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.

## BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP  
Screening information:  
[www.nshealthdept.org/Clinics](http://www.nshealthdept.org/Clinics)

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



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## RESOURCES AND REFERENCES

1. [National Childrens Dental Health Month | American Dental Association \(ada.org\)](#)
2. [Oral Health Basics \(cdc.gov\)](#)