



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

February 15, 2023: Small Talks

SMALL TALKS

Small talks are conversations with youth regarding alcohol use.

Short, casual conversations with kids, when the moment feels right, starting around age 8, make a big difference in underage drinking. Why age 8? Research shows this is when children start to form their earliest opinions about alcohol and alcohol use.



- [Small Talks: Talking Points](#)
- [Small Talks: 3 fast facts](#)

Underage drinking can have health impacts on adolescents and young adults.

- *It impacts mental health.* Underage drinking often goes hand-in-hand with higher rates of depression, anxiety and suicide.
- *It Impacts development.*
 - Underage drinking can damage areas of the brain responsible for learning, memory and self-control.
 - It can slow teenage brain activity for weeks.

Remember kids pay attention to what we say and do, often copying the behavior of those they look up to and admire. Being a role model doesn't mean giving up alcohol, teach healthy behavior by:

- Drinking in moderation in front of kids.
- Don't talk about drinking as a way to manage stress.
- Provide alcohol-free alternatives at gatherings.



TOBACCO 21

Do you know about the Age 21 Tobacco Law?

In December 2019, the minimal legal sales age for tobacco and vape products increased from 18 years of age to 21 years of age. There was no phase-in option nor exemptions for specific populations ("grandfathering in" 18-20 year olds).

Why the change from 18 to 21?

- Each day about 250 kids under age 18 become regular smokers
- 95% of people report they started smoking before age 21.
- Age 18 to 21 is a crucial time for many smokers, as many move from experimental smoking to regular, daily use.
- Adolescent and young adult brains are still developing upto age 25.
- It reduces opportunity for target tobacco company marketing toward young people.

Want to quit?

- Call 1-800-QUIT NOW (784-8669)
- Teens text VAPEFREE to 873373

Additional Resources:

- Learn more about the way [tobacco is changing](#)
- [Learn more about Tobacco 21](#)
- [DHS Launches New Campaign to Reinforce the Age 21 Tobacco Law Press Release](#)

BLACK HISTORY MONTH

Black History Month is observed each year from February 1 – March 1 to recognize the generations of Black and African Americans who struggled with adversity and to celebrate their many contributions to the United States.

[Black History Month events in Milwaukee](#)

WHAT HAS NSHD BEEN WORKING ON?

NARCAN is available at North Shore Health Department

NARCAN® Direct Program

Naloxone (NARCAN) is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications—when given in time (CDC).

NARCAN is available at our Brown Deer office
4800 W Green Brook Dr.
Open Mon-Fri 8AM-430PM

We provide a brief training along with the NARCAN Nasal Spray.

Follow us on social media for updates on future community NARCAN trainings and distribution events.



NORTH SHORE HEALTH DEPARTMENT
nshealthdept.org • (414) 371-2980

[Learn more about Narcan and how to respond to an overdose](#)

READ THE NORTH SHORE HEALTH DEPARTMENT MONTHLY REPORT JANUARY 2023

THIS REPORT HIGHLIGHTS THE WORK DONE IN EACH OF OUR FOUR PRIORITY AREAS OVER THE PAST MONTH, AS WELL AS OTHER IMPORTANT WORK AND ACTIVITIES DONE BY OUR DEPARTMENT.

OUR 4 PRIORITY AREAS



The goal of these monthly reports is to showcase the work being done at the North Shore Health Department and to increase transparency with community leaders, partners, elected officials, and the public.

NORTH SHORE HEALTH DEPARTMENT

[Read our January 2023 Monthly Report](#)

BLOOD PRESSURE CLINICS

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

COMMUNITY HEALTH SERIES NSHD Winter-Spring 2023

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>.
- Shorewood Rec Department sign up: <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

PRE-REGISTRATION REQUIRED
In partnership with Whitefish Bay, Nicolet, and Shorewood Recreation Departments and Brown Deer Park and Recreation

JOIN US!

FREE

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES

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.

NORTH SHORE HEALTH DEPARTMENT
nshealthdept.org • (414) 371-2980

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



RESOURCES AND REFERENCES

1. [Small Talks: Talking Points \(wisconsin.gov\)](#)
2. [Small Talks: How WI Prevents Underage Drinking | Wisconsin Department of Health Services](#)
3. [Small Talks: Get the Facts on Underage Drinking | Wisconsin Department of Health Services](#)
4. [DHS Launches New Campaign to Reinforce the Age 21 Tobacco Law | Wisconsin Department of Health Services](#)
5. [Tobacco 21 | Wisconsin Department of Health Services](#)
6. [Raising the Tobacco Age to 21 - Campaign for Tobacco-Free Kids \(tobaccofreekids.org\)](#)
7. [Tobacco is Changing | Wisconsin Department of Health Services](#)