



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

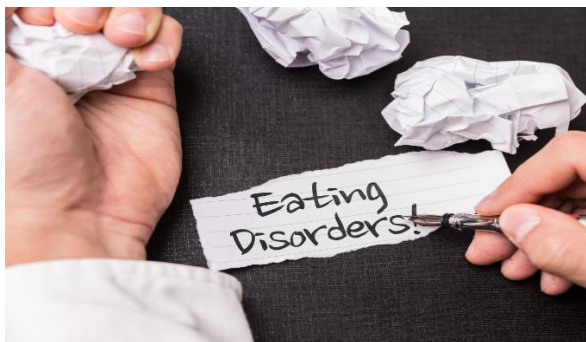
February 23rd, 2022: Eating Disorder Awareness

Eating disorders are not a choice. They are complex medical and psychiatric illnesses that patients don't choose. The earlier an eating disorder is detected, the higher a person's chances for recovery. Eating disorders can impact anyone regardless of race, ethnicity, gender, or sexuality.

According to ANAD (ANAD (National Association of Anorexia Nervosa and Associated Disorders):

- 9% of the U.S. population, or 28.8 million Americans, will have an eating disorder in their lifetime.
- Eating disorders are among the deadliest mental illnesses, second only to opioid overdose.
- 10,200 deaths each year are the direct result of an eating disorder—that's one death every 52 minutes.
- BIPOC are significantly less likely than white people to have been asked by a doctor about eating disorder symptoms.
- BIPOC with eating disorders are half as likely to be diagnosed or to receive treatment.
- Gay men are seven times more likely to report binge-eating and twelve times more likely to report purging than heterosexual men.
- Transgender college students report experiencing disordered eating at approximately four times the rate of their cisgender classmates
- Non-binary people may restrict their eating to appear thin, consistent with the common stereotype of androgynous people in popular culture

* BIPOC refers to Black, Indigenous, and People of Color



for help with eating disorders
call or text NEDA hotline @ (800) 931-2237

A person struggling with an eating disorder won't generally have all signs and symptoms at once. Each eating disorder has its own warning signs. Common symptoms of an eating disorder, include behaviors and attitudes indicating weight loss, dieting, and control of food are becoming primary concerns.

Emotional and behavioral signs and symptoms

1. Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
2. Extreme concern with body size and shape and/or frequent checking in the mirror for perceived flaws in appearance
3. Refusal to eat certain foods, progressing to restrictions against whole categories of food, food rituals, new practices with food or fad diets or frequent dieting
4. Appears uncomfortable eating around others and/or skipping meals or taking small portions of food at regular meals
5. Withdrawal from usual friends and activities
6. Extreme mood swings

Physical signs and symptoms

1. Noticeable fluctuations in weight, both up and down
2. Difficulties concentrating and/or sleep problems
3. Dizziness, especially upon standing and/or fainting and/or muscle weakness
4. Feeling cold all the time and/or cold, mottled hands and feet or swelling of feet
5. Impaired immune functioning and/or poor wound healing
6. Dental problems and/or dry skin and hair, and brittle nails

For more information please visit:

- [ANAD's Eating Disorder Fact Sheet](#)
- [NEDA's Warning Signs and Symptoms](#)

FEBRUARY IS BLACK HISTORY MONTH

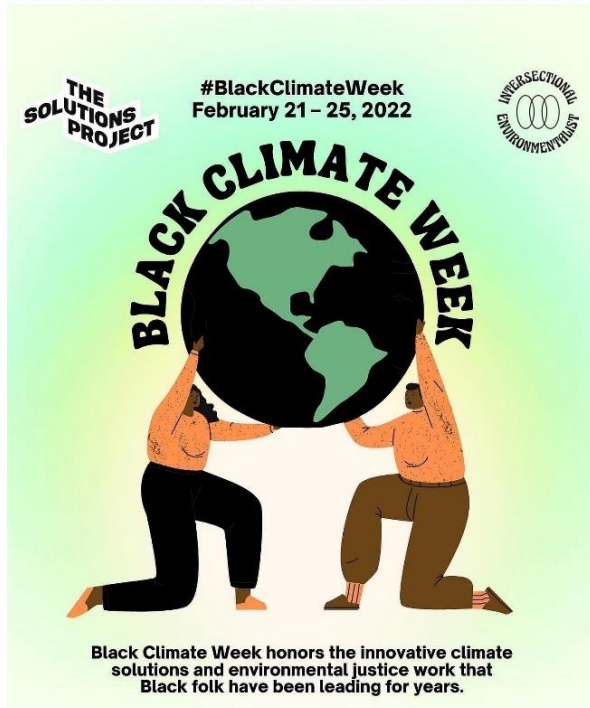
February 21 – February 25 is Black Climate Week. The Solutions Project created Black Climate Week to “honor the climate solutions and environmental justice work that Black folk have been leading for years, while simultaneously calling in philanthropy & the media to do a better job at investing in the communities most impacted by the climate crisis” ([Black Climate Week - The Solutions Project](#)).

Black communities make the smallest carbon footprint, yet they face the worst of environmental degradation.

- **Over half of African Americans live where hurricanes and floods are getting worse.** They live in the South, where climate change is causing stronger hurricanes and increased flooding.
- **African American communities are more vulnerable to severe weather and floods.** This is a consequence of redlining and housing segregation.
- **Polluted air can trigger asthma, putting African Americans at higher risk.** That’s because they have an almost 3 times higher chance of going to the hospital or dying from an asthma attack than whites.

Sources: [Environmental Defense Fund \(edf.org\)](#) and [Black Climate Week - The Solutions Project](#).

BLACK CLIMATE WEEK 2.21-2.25 BLACK CLIMATE WEEK 2.21-2.25



Graphic from @intersectionalenvironmentalist.

Learn more about Black Climate Week: [Black Climate Week - The Solutions Project](#).

WHAT HAS NSHD BEEN WORKING ON?

❖ *Our nurse supervisor, Kathleen Platt, continues to serve as our Interim Health Officer.*

2022 Projects at NSHD

Community Health Assessment: We have started our Community Health Assessment (CHA), which is completed every five years at local health departments to identify the most important areas of focus moving forward. The CHA informs the creation of the Community Health Improvement Plan (CHIP), which guides the work of our department. Public input is an essential component of the CHA and helps us to develop goals and programs that meet the needs of our North Shore communities.

Watch for future communications about completing the community health survey.

Learn more about why local health departments perform Community Health Assessments every five years: [Click Here](#)

NOTABLE FEBRUARY HEALTH DAYS

Among the notable health observances in February, are [American Heart Month](#) and [National Children's Dental Health Month](#). This week we observe:

- [Let's All Eat Right Day](#) - February 25
- [Anosmia Awareness Day](#) (Loss of smell) - February 27

STEPPING ON FALL PREVENTION CLASS

Stepping On

Who: People age 60+ who live independently.

What: A 7-week (one 2-hour session per week) falls prevention program conducted by trained facilitators.

When: Wednesdays from May 4th to June 15th 9:30am-11:30am

Where: Fox Point Village Hall - 7200 N Santa Monica Blvd. Fox Point

To sign up, call North Shore Health Department at 414-371-2980.



wiha

Wisconsin Institute for Healthy Aging

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- **What:** A 7-week (one 2-hour session per week) fall prevention program conducted by trained facilitators.
- **When:** Wednesdays from May 4th to June 16th, 9:30 am – 11:30 am
- **Where:** Fox Point Village Hall (7200 N. Santa Monica Blvd, Fox Point)
- **Register Here:** [Stepping On Registration Form \(cognitofrms.com\)](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (NON-COVID, APPOINTMENT REQUIRED):

We provide vaccinations for individuals who are underinsured or uninsured, including infant and child routine immunizations and those required for school. Please call us at 414-371-2980 to find out what vaccines we have available and to make an appointment during our immunization clinic hours:

Brown Deer Office

1st Tuesday of the month • 7:30-9am
3rd Tuesday of the month • 3:30-5pm

Shorewood Office

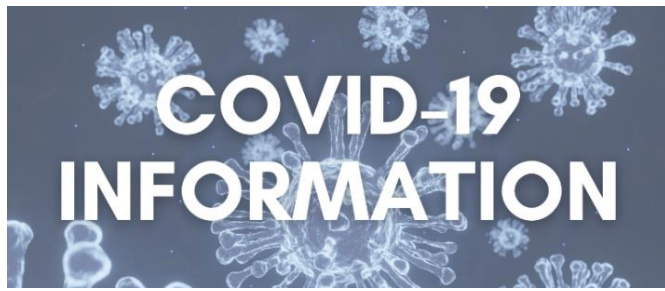
2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

If these days/times do not work for you, we will do our best to accommodate you at another time.

UPCOMING BLOOD PRESSURE SCREENING (WALK-INS WELCOME – NO APPOINTMENT NECESSARY):

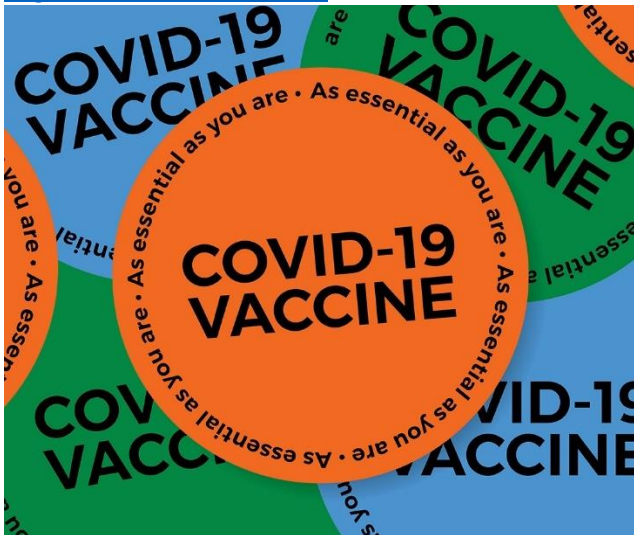
- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. February 16, March 16, and April 20.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:15 p.m. - 1:00 p.m.

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



COVID-19 VACCINATIONS:

Still haven't gotten your COVID-19 booster? Don't wait any longer! Although COVID-19 vaccines remain effective in preventing severe disease, [recent data](#) suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older. Getting a booster dose is intended to boost your immune system for better, long lasting protection. [Who is eligible for a booster dose?](#)



Find a vaccine location near you: Call 1-800-232-0233 or visit [vaccines.gov](https://www.vaccines.gov).

Look up your vaccination record in the Wisconsin Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](#) for their vaccination records.

COVID-19 TESTING: [COVID Test Finder — Healthy MKE](#)

CURRENT COVID-19 GUIDELINES:

[Visit the WI DHS website](#) for guidance on isolation and quarantine. Additional information can be found on the [CDC website](#).

Our department does not have the capacity to follow-up with all new COVID-19 cases. If you have tested positive, please stay home for at least 5 days.

Tested positive with an at-home test? We encourage you to follow isolation guidelines as if you tested positive with a laboratory-confirmed test. [Learn more about at-home tests.](#)

UPDATED MASK RECOMMENDATIONS: *Masks are currently recommended in indoor public settings for everyone, regardless of vaccination status.* The weekly update regarding COVID-19 community transmission level in the North Shore and Milwaukee County can be found on our [website](#). Starting next week (2/28-3/4), the community transmission level will not be reported by NSHD. The data can be found on the WI Department of Health Services website for the North Shore municipalities - [COVID-19: Wisconsin Summary Data | Wisconsin Department of Health Services](#) (scroll down to the map).

WISCONSIN IMMUNIZATION REGISTRY: Are you traveling and need proof of vaccination? If you cannot locate your vaccine card and you were immunized in Wisconsin, visit the [Wisconsin Immunization Registry](#) for a copy of your COVID-19 vaccine history.



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



RESOURCES

1. [National Eating Disorders Association](#)
2. [ANAD | Free Eating Disorder Support Groups & Services](#)
3. [Black Climate Week - The Solutions Project](#)
4. [Celebrate African American History Month! | Health Equity Features | CDC](#)
5. [National African American \(Black\) History Month: February 2022 \(census.gov\)](#)