



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

February 2nd, 2022: DIABETES AWARENESS

Diabetes is a long-lasting (chronic) health condition that affects how your body turns food into energy. The food you eat is broken down into sugar (glucose) and enters the bloodstream. When your blood sugar goes up, the pancreas releases insulin. Insulin acts like a key, letting blood sugar into your cells for the body to use as energy. For a person with diabetes, the body doesn't make enough insulin or can't use the insulin it makes as well as it should. When either of these happens, too much blood sugar stays in the bloodstream. Over time, this can cause serious health problems, like heart disease or kidney disease ([CDC](#)).



The CDC recently released the National Diabetes Statistics Report. Among US adults, diabetes prevalence has increased significantly from 2001 to 2020.

- Total: 37.3 million people have diabetes (11.3% of the US population)
- Diagnosed: 28.7 million people, including 28.5 million adults. In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.
- Undiagnosed: 8.5 million people (23.0% of adults are undiagnosed)

Members of some racial and ethnic minority groups are more likely to be diagnosed with diabetes. According to the CDC, among adults of all US racial and ethnic groups, the rates of diagnosed diabetes are highest among the following groups:

- American Indian or Alaska Native (14.7%)
- Hispanics (12.5%)
- Non-Hispanic Blacks (11.7%)

In Wisconsin, about 1 in 10 adults and 6,500 youth (under age 18) have been diagnosed with diabetes ([DHS](#)).

To learn more visit:

- ✓ [What is Diabetes?](#)
- ✓ [National Diabetes Statistics Report](#)
- ✓ [CDC Diabetes Trends](#)
- ✓ [Addressing Health Disparities in Diabetes](#)
- ✓ [WDHS Diabetes Statistics and Information](#)



FEBRUARY IS BLACK HISTORY MONTH

Did you know? According to the 2020 US Census, 46.9 million US citizens are Black or African American alone or in combination ([US Census Bureau](#)). During Black history month and every month, advocating for minority health and health equity is critical. Minority health is impacted by social and structural factors that drive disparities in our society. Promoting equitable access to health promoting resources, including quality housing, healthy food, stable employment, etc., can help decrease gaps in health between racial and ethnic groups.

Heart disease, stroke and cancer are a few of the health outcomes where disparities are most evident. According to the CDC:

- Nearly half of all African American adults have some form of cardiovascular disease, including heart disease and stroke.
- Cancer is the second leading cause of death among Black people in the United States.
 - Among men, Black men get and die from cancer at higher rates than men of other races and ethnicities.
 - Among women, white women have the highest rates of getting cancer, but Black women have the highest rates of dying from cancer.

Visit [CDC Health Equity](#) to learn more about health conditions impacting Black members of the US population, as well as ways to improve health.



WHAT HAS NSHD BEEN WORKING ON?

❖ *Thank you to our area libraries for helping us distribute N95 masks in the North Shore. With the dedication of Brown Deer Library, North Shore Library, Shorewood Library and Whitefish Bay Library, a total of 4,240 N95 masks were distributed in two days. We are in the process of ordering additional masks for the libraries to distribute. Watch for updates from the libraries and on our website ([www.nshealthdept.org](#)) and Facebook page ([NSHealthDept](#)).*

❖ *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: [DHS Website](#).

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 the following health days:

- February 3- [National Time to Talk Day](#). Join the conversation about mental health.
- February 4 – [Give Kids a Smile Day](#). Since 2003, free oral health care has been given to over 6 million underserved children.
- February 4 - [National Wear Red Day](#). Wear red to bring greater attention to heart disease as a leading cause of death for Americans.
- February 7 - [National Black HIV/AIDS Awareness Day](#). We can work together to overcome structural barriers to HIV testing, prevention, and treatment.



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

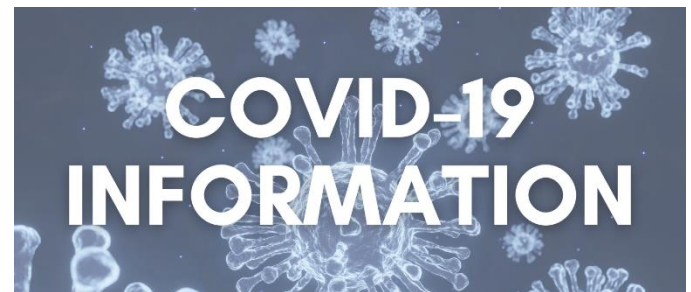
2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

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 AND TESTING:

Complaint or concern about a COVID-19 testing experience? Wisconsinites can direct complaints about a COVID-19 testing experience to the DHS Office of Inspector General by calling 877-865-3432 or reporting [online](#).

Many new testing sites are opening up. Concerned about a testing site being legitimate? Use the following guidelines to help protect you from a site that may not be legitimate.

- **Don't pay cash.** Most insurance will cover the cost of COVID-19 testing. Medicaid and the Children's Health Insurance Program (CHIP) also cover COVID-19 testing. Ask a provider if they accept health insurance.
- **Do not provide your personal information.** Providers that ask for your Social Security number, passport, driver license, or other personal information may be involved in identity theft scams. However, providers may ask for your ID to verify your information if they are intending to bill insurance.
- **Ask when and how you will get your results.** Testing providers should tell you when you will receive results, or at least provide a range, such

as 2-3 days. They should also explain how you will receive results, such as by email, mail, or phone.

- **Ask about certification.** The federal government assigns a Clinical Laboratory Improvement Amendments (CLIA) number to approved COVID-19 testing facilities that perform rapid onsite testing.
- **Confirm that results will be reported.** Find out if the testing provider reports COVID-19 test results to state and federal agencies, which they are required to do.
- **Buy FDA-authorized COVID-19 tests.** Only purchase testing kits from reputable companies and be on the lookout for copycat company names with suspicious websites or spelling errors.

Get free at-home COVID-19 tests: Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order them here: www.covidtests.gov.

1. Find a vaccine location near you: Vaccines.gov: call 1-800-232-0233 or visit vaccines.gov
2. Visit our website for updates on testing ([COVID19 Testing \(nshealthdept.org\)](http://COVID19Testing(nshealthdept.org))) and vaccination ([Vaccine Information \(nshealthdept.org\)](http://VaccineInformation(nshealthdept.org))) locations.
3. Wisconsin Immunization Registry: Those in Wisconsin can visit [Public Immunization Record Access webpage](http://PublicImmunizationRecordAccesswebpage) for their vaccination records.

CURRENT COVID-19 GUIDELINES:

Wisconsin Department of Health Services – [Visit their website](http://Visittheirwebsite) for guidance on isolation and quarantine. Additional information can be found on the [CDC website](http://CDCwebsite).

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. If you have no symptoms, or your symptoms have resolved after 5 days, you can then leave your house, but you should continue to wear a mask for another 5 days. If you were exposed to someone who tested positive, follow the [new CDC guidelines](http://newCDCguidelines) for quarantine.

Tested positive with an at-home test? We encourage you to follow isolation and quarantine guidelines as if you tested positive with a laboratory-confirmed test, but we are unable to track at-home tests. It is not

necessary to report positive at-home test results to the health department. Although at-home COVID-19 tests are convenient and can provide quick results, a second test from a health care provider or at a community testing site is necessary for travel purposes, shortening or exempting you from quarantine, and most other official public health decisions. [Learn more about at-home tests](http://Learnmoreaboutat-hometests).

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.

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](http://WisconsinImmunizationRegistry) 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. [What is Diabetes?](http://WhatisDiabetes?)
2. [National Diabetes Statistics Report](http://NationalDiabetesStatisticsReport)
3. [CDC Diabetes Trends](http://CDCDiabetesTrends)
4. [Addressing Health Disparities in Diabetes](http://AddressingHealthDisparitiesinDiabetes)
5. [WDHS Diabetes Statistics and Information](http://WDHSDiabetesStatisticsandInformation)
6. [Celebrate African American History Month! | Health Equity Features | CDC](http://CelebrateAfricanAmericanHistoryMonth!HealthEquityFeatures|CDC)
7. [National African American \(Black\) History Month: February 2022 \(census.gov\)](http://NationalAfricanAmerican(Black)HistoryMonth:February2022(census.gov))