



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

## March 15, 2023: National Nutrition Month



**March 2023 is the 50<sup>th</sup> Anniversary of National Nutrition Month.** During this month, everyone is invited to make informed choices about food to assist in developing healthy eating and physical activity habits. This year's focus is Fuel for the Future. Here are a few ways you and your family can stay Fueled for the Future.

### **Eat a variety of foods from all food groups**

The food groups are Dairy, Fruits, Grains, Protein, and Vegetables. All of these play a major role in fueling our bodies throughout the day. By choosing multiple different foods from different groups helps maintain a healthy variety and allows us to obtain the necessary nutrients to keep us going. Follow MyPlate's daily recommendations for proper nutrition amounts.

### **Eat with the environment in mind**

Try buying foods in season or purchase locally sourced produce, meat, and dairy. Not only does this benefit the planet and the environment around us, but it also may help you save money by keeping food cost down.

Additionally, eating more plant-based meals or snacks could reduce food waste and save you money. Trying Meatless Mondays or other meatless meals by substituting meat with plant-based proteins is a great way to eat while keeping the environment in mind.

### **See a Registered Dietitian Nutritionist (RDN)**

Proper nutrition can positively influence health and healthy outcomes in the future. There are so many choices when it comes to eating healthy and it's incredibly important to learn what ways work or don't work for you. Ask your doctor for a referral to an RDN who specializes in your unique needs.

### **Statement of Equity**

Unfortunately, obtaining and maintaining proper nutrition is not as easy for some individuals or communities. Historically, there are numerous barriers that keep people from practicing healthy eating habits like, cost, transportation, health literacy, socioeconomic status, etc.

In fact, in Milwaukee County, there are numerous zip codes that are considered food deserts, which means people do not have the availability or access to foods that aid in proper nutrition. This can lead to food insecurity which can have lasting impacts on a child's physical and mental development and future health outcomes.

Luckily, there are a few Milwaukee based organization that are actively combatting food deserts and food insecurity. The first being Hunger Task Force of Milwaukee who offer different programs like the Piggly Wiggly Mobile Market and DoorDash food box deliveries for homebound seniors. Additionally, there is the MKE Good Food Bus which acts as a mobile farmers market bringing the farm to Milwaukeeans or Alice's Garden Urban Farm which holds social events and monthly farmers markets.

By offering resources and advocating for policies and programs that increase access to quality nutrition, we can support communities in achieving their maximum health potential.

# WHAT HAS NSHD BEEN WORKING ON?

We'd like to welcome Chris Osowski to our staff!

NORTH SHORE HEALTH DEPARTMENT

## WELCOME!

### CHRIS OSOWSKI, BSN, RSN-BC, CPN

PUBLIC HEALTH NURSE



North Shore Health Department would like to extend a big welcome to Chris Osowski, our new Public Health Nurse!

Chris comes to NSHD after working as a university communicable disease investigator. As each case is different, he enjoys all the different aspects of infection prevention and patient care. Chris is especially passionate about communicable diseases, especially multi-drug resistant organisms (MDRO) like Methicillin resistant *Staphylococcus aureus* (MRSA). These germs can cause various illnesses and infections, such as pneumonia.

At the start of his career Chris envisioned being a medical/surgical nurse. Following this path, he worked as a medical/surgical nurse, and on a neurosurgery specialty floor, caring for post-surgical patients. However, Chris pivoted his focus and became a school nurse in the Milwaukee-area, serving elementary children (K-5th). His work provided direct care for students, including asthma, epilepsy, life-threatening allergies, diabetes and cardiac conditions.

When not working, Chris enjoys spending time catching up on his favorite TV shows and playing with his dog.

WELCOME TO NSHD!

## 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

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.  
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.

JOIN US!



## BLOOD PRESSURE CLINICS

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

## Drug Deactivation & Disposal Bags



FREE at North Shore Health Department offices:

**Brown Deer Office**  
4800 W Green Brook Dr  
**Shorewood Office**  
2010 E Shorewood Blvd

Open 8am-4:30pm  
Monday-Friday

Deactivates pills, patches, liquids, creams and films



Unused prescription drugs pose a risk of misuse and accidental poisoning, but improper disposal can harm the environment and contaminate our water supply. Deterra Pouches are a convenient, environmentally sound option for proper drug disposal right at home.

Learn more about [Deterra Drug Deactivation & Disposal Bags](#)



**LIGHT & UNITE RED.**  
[lightunited.org](http://lightunited.org) | [#lightunited](#)



**Light & Unite Red** promotes community-wide prevention education and is led by the RISE Drug Free MKE coalition, formerly the Milwaukee County Substance Abuse Prevention Coalition (MCSAP).

Each year, more than 50 partners across Milwaukee County join forces for Light & Unite Red Week to promote healthy, drug- and alcohol-free living and support our community members who are improving their lives by remaining free of substance use and achieving holistic wellness.

Check out [Light & Unite Red events](#).



Have **10** free COVID-19 at-home tests sent directly to your door.

**SayYesCovidHomeTest.org**

**YOU STOP THE SPREAD**



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

Order COVID tests at [SayYesCovidHomeTest.org](https://www.sayyescovidhometest.org)



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HEALTH DEPARTMENT

[nshealthdept.org](https://www.nshealthdept.org) • (414) 371-2980

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



#### RESOURCES AND REFERENCES

1. [National Nutrition Month® \(eatright.org\)](https://eatright.org)
2. [Food Group Gallery | MyPlate](#)
3. [Hunger Task Force, Milwaukee's Free & Local food bank](#)
4. [Alice's Garden Urban Farm \(alicesgardenmke.com\)](https://www.alicesgardenmke.com)
5. [MKE Good Food Bus \(milwaukeegoodfoodbus.com\)](https://www.milwaukeegoodfoodbus.com)