



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

## March 8, 2023: National Groundwater Awareness Week

Approximately 70% of Wisconsinites depend on groundwater for their primary source of drinking water ([Source](#)). Groundwater is also used for irrigating crops, watering cattle, processing foods, and feeding the trout streams and spring-fed lakes. It is critical to be responsible with groundwater management and use for the health of families, agricultural production and industries in Wisconsin.

### Ways everyone can protect and conserve groundwater:

- **Yearly water well testing and well maintenance:** [Private well owners](#) should [test their well water](#) at least once a year, tend to any maintenance needs, and treat their water if necessary.
- **Reduce chemical use:** Use fewer chemicals around the house and outside and dispose of them properly.
- **Manage waste:** Properly [dispose of potentially toxic substances](#) like unused chemicals, pharmaceuticals, paint, motor oil, and other substances.
- **Recycle properly:** [Properly recycling](#) paper, plastic, cardboard, glass, aluminum and other materials can help prevent potential groundwater contamination.
- **Plant native plants:** When landscaping, prioritize [native plants](#). They look great and don't need much water or fertilizer. When choosing grass, varieties adapted to Wisconsin's climate can reduce the need for extensive watering or chemical applications.
- **Use water wisely:** Don't let the water run unnecessarily, fix any leaks, take shorter showers, only run full loads of dishes or clothes, water the lawn and plants during the coolest part of the day and only when they need it, and obey any watering restrictions during dry periods.

Learn more about groundwater: [DNR website](#)

What is groundwater? [Click Here](#)

## WHAT HAS NSHD BEEN WORKING ON?

As a steward of public health, NSHD engages in opportunities to increase interest in public health as a career path. This past Saturday, in collaboration with Greendale Health Department, NSHD participated in "Women & Girls in Science". This Wehr Nature Center event highlighted female pioneers in STEAM (science, technology, engineering, arts, and math) and kicked off Women's History Month. Event organizers estimated 85 attendees from all over Milwaukee County.



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COVID TEST

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

[SayYesCovidHomeTest.org](https://SayYesCovidHomeTest.org)

**YOU STOP THE SPREAD**



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

## BLOOD PRESSURE CLINICS

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

### NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



+++ Health topics that matter to the North Shore Community.  
+++ Stay healthy and be well.

### MARCH TOPIC: VAPING 101: INTRODUCTION

Tobacco is changing. While traditional cigarette smoking rates have dropped, use of electronic cigarettes or “vapes” still poses a threat to children’s health. Join us **March 15** at Lydell Community Center (5205 N Lydell Ave, Whitefish Bay, WI 53217), from 6:30 PM – 7:30 PM to learn more about vaping. To register:

- [Register](#) for a WFB Rec account if you aren’t already a member.
- Once you are a member, register for our March session: [Whitefish Bay Recreation](#)
- You can also register through the Shorewood Rec Department: [Shorewood Rec sign up](#) – course is under *Adult Enrichment*



**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](#).

## International Women’s Day

**International Women’s Day is today - March 8!**  
**Women’s Health Programs in Wisconsin:**

- **Wisconsin Well Woman Program** - The Wisconsin Well Woman Program helps women who have little or no health insurance get screening for breast and cervical cancers. [Learn more.](#)
- **Women, Infants, & Children (WIC) Program** - WIC gives you access to healthy food, nutrition education and breastfeeding guidance. If you’re pregnant, a caregiver, or a mom with a child under 5, you can get the right personalized support for you and your family. [Learn more.](#)



Learn more about women’s health: [www.cdc.gov/women](http://www.cdc.gov/women)

Learn more about International Women’s Day: [www.internationalwomensday.com](http://www.internationalwomensday.com)



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



### RESOURCES AND REFERENCES

1. <https://dnr.wisconsin.gov/topic/Groundwater>
2. <https://risedrugfreemke.org/what-we-do/light-unite-red-week-2023.html>
3. <https://www.internationalwomensday.com/>