



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

March 2nd, 2022: Nutrition Awareness

March is Nutrition Awareness Month.

Good nutrition is year-round, however, with spring on the horizon, now is a great time to review nutrition basics to make informed food choices and develop healthy eating and physical activity habits. Making small changes increases your likelihood of keeping up with eating healthier.

TIPS FOR HEALTHIER EATING

1. Eat a variety of nutritious foods
2. Plan your meals and snacks
3. Create tasty foods at home
4. Drink plenty of water
5. Watch portion sizes
6. Familiarize yourself with nutrition labels
7. Explore new foods and flavors and try one new recipe from another culture a week
8. Fill half your plate with fruits and vegetables
9. Prevent fruits and vegetable boredom by exploring new ways to cook or serve them.
10. Reduce food waste by planning meals with what you have on hand



The Academy of Nutrition and Dietetics has many great resources including articles, videos, and tips you can use to help develop healthy nutrition habits.

[Eatright.org](https://eatright.org) - [Academy of Nutrition and Dietetics](https://eatright.org)

- ✓ Eat Right: [20 Ways to Enjoy More Fruits and Vegetables](#)
- ✓ Eat Right: [20 Health Tips](#)
- ✓ Eat Right: [Smart-Snacking Tips for Kids](#)
- ✓ Eat Right: [Smart Tips for Reading Menus](#)
- ✓ Eat Right: [Eating Right and Reduce Food Waste](#)
- ✓ Eat Right: [Celebrate-a-World-of-Flavors](#)

Learn more by visiting [CDC: About Nutrition](#) and [CDC: Making Healthy Eating Easier](#) to learn more about general nutrition as well as nutrition specifically focused on older adults and infants and toddlers.



MARCH IS WOMEN'S HISTORY MONTH



The Wisconsin Historical Society is celebrating BIG moments in Wisconsin history, including the significant impact that women have had on the history of the state. Learn about this impact through the articles, artifacts, and other important items on their [website](#) that help tell the story of women in Wisconsin.



CELEBRATE WOMEN'S HISTORY MONTH:

Celebrate Women's History Month at your Milwaukee Public Library! [Click Here](#)

WHAT HAS NSHD BEEN WORKING ON?

- ❖ *Take a look at our [2021 Annual Report](#) to see all that NSHD accomplished last year.*
- ❖ *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 MARCH HEALTH DAYS

Among the notable health observances in March are [American Red Cross Month](#), [Bleeding Disorders Awareness Month](#), [Colic Awareness Month](#) and [National Endometriosis Awareness Month](#). This week we observe:

- [Hearing Awareness](#)
- [National Aplastic Anemia & MDS Awareness](#)

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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- **Who:** People age 60+ who live independently.
- **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 \(cognitofirms.com\)](http://cognitofirms.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

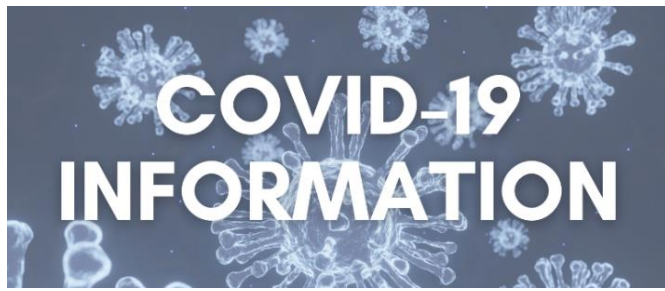
2nd Wednesday of the month • 3:30-5pm
4th Wednesday of the month • 7:30-9am

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):

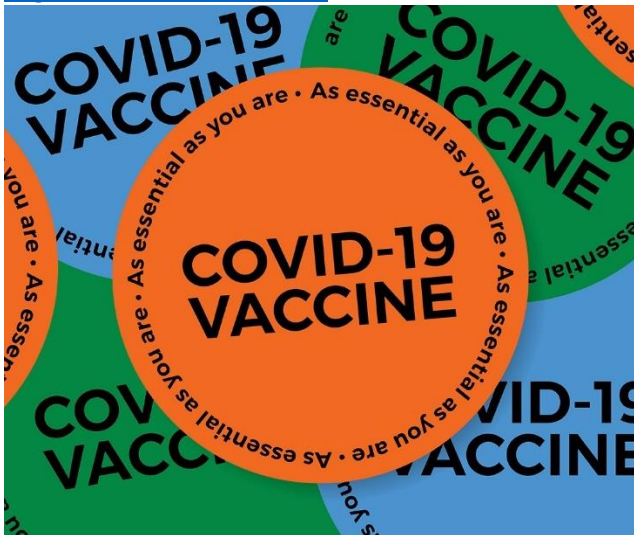
- **NSHD Shorewood Office:** 2010 E Shorewood Blvd. 4th Wednesday of the month from 3:30 p.m. to 4:30 p.m.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. March 16, and April 20.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from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

The Wisconsin Department of Health Services (DHS) supports the new Centers for Disease Control and Prevention (CDC) metrics used to determine the risk level of COVID-19 in communities. Widespread access to vaccines and testing, available treatment options, and high levels of population immunity have combined to make a new approach to monitoring and preventing COVID-19 possible. Under the new [COVID-19 Community Levels metrics](#), wearing a well-fitting mask in public indoor settings is recommended only when a particular community is experiencing "high" COVID-19 Community Levels, unless you or someone you live with is at [high risk for severe disease](#). Milwaukee County is at a medium community level with data through February 24, 2022. [Check updated level here.](#)

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.



nshealthdept.org • (414) 371-2980

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



RESOURCES

1. [About Nutrition | Nutrition | CDC](#)
2. [National Nutrition Month \(eatright.org\)](#)
3. [Women's History | BIG History | Wisconsin Historical Society \(wisconsinhistory.org\)](#)