



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

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

## April 5, 2023: Alcohol Awareness

**Alcohol Awareness.** In the state of Wisconsin, alcohol is the most used substance. This April, take the time to reflect on your drinking patterns and the role alcohol plays in your life. Although most people who drink alcohol do so in moderation, alcohol can harm health in many ways, and alcohol-related problems are among the top public health issues in Wisconsin.

Since alcohol is a central nervous system depressant, it is a drug that slows down brain activity. This can lead to potential harm to yourself and others around you. Short-term health excessive alcohol use risks include but are not limited to:

- Injuries (motor vehicle crashes, falls, and drowning).
- Violence (homicide, suicide, sexual assault, or intimate partner violence).
- Alcohol poisoning .
- Miscarriage or fetal-alcohol spectrum disorders (FASD) in people who are pregnant.

Long-term health risks include:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancers of the breast, mouth, throat, esophagus, voice box, colon, and rectum.
- Mental health issues like depression and anxiety
- Social problems with family, friends, or jobs.
- Learning and memory problems, like dementia and poor school performance.
- Alcohol use disorders or alcohol dependence.



**What is “moderate drinking”?** For women, it is drinking no more than one standard drink a day. For men, it is not more than two standard drinks in one day.

**What is “excessive drinking”?** “Excessive drinking” includes binge drinking and heavy alcohol use. Binge drinking is drinking so much alcohol that there is more than 0.08% or more alcohol in your blood. This is usually five or more drinks within a few hours for men, and four or more standard drinks for women.

**Heavy alcohol use** is defined as having four or more standard drinks in one day for men and more than three standard drinks in one day for women.

**How much is a standard drink?** A standard drink is equivalent to 0.6 ounces (about 14 grams) of pure alcohol. This amount is found in:

- 12 oz. of beer (5% abv).
- 5 oz. of wine (12% abv).
- 1.5 oz or a “shot” of 80-proof distilled spirits/liquor.



### Alcohol Use Numbers in Wisconsin

- Wisconsin ranks third in the country for percentage of adults who currently drink alcohol (64.4%).
- When Wisconsin adults drink, they have more drinks than adults in other states. They drink an average of 2.6 standard drinks.
- Youth in Wisconsin binge-drink less than the U.S. average (12.7% in WI, 13.7% in the U.S.)
- People who begin binge-drinking before the age of 15 are four times more likely to meet alcohol dependence at some point in their lives.

### Potential Signs of Alcohol Use Disorder

Some of the first signs of alcohol use disorder include hangovers, alcohol-related accidents, mood swings, impaired ability to work, and depression or anxiety. Persistent signs of alcohol use disorder include slurred speech, bloodshot eyes, lack of coordination, rambling or repetitive statements, agitation, glassy or blank stares, saying inappropriate things, or making inappropriate sexual advances.

# WHAT HAS NSHD BEEN WORKING ON?

## Hygiene Drive

to support North Shore residents

Collection starting  
Monday, April 3rd

In the Brown Deer Village Hall  
4800 W Green Brook Dr.  
Brown Deer, WI 53223



### Encouraged Supplies

- Shampoo
- Body Wash
- Hand Soap
- Toothbrushes
- Toothpaste
- Dental Floss
- Deodorant
- Feminine Products (tampons, pads, etc.)
- Razors
- Shaving Cream
- Unscented Lotion
- Hair Wraps

New or  
Unused Only

DONATE



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



**NORTH SHORE  
HEALTH DEPARTMENT**

nshealthdept.org • (414) 371-2980

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



SPRING INTO SAFETY AT THE WHITEFISH BAY

## BIKE RODEO

JOIN US!

**SATURDAY APRIL 22, 2023**  
**11 AM - 2 PM**  
**BRING YOUR BIKE AND HELMET**

Helmetts are required.  
Don't have one? Purchase one for \$12 or borrow from WFBPD.

- Bike safety information for parents and children, with bike safe activity stations
- Learn traffic laws, bike signals and bike safety at this family fun event!!
- Meet bike patrol officers and crossing guards
- Helmet fittings by North Shore Health Department
- Bike helmets available for purchase \$12
- Goodie bags! (while they last)



5205 N. LYDELL AVE, WHITEFISH BAY, WI, 53217  
STREET PARKING ON LYDELL AVENUE & ENTER OFF LYDELL

Brought to you by: North Shore Health Department, Whitefish Bay Police Department and Whitefish Bay Recreation and Community Education Department



## BLOOD PRESSURE CLINICS

**Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. First Wednesday of the month from 9:45-10:30am; April 5, May 3

**Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. On the first Wednesday of the month from 12:30-1:15pm: April 5, May 3

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

## RESOURCES AND REFERENCES

1. [Alcohol Use in Wisconsin | Wisconsin Department of Health Services](#)
2. [Addiction Treatment: Process, types and recovery \(recovered.org\)](#)
3. [Warning Signs of Alcoholism - How to spot problem drinking \(recovered.org\)](#)
4. [Drinking too much alcohol can harm your health. Learn the facts | CDC](#)