



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

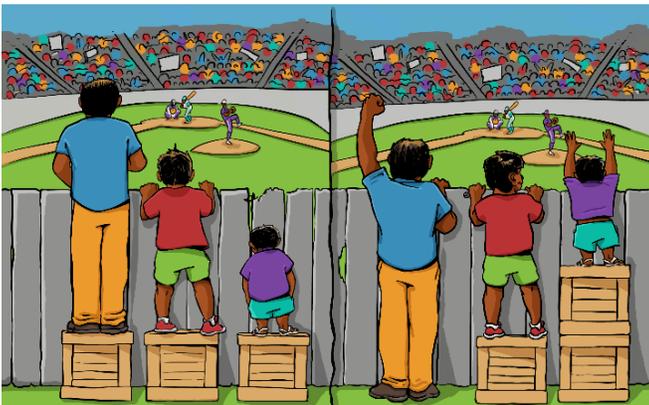
Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

May 4th, 2022: Equality vs Equity

Often times the terms **equality** and **equity** are used interchangeably, yet they are not the same.

Historically in society, equality has been the main the goal — you probably have heard of gender equality or racial equality. On the other hand, equity seeks to take equality one step further. Equity recognizes that everyone doesn't start in the same place in society.

The left half of the graphic below illustrates equality - where everyone, regardless of race, physical ability, gender, etc., gets the same sized box, even though one person is still left out from viewing the game.



EQUALITY

Equality is about Sameness

Equality promotes fairness and justice by giving everyone the same thing.

It can only work if everyone starts from the same place.

EQUITY

Equity is about Fairness

Equity gives people access to the same opportunities.

Our differences and/or history can create barriers to participation, so we must first insure equity before we can enjoy equality.

The right half of the image illustrates what equity would look like. A simplified definition of equity is **assistance that is proportional to an individual or community's need**. Therefore, as opposed to the boxes being distributed evenly or *equally* amongst the three people, the boxes are distributed *equitably*, with the person on the left utilizing no boxes and the person on the right receiving the most boxes.

Again, equality means each individual or community is given the same resources or opportunities. Equity recognizes that each person has different circumstances and allocates the exact resources and opportunities needed to reach an equal outcome.

As we work to recover from the widespread impact of the COVID-19 pandemic, achieving health equity is a central goal at the North Shore Health Department and will serve as a guide for the programs and services we implement moving forward.

Health equity is when everyone has the opportunity to achieve their highest level of health. This extends beyond making sure everyone has access to health care services and focuses more on factors that influence a person's entire health and well-being, like access to healthy food, safe and affordable housing, and a good job with a living wage.

Learn more about health equity:

<https://www.apha.org/topics-and-issues/health-equity>

May the 4th be with your mental health during Mental Health Awareness Month, and all the time.



MENTAL HEALTH RESOURCES

Wisconsin DHS - [Mental Health Resources](#)

The National Suicide Prevention Lifeline provides help to individuals in emotional distress or experiencing a suicidal crisis through a national network of 200 crisis centers.

- ✓ **The Lifeline can be reached at its current number - 1-800-273-8255.**
- ✓ **As of July 16, 2022, a new three-digit phone number, 988, will ALSO become available nationwide for people experiencing suicidal, mental health, and/or substance abuse crises or those helping a loved one**
- ✓ **988** will be able to accept calls, texts, or chats.
- ✓ People may continue to use the longer number if they would like, as **988** will simply provide an easier way for people to access the Lifeline crisis call centers and link to network resources. [Read more about 988](#)



WHAT HAS NSHD BEEN WORKING ON?

Come this June, we will be starting the **priority survey** for our Community Health Assessment (CHA). This survey will give the public an opportunity to identify key health concerns and community needs in the North Shore. We will be out in the community promoting the survey at various events, including local farmers markets. We look forward to seeing you and hearing your thoughts on improving the health of the North Shore.

Your 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.

NOTABLE HEALTH DAYS

Among the notable health observances in May are:

- National Bike Month: bikeleague.org
- World Asthma Day, May 3: [World Asthma Day 2022 - Global Initiative for Asthma](#)
- No Tobacco Day: May 31: [World No Tobacco Day](#)
- National Physical Fitness & Sports Week: May 1-7: [Move in May and Celebrate National Physical Fitness & Sports Month](#)

BLOOD PRESSURE & IMMUNIZATION CLINICS

IMMUNIZATIONS (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 414-371-2980 to find out what vaccines we have available and to make an appointment:

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-IN – NO APPOINTMENT):

- **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. 1:00 p.m. – 2:00 p.m. Dates TBD. Check [our website](#) for updates.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. 1st Wednesday of the month from 12:30 p.m. - 1:15 p.m.

Please visit our website for up-to-date information about BP Screenings: www.nshealthdept.org/Clinics



nshealthdept.org • (414) 371-2980

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



RESOURCES

1. Learn more about health equity: <https://www.apha.org/topics-and-issues/health-equity>
2. [MilwaukeeRec2022DementiaPresentations.pdf](#)
3. [Milwaukee County Department on Aging](#)
4. Wisconsin DHS - [Mental Health Resources](#)
5. [988 Key Messages | SAMHSA](#)
6. [988 Suicide and Crisis Lifeline | SAMHSA](#)
7. [988 America's Suicide Prevention and Mental Health Crisis Lifeline \(samhsa.gov\)](#)

COVID-19 INFORMATION

COVID-19 VACCINATIONS:

We have limited availability left at our May COVID-19 vaccination clinics. Please call 414-371-2980 to inquire about availability.

We do not have June vaccine clinics scheduled at this time.

We highly recommend Health Connections if you need a COVID-19 booster. They have a tent set up in Lincoln Park through May 21 and have plenty of availability. No appointment necessary.

MAY 2022

EVERY MON. WED. & FRI. 10AM – 4PM

EVERY SATURDAY 9AM – 12PM

LAST DAY FOR COVID SERVICES IS MAY 21ST

Health CONNECTIONS

COVID SERVICES

FREE COMMUNITY COVID TESTING & VACCINATION TENT

1301 W. HAMPTON GLENDALE, WI 53209

MILWAUKEE COUNTY LINCOLN PARK PAVILION LOT

WWW.HEALTHCONNECTMKE.ORG