



# NORTH SHORE

## HEALTH DEPARTMENT

### HEALTHY HIGHLIGHTS 2022

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

## July 13th, 2022: Food Deserts and Food Insecurity

### What is a Food Desert?

Food deserts, as defined by the United States Department of Agriculture, are residential areas that do not have a grocery store within a half mile radius<sup>1</sup>. Furthermore, food deserts can cause food insecurity which is the consistent lack of access or inability to obtain or buy nutritious food. As a result of food deserts, many families not only opt out of buying fresh greens and produce but are **FORCED** to buy less healthy options like fast food or highly processed foods (i.e., chips, sodas, and candy bars, etc.) because it is their only available option.

According to Feeding America, the causes are deeply rooted which makes solving food insecurity so incredibly difficult. For example, a few causes of food insecurity are but not limited to: Poverty, employment status, lack of affordable housing, chronic health conditions, lack of access to healthcare, systemic racism and discrimination<sup>2</sup>. Feeding America poses the question that 38 million people must make: Heat or food? Electricity or dinner? Rent or a meal?

### Impacts:

Food insecurity caused by food deserts is not a foreign concept, **IT HAPPENS IN OUR OWN BACKYARD**. Within Milwaukee County, twenty-four of the county's thirty-five zip codes can be classified as food deserts<sup>1</sup>. That's 68%!

Furthermore, food deserts and food insecurity not only disrupt an individual's or family's immediate access to food but can lead to lifelong complications. For example, one study found that food insecurity causes stress, depression, and anxiety in adults as well as mental and physical developmental complications in children<sup>3,4</sup>.



### Combating Food Insecurity and Food Deserts:

Currently, there are numerous programs that seek to increase community access to affordable, healthy food options that include food delivery services, pantries, and community gardens.

In Milwaukee, one of the most well-known organizations that actively combats food insecurity/hunger is the Hunger Task Force. They conduct numerous programs like the Mobile Market and most recently they have partnered with DoorDash to offer food box deliveries for homebound seniors. Additionally, they advocate for policies and continually work with elected officials to strengthen and improve food security programs.

In addition to the Hunger Task Force, other programs like MKE Good Food Bus and Alice's Garden exist to actively combat food insecurity in communities and neighborhoods around Milwaukee County.

## Village of Brown Deer Blood Drive Wednesday, July 27, 2022 | 9 am to 2 pm

The Village of Brown Deer, in collaboration with Versiti Blood Center of Wisconsin, is hosting it's first blood drive on Wednesday, July 27, 2022!

Let's help the community by donating and meeting the event goal of 11 pints of blood and 20 donors. Two appointments are already committed!

To donate please register @ <https://bit.ly/bd072722>

## Beach Monitoring

Our department monitors the water quality at Atwater, Klode and Doctors Parks throughout the summer by testing the water at least twice weekly for the presence of *E. coli* bacteria. Based on test results, beaches are considered:

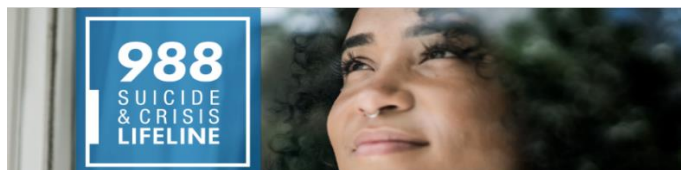
- **Green:** Open with no advisory,
- **Yellow:** Open with an advisory indicating caution should be used at the beach because of elevated bacteria levels, or
- **Red:** Beach may be closed due to highly elevated bacteria levels.
- [Visit the DNR for up-to-date Beach advisories or closures](#)

## MENTAL HEALTH RESOURCES

[Read more about 988](#)

**You are not alone.** 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 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.



It's farmers market season! Farmers markets are local, community sources of fresh and nutritious foods, and

seasonal fruits and vegetables. Many farmers markets accept WIC, FMNP Senior vouchers as well as EBT/SNAP.

- **Brown Deer:** Wednesdays, June 15 to October 26, 9:00 AM-5:30 PM [Brown Deer Website](#)
- **Fox Point:** Saturdays, June 18 to October 15, 8:00am to 12:00pm [Fox Point Website](#)
- **Shorewood:** Sundays, June 19 to October 30, 9:30am-1pm [Shorewood Village Calendar](#)
- **Whitefish Bay:** Saturdays, June 11 to October 15, 8:30am to 12:30pm [Whitefish Bay Website](#)

## WHAT HAS NSHD BEEN WORKING ON?

### READ THE NORTH SHORE HEALTH DEPARTMENT MONTHLY REPORT JUNE 2022

THIS REPORT HIGHLIGHTS THE WORK DONE IN EACH OF OUR FOUR PRIORITY AREAS OVER THE PAST MONTH, AS WELL AS OTHER IMPORTANT WORK AND ACTIVITIES DONE BY OUR DEPARTMENT.



The goal of these monthly reports is to showcase the work being done at the North Shore Health Department and to increase transparency with community leaders, partners, elected officials, and the public.



## READ OUR JUNE 2022 MONTHLY REPORT

### TAKE THE NORTH SHORE COMMUNITY HEALTH SURVEY

FROM THE NORTH SHORE HEALTH DEPARTMENT  
We are conducting a Community Health Assessment (CHA) to identify key health problems & needs in the community.

**YOUR INPUT IS ESSENTIAL & HELPS US TO DEVELOP GOALS & PROGRAMS THAT MEET THE NEEDS OF OUR NORTH SHORE COMMUNITIES.**

#### TO TAKE THE SURVEY, YOU CAN...

SCAN THIS QR CODE & TAKE IT ON YOUR PHONE



FOLLOW THE INCLUDED LINK OR FIND THE SURVEY LINK ON OUR WEBSITE:  
[WWW.NSHEALTHDEPT.ORG](http://WWW.NSHEALTHDEPT.ORG)

WHO CAN TAKE THE SURVEY?

- ✓ You must be 18 or older. *Your name and personal information are not collected.*
- ✓ Anyone who lives, works, attends school, plays, or prays in the North Shore.



## TAKE THE SURVEY

## NOTABLE HEALTH DAYS

Among the notable health observances in July are:

- ❖ [HIV Awareness Month](#)
- ❖ [Minority Mental Health Awareness Month](#)
- ❖ [Self Care Month](#)
- ❖ [UV Safety Month](#)

# LGBTQ+ HEALTH

LGBTQ+ people continue to show disparities in mental health, even though they are more likely to use mental health services. Wisconsin LGBTQ+ resources include:

- ❖ [Wisconsin DHS LGBTQ Health: General Resources](#)
- ❖ [Milwaukee LGBT Community Center](#)
- ❖ [PRISM Peer Support](#)

## MINORITY HEALTH RESOURCES

**Advocating for minority health and health equity is critical. Minority health is impacted by social and structural factors that drive disparities in our society.**

*Did you know?* According to the [2020 US Census](#), 46.9 million US citizens are Black or African American alone or in combination. Promoting equitable access to health promoting resources, including quality housing, healthy food, stable employment, etc., can help decrease gaps in health between racial and ethnic groups.

Wisconsin health services supporting minority health:

- ❖ [Wisconsin DHS Minority Health Program](#)
- ❖ [Wisconsin Women's Health Foundation](#)

## BLOOD PRESSURE & IMMUNIZATION CLINICS

### **IMMUNIZATIONS (APPOINTMENT REQUIRED):**

We provide vaccinations for individuals who are underinsured or uninsured, including infant, child routine immunizations and 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:** There will be no blood pressure clinics at Lydell in June, July, or August. They will resume in the fall: Sep 21, Oct 19, Nov 16, Dec 21.

- **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. There is no clinic in July or August. They will resume in the fall: Sep 7, Oct 5, Nov 2, Dec 7.

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

## COVID-19 INFORMATION

### **COVID-19 VACCINATIONS AT NSHD**

*Check our website for updates:*

[www.nshealthdept.org/CommunicableDiseases/C](http://www.nshealthdept.org/CommunicableDiseases/C)  
[COVID-19/VaccineInformation](#)

## HEALTH DEPARTMENT SERVICES

*Did you know?* In addition to vaccines, we provide multiple services at the Health Department? Some of our services include:

- |                                |  |   |
|--------------------------------|--|---|
| ▪ Radon Kits                   | ▪ Lead Testing                                 | ▪ Childhood Immunizations                     |
| ▪ Child Safety Car Seat Checks | ▪ Maternal Child Health Lactation Consultation | ▪ Newborn Home Visits                         |
| ▪ Bike Helmet Fittings         | ▪ Tuberculosis Testing                         | ▪ Population health information and resources |



**NORTH SHORE  
HEALTH DEPARTMENT**

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

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



### RESOURCES AND REFERENCES

1. Rook, B. (2018). Fighting Food Deserts and Hunger in Milwaukee. TMJ4, 21. [www.tmj4.com/news/local-news/fighting-food-deserts-and-hunger-in-milwaukee](http://www.tmj4.com/news/local-news/fighting-food-deserts-and-hunger-in-milwaukee).
2. <https://www.feedingamerica.org/hunger-in-america/food-insecurity>
3. Cusick, S. E., & Georgieff, M. K. (2016). The Role of Nutrition in Brain Development: The Golden Opportunity of the "First 1000 Days". The Journal of

pediatrics, 175, 16–21.

<https://doi.org/10.1016/j.jpeds.2016.05.013>

4. Wolfson, J. A., Garcia, T., & Leung, C. W. (2021). Food Insecurity Is Associated with Depression, Anxiety, and Stress: Evidence from the Early Days of the COVID-19 Pandemic in the United States. *Health equity*, 5(1), 64–71. <https://doi.org/10.1089/heq.2020.0059>
5. <https://www.hungertaskforce.org/>
6. <https://www.alicesgardenmke.com/>
7. <http://milwaukeegoodfoodbus.com/>
8. [Beaches | Wisconsin DNR](#)
9. [988 America's Suicide Prevention and Mental Health Crisis Lifeline](#)
10. [HIV | CDC](#)
11. [National Minority Mental Health Awareness Month](#)
12. [Care for Yourself](#)
13. [Sun Safety | Skin Cancer | CDC](#)
14. [LGBTQ Health: General Resources](#)
15. [Milwaukee LGBT Community Center](#)
16. [Mental Health America of Wisconsin - PRISM Program](#)
17. [US Census Bureau](#)
18. [Minority Health Program](#)
19. [Minority Mental Health Resources \(wwhf.org\)](#)