



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

August 3, 2022: Benefits of Breastfeeding

August is National Breastfeeding Month and the 2022 theme is, **“Together We Do Great Things!”** This celebrates the impact of collective efforts and aims to strengthen the capacity of all who can protect, promote, and support breastfeeding across all levels of society.



National Breastfeeding Month 2022

Breastfeeding provides many health, nutritional, economic, and emotional benefits to both the mother and infant, including a reduced risk of certain health conditions for both. Benefits are also achieved at the community level, in the workplace, and for the environment.

For the first six months of life, the American Academy of Pediatrics recommends that infants be exclusively breastfed, meaning breast milk is their only source of nutrition until they are six months old. Continued breastfeeding, with the gradual addition of appropriate complementary foods, is recommended for the remainder of the first year and for as long as mother and child desire.

Breastfeeding is the best source of nutrition for most infants. Research has shown that being breastfed can lead to a healthier life for babies. The many health benefits include

- protection against many common infections,
- nutritionally balanced meals, and
- better survival for the first year of life ([source](#)).

In addition to these benefits, breast milk has also been found to include many nutrients, vitamins and antibodies which contribute to the development of everything from babies’ immune to digestive systems.

More information on breastfeeding:

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/breastfeeding/index.html>

Breastfeeding Support:

<https://wicbreastfeeding.fns.usda.gov/>

NEWBORN HOME VISITS & BREASTFEEDING CONSULTATIONS BY NSHD

The North Shore Health Department (NSHD) provides newborn home visits by a Public Health Nurse who is also a Certified Lactation Counselor.

During this visit, the nurse/CLC discusses topics such as home safety, immunizations, nutrition, and healthy growth and development. Home visits provide the chance for new parents to ask questions and discuss newborn health and development.

Call our office at 414-371-2980 or submit a contact form on our website to schedule a newborn home visit and/or lactation consultation:

<http://www.nshealthdept.org/FamilyHealth/BreastfeedingGeneral/NewbornHomeVisits.aspx>

myBlue Night Out in Bayside



PRESENTS

myBlue Night Out

AUGUST 4, 2022
6-8 PM



@BAYSIDEPD

IN FRONT OF THE PD/VH
9075 N. REGENT RD.
BAYSIDE, WI 53217

Meet the community and your
myBlue sector officer!

Bounce House Firetruck & Ambulance Paint a Squad Info Booths Tours Yard Games

Enjoy FREE food from our generous area vendors



WHAT HAS NSHD BEEN WORKING ON?

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

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](#)



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 and/or 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](#)



MENTAL HEALTH RESOURCES

In need of mental health resources or help? Below find a list of resources including nationwide, statewide and Milwaukee area.

- ❖ [MentalHealth.gov](#)
- ❖ [NIMH » Help for Mental Illnesses](#)
- ❖ [Mental Health | Wisconsin Department of Health Services](#)
- ❖ [Free Mental Health Resources \(Milwaukee\)](#)
- ❖ [Rogers Behavioral Health](#)



988 will be able to accept calls, texts, or chats.
For TTY Users: Use your preferred relay service or dial 711 then 988.

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 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. – next one is on August 24th.
- **Lydell Community Center:** There will be no blood pressure clinic at Lydell in 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 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

HEALTH DEPARTMENT SERVICES

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

▪ Radon Kits for purchase	▪ Lead Testing: Learn More	▪ Childhood Immunizations: Learn More
▪ Child Safety Car Seat Checks: Schedule an installation	▪ Maternal Child Health Lactation Consultation – Request a consultation	▪ Newborn Home Visits – Request a visit
▪ Bike Helmet Fittings: Learn More	▪ Tuberculosis Testing: Learn More	▪ Population health information and resources

COVID-19 INFORMATION

COVID-19 VACCINATIONS AT NSHD

Check our website for updates:
www.nshealthdept.org/CommunicableDiseases/COVID-19/VaccineInformation



**NORTH SHORE
HEALTH DEPARTMENT**

nshealthdept.org • (414) 371-2980

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



RESOURCES AND REFERENCES

1. <https://wicbreastfeeding.fns.usda.gov/breastfeeding-benefits>
2. <https://www.usbreastfeeding.org/national-breastfeeding-month.html>
3. <https://www.dhs.wisconsin.gov/nutrition/breastfeeding/resources.htm>
4. <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/breastfeeding/index.html>
5. [NIMH » Help for Mental Illnesses](#)
6. [Free Mental Health Resources \(milwaukee.gov\)](#)
7. [Rogers Behavioral Health \(rogersbh.org\)](#)
8. [988 America's Suicide Prevention and Crisis Lifeline](#)
9. [SAMHSA 988 Find Help](#)
10. [US Census Bureau](#)
11. [Minority Health Program](#)
12. [Minority Mental Health Resources \(wwhf.org\)](#)