

Needham Board of Health Minutes

January 11, 2019, 7:00 a.m. to 9:00 a.m.

Board: Edward Cosgrove, PhD, Vice Chair
Stephen Epstein, MD, MPP, Chair
Kathleen Ward Brown, ScD, Member

Staff Present: Timothy Muir McDonald, Director; Tara Gurge, Assistant Director; Maryanne Dinell; Carol Read; Diane Acosta; Dawn Stiller; Tiffney Zike; Catherine Delano

Convene: Rosemary Recreation Complex, 178 Rosemary Street, Multi-Purpose Room

Note this announcement was made at the beginning of the meeting: ***This is a regularly scheduled Board of Health meeting. The Board held a public hearing that occurred over the course of two meetings. The hearing was closed on Friday, December 14th. The BOH accepted written testimony until December 13th, and even accepted testimony that filtered in after that date. The Board of Health may choose to vote on either or both of the regulations under consideration at this regularly scheduled meeting. There will be no further testimony accepted at this time. Prior to the vote, the Board members may have a discussion among themselves and may have questions for staff. There will be no public participation in any discussion among Board members or with staff. Once the vote is taken, the Board of Health will choose an effective date for the regulation or regulations.***

Dr. Stephen Epstein, Chair of the Board of Health, called the meeting to order at 7:04 am

Minutes

Dr. Brown made a motion to approve the November 16, December 12, and December 14 minutes with edits for the November 16 minutes as noted by Dr. Epstein. Dr. Cosgrove seconded. Upon motion duly made and seconded, the November 16, December 12, and December 14 minutes were approved. The motion was carried. The vote was unanimous.

Staff Reports

Traveling Meals Coordinator Report - Ms. Maryanne Dinell

Ms. Dinell reported that the number of meals requested has experienced a further decrease from November. She noted that a few recipients can now take care of themselves and are no longer receiving meal delivery. Ms. Dinell said that nineteen Christmas meals were delivered along with guest meals. Ms. Dinell also reported that there no falls or other hospitalizations. She noted that many of the participants only want the hot meal without the sandwich. Dr. Cosgrove suggested making sure the information is in the Council on Aging's Senior Compass and that the program brochure should remain stocked at the Center at the Heights.

Environmental Health Report - Ms. Tara Gurge and Ms. Diana Acosta contributing

Ms. Gurge reported that Monica Pancare has joined the Environmental Health staff and is of great assistance. She has helped with the current renewals and the email permitting.

Ms. Acosta reported that the reminder email system was new to some companies and there were one or two businesses that did not use email. Ms. Acosta made notes in the database for a few that require a mailed form during the next cycle. Permits were sent via email, allowing businesses to print multiple copies if needed. The email permitting process was an improvement over past years.

Ms. Gurge reported that the Kebab House second inspection occurred yesterday, and they are now working with the Building Department. There remains an issue with making the bathroom accessible. Ms. Gurge also noted that Acorns will remain for the year but may wish to share the space with a bakery or catering company, so that issue will require more discussion and review. They are also dealing with making the bathroom accessible.

Dr. Cosgrove inquired about the Chapel Street dumpster follow up. Ms. Gurge noted that it was clean yesterday and that foam had been added to the burrows and there have been no recent no complaints.

Substance Abuse Coordinator Report - Ms. Catherine Delano

Ms. Delano noted that the quarterly Substance Prevention Alliance of Needham (SPAN) meeting went well. The group split into action teams and they are working to become more visible around town. To this end they presented at the December Rotary meeting. Ms. Delano reported that the Housing Authority needs assessment in December and the Division is prepared to repeat the survey in the future. SPAN is also preparing for the "If They Had Known" film screening and panel discussions for the week of January 22nd. Ms. Delano is working closely with Youth and Family Services on the vaping issue and changing the marijuana curriculum.

Regional Substance Abuse Coordinator Report-Ms. Carol Read

Ms. Read reported that the youth PhotoVoice Gallery was held on December 1st at the Rosemary Recreation Complex in collaboration with the Plugged In band holiday concert. The PhotoVoice Gallery was also displayed at the Norwood Coalition meeting.

The Substance Abuse Prevention Coalition Leadership Team, with the Chiefs of Police, have prioritized shifting FY19 grant funds from salary line for the Youth Engagement intern to support 2 programs: (1) TIPs alcohol licensee training in the spring. (2) TIPs "train the trainer" program for sustainability.

There is a TIPS training scheduled on January 14, for which 49 participants have registered. Ms. Read also noted that compliance checks and protocols will be discussed at the TIPS training by Selectman Dan Matthews with a focus on sales to minors

Ms. Read continues to attend the Newton-Wellesley Hospital Emergency Department Substance Use Services task force meetings. The task force is developing protocols which Ms. Read will share with the Board of Health. Medication assisted treatment and resources for detox and inpatient treatment continue to be on the agenda. The Emergency Department team is committed to working with local public health departments to connect patients with services in their towns, post discharge.

Ms. Read and the Health and Human Services staff continue to work with the Community Crisis Response Team (CCIT) chaired by Lt. Chris Baker, to connect people to resources to treat mental health and substance use conditions. Dr. Epstein suggested that Ms. Read bring the protocol and ideas from Newton-Wellesley Hospital to the CCIT quarterly community partners meeting. Dr. Epstein noted that if Newton Wellesley is adopting the new model, Beth Israel Deaconess Needham will want to follow suit. He also said that there is interest among a cadre of Beth Israel Deaconess Emergency Department physicians. There remains the challenge of getting primary care doctors on board.

Public Health Nurse Report—Ms. Tiffany Zike

Communicable Disease Review:

There was one *Campylobacter* infection, but no one else in the home was sick. There were several cases of *campylobacter* at a local daycare. The public health nurses provided education with the day care provider regarding reporting clusters early and reinforcing that children should stay home if they have diarrhea.

There were 9 cases of influenza in December, all influenza A.

An adult with vague symptoms of tiredness and joint pain was reported to have Rocky Mountain spotted fever.

Ms. Zike noted she has done a lot with emergency planning with Mr. McDonald since Ms. Rebecca Ping is away on active duty.

Ms. Zike attended an ASHER (Active Shooter and Hostile Response Standards) training with the school nurses done by the Police and Fire Chiefs. Ms. Zike noted that the concussion regulation is taking up quite a bit of time as well. The healthy aging program that she is working on with others is also a work in progress. Ms. Zike is planning to get trained as a Better Balance instructor.

Ms. Zike reported that a little over \$2,000.00 was donated in December to the Gift of Warmth Program. It was a combination of local churches (Christ Church, Congregational Church, First Baptist Church, and Presbyterian Church) as well as private donations through a collaborative campaign with Park and Recreation.

Ms. Zike reported that the nurses have worked with a few residents this month in making sure their utility shut-off notices were taken care of and that they continue to help with fuel assistance applications. Ms. Zike said that she hopes the Federal shutdown does not affect food stamps for too long, if at all. The public health nurses plan to work with the Needham Community Council if there is a need for food or fuel assistance during the shutdown.

Mr. Timothy Muir McDonald-Director's Report

Mr. McDonald reported that the budget for the Health & Human Services Department was discussed at the Finance Committee Wednesday night. He has requested that the Town Manager attend a future Board of Health meeting to discuss the public health director position. By the end of middle of February the Finance Committee will make their preliminary recommendations on the priority for this position.

The final vote will occur at the end of March. The Board can then make the case for the need to finance a full-time position.

The Finance Committee has never supported the request for funding the accreditation process. This year, Mr. McDonald tried to submit the request for resources to support Public Health Accreditation as a specific special warrant article which would provide a set amount of funding that would be available longer than one fiscal year. Dr. Cosgrove noted that Public Health Division accreditation would likely assist with obtaining more grants even though it is not yet required at the Federal level. Since the Special Commission on Local and Regional Health, established in 2016 by the Massachusetts General Court, has strongly supported the importance of accreditation in its summary report, the issue of accreditation is likely to grow in importance over the next few years. Dr. Cosgrove, who has been closely involved with the Special Commission, hopes that the report and associated recommendations will help to build the case for accreditation and its importance to the Town Manager and the Finance Committee.

Mr. McDonald also reported that the Health Division continues to work with Beth Israel Deaconess Needham on their community health needs assessment to facilitate the community health assessment requirement for accreditation.

Mr. McDonald reported that the Planning Board plans to discuss accessory dwelling units (ADU) at its January 29th meeting. Mr. McDonald said that the Planning Board is supporting a very incremental approach, one that would only allow a direct relative or a caregiver residing in an ADU and would not allow for a rental unit.

Mr. McDonald reported that the concussion regulation systems and processes are in progress. Ms. Zike passed out the draft update to the Board and a general discussion ensued on how best to fine tune the regulations. The Board also discussed the role of Park and Recreation role in the regulation and how to get all teams and coaches in compliance. The final version will be distributed and used in spring 2019. Soccer and baseball will be the test sports for the new regulations during the spring. A full rollout of the regulations will occur in fall 2019.

Ms. Zike also reported that she is working on the summer camp regulations.

ARTICLE 24 Concussion Prevention, Education, and Training. Dr. Brown made a motion to approve the concussion regulations with the discussed changes. Dr. Cosgrove seconded. The edited concussion regulations were approved. The vote was unanimous at 7:55 am.

Tobacco Regulation Article 1 Discussion

The Board discussed the draft regulation changes. The exemption for the mint flavor in the flavor ban was removed. The expansion and plan to expand setbacks around building entrances was discussed. A revision on page 8 and page 56 of the combined packet noted the following—a language change so that in the previous rules a parent could provide a son or daughter with tobacco products. This is no longer allowed under the state legislation, passed in July 2018 and which went into effect on January 1, 2019, which increased the minimum purchase age for tobacco statewide to be 21 years.

The focus of the change remains on the proposed ban for mint, wintergreen, and menthol flavors. The Board will not vote on the setback issue as there is not enough hard data or research on it yet. Also,

there is not enough information on smoke free business districts to support a vote on that. A discussion on both the setbacks and smoke free business districts will occur in the spring.

Ms. Brown noted that there is a huge increase in vaping among teenagers. The research review supports that mint and menthol are flavors in her view. The studies support the increased addiction risk from access to these flavors.

Dr. Cosgrove noted that he has read everything provided to the Board. His view is that the community is on board with a proposed ban on mint and menthol and that the only community members against the change are the purveyors of the mint and menthol products and their representative business organizations. His review shows that mint and menthol e-cigarettes often lead to the use of, or continued use of, tobacco products among the young and that this has adverse health consequences, thus supporting a ban on mint and menthol as flavors.

Dr. Epstein indicated that his review of the research, specifically the National Academy of Science report, informed his views. The National Academy of Science was trying to understand the balance of vaping as an exit strategy for adults versus the increased risk of youth addiction. The conclusion of that report came down in favor of the increased risk of youth addiction as the higher priority. Dr. Epstein also noted that the town residents, from which the Board received both written comments and public testimony at its two hearings, were universally in favor of the mint and menthol ban unless those person were involved with the sales or use of the affected products.”

Two regulation changes were suggested by the Board

First the Board moved to change the effective date on page 16 from April 1 to July 1, 2019 to allow the sellers to clear their inventories. This would also allow enough time to inform vendors and residents of the change. There have been no adverse business impacts in Minneapolis or San Francisco.

Mr. McDonald noted that the small setback change on page 8 of the regulation, page 56 in the packet should also be struck.

Dr. Cosgrove made a motion to approve both of these regulation changes as noted above. Dr. Brown seconded. The motion was carried. The vote was unanimous to make the two amendment changes.

ARTICLE 1 Regulation Affecting Smoking and the Sale and Distribution of Tobacco Products in Needham.

Dr. Cosgrove made a motion to approve the flavor ban of mint, menthol, and wintergreen as an amendment to Article 1. Dr. Brown seconded. The motion was carried. The vote was unanimous.

Mr. McDonald noted that the text change would be sent to the Town Clerk and the State Department of Environmental Protection later today. The change will also be posted to the Board of Health website.

Other Business

The Board agreed to designate Mr. Timothy Muir McDonald, Director of Health and Human Services, as its agent, with the power to act on the Board’s behalf. The Board of Health further designated Ms.

Tara Gurge, Assistant Director of Public Health, as the deputy agent with the power to act on the Board's behalf when Mr. McDonald is not available. The Board agreed and signed the paperwork. The Board of Health also agreed to support a statement about the Public Health Division's role to inform and educate the community about public health issues and to explain how policy choices can impact the health and well-being of the community. The Board signed a policy statement to that effect.

A general discussion occurred on the need for a full time Public Health Director to meet the long term department goals. The Board would like the Town Manager to attend a future meeting for this reason so they can state their case for the full time resource needs.

Goals for FY 2019 and FY202, continuation of earlier discussion

The Board noted that the goals include environmental support, prevention goals, and a rearrangement of the staff. Dr. Cosgrove noted the Board packets are sent later because Mr. McDonald has many competing priorities. It is not just the mechanical details of producing the packet that are at issue, but also the content of the packets which are much more.

Dr. Epstein suggested identifying more allies, such as finding more business community support to help improve the efficient operations of the Public Health Division. Dr. Epstein also noted that Park and Recreation has the ability to accept credit cards and the Public Health Division would benefit from this same technological advance. Dr. Epstein also noted that an environmental health agent will be needed for restaurant and food truck inspections. There is also the need for a dedicated staff member to handle youth drug use prevention. Ms. Delano has been a partner with the schools in substance abuse prevention, but she is currently grant funded.

A discussion on the synthetic turf fields report ensued.

Dr. Brown noted that the consultant report didn't find an issue with off-gassing or ground water run-off from the synthetic turf fields. She has questions about some of the methods employed in the testing, and wants to have additional discussion with the consultant (Fuss & O'Neil) before deciding whether or not testing is still required or will still be required in the future." Dr. Cosgrove asked for a report on the new field materials to make sure a new foundation was not required. Mr. McDonald said that he would like the \$5,000.00 operating budget funds available for synthetic turf field testing to be available for other types of environmental health testing as needed (for example, electro-magnetic field (EMF) levels). The Town is developing a town-wide strategy on the placement of sources generating electro-magnetic fields and on sources that provide cellular coverage. Dr. Epstein and Mr. McDonald agreed that the siting guidelines for EMF will be a second topic for the Town Manager at a future Board meeting.

Next Meetings

February 15, 7-9 am

March 8, 7-9 am

Eat Well/Be Fit.

A general discussion occurred on community health including the following: A healthy restaurant week perhaps with demonstrations and recipes adapted for the home kitchen. (These could be coordinated with a nutritionist at Beth Israel Deaconess Needham, and a possible partnership on cooking at home with the YMCA and the cable channel.) Dr. Brown suggested a Healthy Fitness Expo. Ideally the events should be quarterly throughout the year. Other suggestions included partnering with the Farmers Market at least a few times during the season and a quarterly food demonstration at the Center at the Heights. Ms. Zike said that a Heart Healthy February program is already planned as well as a March Diabetes Lunch and Learn at the COA. The Board agreed to discuss further at a future meeting.

Dr. Brown made a motion to adjourn the meeting at 8:35 am. Dr. Cosgrove seconded. Upon motion duly made and seconded, the meeting was adjourned at 8:35 am.

Minutes Respectfully Submitted,

Faith Crisley, Recording Secretary