

To the Honorable Select Board:

The Health Department/Board of Health herewith submits their Annual Report for the period July 1, 2022, through June 30, 2023.

### **REPORT OF THE HEALTH DIRECTOR**

The mission of the Milton Health Department is to achieve the highest level of wellness for all Milton residents by adopting reasonable health regulations, providing preventative health programming, and preparing and planning for public health emergencies and pandemics. Under the guidance of the elected Board of Health, the Board's professional staff assesses the public health needs of the Milton community. The staff addresses those needs by enforcing state and local public health and environmental health regulations and by providing public health nursing services, social services, health promotion activities, emergency preparedness and response planning, community health education and reducing environmental health hazards. The Board of Health consists of three members elected by the residents of Milton.

The Milton Health Department staff is comprised of a full time Director/ Public Health Nurse Caroline Kinsella, a full-time Assistant Health Director Emily Conners, a full time Health Agent which is currently vacant, a full time Community Health Social Worker Anne Grossman, a part-time 16 hr. Public Health Nurse Susan Poirier, and a part-time 21.5 hr. Senior Administrative Clerk Jean Peterson. Additional staff are supported by various grants. The Drug Free Community Grant supports The Milton Coalition part time 30 hr. staffing, which includes Program Director Margaret Carels, and Project

Coordinator Stormy Leung. The Mass in Motion Grant funding enabled the Health Department to hire Milton resident Rina Dennehy as a Community Wellness Coordinator up to 16 hours per week.

### **BIOTERRORISM AND EMERGENCY PREPAREDNESS**

Increasing concern for emergency preparedness requires that the Milton Health Department increase its emergency response capabilities. The Health Department staff continued to be an integral part of the Local Emergency Planning Committee. The LEPC meets during the year to develop response plans for emergencies and reviews the Town's Emergency and Infectious Disease Plans.

### **COVID-19 PANDEMIC**

“Protect, Promote, Prevent” is the mantra of Public Health, to promote healthy communities, encourage healthy behaviors, and prevent the spread of disease. Due to increased vaccination and CDC recommendations, the Health Department was not as busy with case surveillance and contact tracing as the previous year. The pandemic highlighted the lack of infrastructure in local public health departments to manage the magnitude and challenge of COVID-19.

We continued to field many phone calls and emails from concerned residents asking to clarify regulations. The Health Director and Public Health Nurse worked collaboratively with the Milton schools, both public and private, Milton daycares, Curry College and Milton Academy to review guidelines and answer questions.

## **HAZARDOUS MATERIAL COLLECTION**

The Health Department offers a mercury collection program to prevent mercury from entering the waste stream. Items accepted at the Health Department include thermostats, thermometers, button cell batteries, and elemental mercury.

The Health Department provides a Sharps “Needle” Disposal Program in our office. For a small fee, you can purchase Sharps containers to dispose of them properly.

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## **SUMMARY: PUBLIC HEALTH INSPECTIONS**

Food Establishments (routine inspections).....	158
Housing Complaints.....	25
Restaurant/Food Complaints.....	5
Public Health/Environment/Nuisance Complaints.....	24
Rodent/Animal Complaints.....	10
Misc. Inspections (tanning).....	1
Recreational Camps for Children (plan reviews, consultations, and inspections).....	21
Septic System Installation Inspections.....	6
Septic System Percolation Tests/Soil Evaluations.....	3
Septic System Plan Reviews and Consultations.....	4
Trench Permits.....	2
Swimming Pools (public and semi-public).....	7
Beach/Pond.....	1
Stable Inspections.....	9
Chicken Inspections.....	17

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**SUMMARY OF THE BOARD OF HEALTH**  
**PERMITS ISSUED**

Burial Permits.....	726
Disposal/Septic System Construction Permits.....	3
Disposal/Septic System Installers.....	7
Food Establishments.....	74
Farmers Market Food Permits.....	8
Food – Catering Registration.....	2
Food - Temporary Events.....	7
Food – Kitchen Plan Reviews.....	0
Funeral Directors.....	2
Indoor Skating Rinks.....	0
Recreational Camps for Children.....	20
Rubbish Contractors.....	4
Septage Haulers.....	9
Stables – Commercial.....	1
Swimming Pools - Public and Semi-Public.....	7
Ponds.....	1
Tanning Facilities.....	0
Tobacco Retailers.....	9
Mobile Food Trucks.....	22
Septic Plan Reviews.....	4

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**REPORT OF THE PUBLIC HEALTH NURSE**

The Health Department scheduled five seasonal flu clinics, and administered 632 doses of seasonal flu vaccine at Winter Valley, Pierce Middle School, Council on Aging (for all Milton residents) and an Employee Health Clinic. In addition, 45 homebound residents were administered the seasonal flu vaccine in their home.

Other responsibilities of the Public Health Nurse include communicable disease surveillance, Direct Observation Therapy for residents with active tuberculosis, emergency planning and preparedness, town employee/resident blood pressure screenings, community health outreach, Vitamin B-12 administration and summer camp inspections.

A total of 810 COVID-19 laboratory confirmed cases and 149 cases of seasonal flu were reported by the Massachusetts Department of Public Health. A complete listing of the confirmed, probable and suspect cases according to case definitions from the Massachusetts Department of Public Health are on file.

There were less than 5 active cases of tuberculosis this year. The status of 51 latent tuberculosis residents were monitored by their primary care doctors.

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## **REPORT OF THE COMMUNITY HEALTH SOCIAL WORKER**

In 2022 the Milton Health Department received ARPA funds for a full time Community Health Social Worker. This position started in September 2022 and was approved by Town Meeting as an additional service provided by the Health Department. The Community Health Social Worker has continued to provide case management and short-term counseling to Milton residents of all ages who are in need of support. Social services have included application assistance, short term therapy, family support, collaboration with other town and community partners, community referrals, and public health education to town residents of all ages. The social worker secured funding for an emergency

food program for Milton residents. The Community Health Social Worker has also started a weekly collaboration with the Milton Public Library, which offers office hours once a week.

The Community Health Social Worker attended the NACCHO conference in Atlanta, Georgia with Public Health Emergency Preparedness funding. The Community Health Social Worker continues to attend relevant trainings that will assist residents and the Milton Health Department.

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## **COMMUNITY HEALTH ASSESSMENT**

The Milton Health Department was graciously awarded a \$30,000 earmark secured by Massachusetts Senator Walter Timilty, utilizing American Rescue Plan Act (ARPA) funds. Additionally, another \$15,000 was secured by the Norfolk County (8) Public Health Coalition to continue the CHA and provide a roadmap and best practices guide for the seven other communities. Information was collected through stakeholder interviews, focus groups, surveys, and by collecting statistical data from existing reports that will help us understand and address Milton's greatest health needs, and identify who may be at greatest risk. After epidemiologists analyzed the findings, this data will be used to inform the development of a Community Health Improvement Plan (CHIP), or a strategic action plan, which will focus on addressing preventable illnesses and injuries, as well as the mental and behavioral health needs of residents. This process is a best practice for local health departments to engage in.

The Milton Health Department will have the Community Health Assessment completed by the Spring of 2024. Next steps will be the creation of a Community Health Improvement Plan (CHIP).

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### **PARTNERSHIP FOR A HEALTHY MILTON INC.**

The Partnership for a Healthy Milton (PHM) is a 501c3 non-profit organization, established in 2018, to advance the public's health by strengthening resources, practices and policies which embrace prevention strategies and health equity principles through broad community collaborations. Over the past year, they have been serving as advisors to the Milton Health Department on developing its first Community Health Assessment

The Board members include Co-Directors Priscilla (Pat) Neves and Dr. Linda Hudson, Secretary Laurie Stillman, Treasurer Deborah Milbauer, and members Dr. Marian Hannan, Stefano Keel, Deborah Greene Muse, Jonathan Pincus M.D., Dr. Patricia Janulewicz-Lloyd and Health Director Caroline Kinsella served in an ex-officio capacity.

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### **REPORT OF THE MILTON COALITION**

The Milton Coalition is a program of the Milton Public Health Department. Members of the Coalition represent different sectors in our community, including residents and town leaders charged with making policy and programmatic decisions within their own departments. The

Milton Coalition has achieved a great deal over the past year to prevent and address youth substance use as well as promote positive mental health, thanks to the strong partnerships and volunteers that the Coalition has fostered across Town. The Milton Coalition applied for and was awarded \$125,000 per year by The Center for Disease Control and Prevention (CDC) for years 6-10 of our grant. Another \$125,000 in financial and in-kind support was raised to match the grant, for a total of \$250,000 of public health resources for Milton. This includes a legislative earmark secured by Senator Walter Timilty, donations from the Mike's 5K to Crush Substance Abuse, a grant from the BID-Hospital Milton, as well as multiple donations from private citizens, civic organizations, and faith communities. These dollars contribute to various primary prevention initiatives.

To learn more about substance use prevention, behavioral health resources, please visit our website, maintained by exceptional volunteer and Milton resident, Steve Nelson, at [www.milton-coalition.org](http://www.milton-coalition.org).

The Milton Coalition, formerly known as the Milton Substance Abuse Prevention Coalition, focuses on two main goals: 1) building the capacity of the Town to address youth substance use and mental health and 2) reducing youth substance use in Milton. The Coalition was awarded another 5 years of federal funding through the Drug-Free Communities Support Program. To address these goals, the Coalition continues to work within the community and with regional partners such as the Norfolk District Attorney's Office and the Building Up Youth Regional Collaborative.

One of the key areas the Coalition continued to work on was supporting our youth coalition and their work to



help make Milton a place that can better support teens, enhance their involvement in town decisions, and improve their prosocial opportunities. The Milton Youth Advocates for Change (MYAC) is a community-based group, open to all Milton teens aged 13-18. Five MYAC youth had the opportunity to attend a national conference in Orlando, Florida to learn more about youth substance use prevention. MYAC members also attended the Norfolk County District Attorney's Peer Leadership Conference in November, and met with local policy makers to advise them from the youth perspective and worked to educate their peers about mental health.

The Coalition continued to invite speakers to the community. Dr. Kevin Hill, an addiction psychiatrist, Director of the Division of Addiction Psychiatry at Beth Israel Deaconess Medical Center and an Associate Professor of Psychiatry at Harvard Medical School, provided great information about the effects of marijuana, prevention, and signs of use as well as treatment to the Milton community.

Katie Greer spoke to the Milton community about keeping youth safe in the digital world. Katie Greer talked to middle school students, as well as to parents in an evening event. She educated parents about the link between social media and drugs and alcohol, updating them on the latest apps and trends. Educating parents and students on social media is an important part of learning substance use prevention skills for teen students and parents in Milton.

The Milton Health Department, Milton Coalition, and the Milton Police Department collaborate twice a year to hold a Prescription Take Back Day (once in October and once in April). On the October take back day, 459 lbs of

drugs and medication were collected. In the April Prescription Take Back Day, 383 lbs of drugs and medication were collected. The amount collected includes the amount that was dropped off at the events and the amount that was dropped off in the kiosk that is available 24/7 in the lobby of the police station.

The Milton Coalition continues to run the “Sticker Shock” campaign during the week of Thanksgiving as a reminder to adults of the social host ordinance consequences, which includes fines and potential prison time if an adult provides alcohol to minors. These stickers are put onto participating retailers’ take-out containers and bags. We are proud to have terrific partners in the business community.

This year, the Coalition was contacted by the Cunningham Park Foundation Board requesting that we assist them in addressing the underage gathering and substance use that has been going on in the woods of Cunningham Park for decades. We have worked on strengthening our relationship with them, inviting them to many events and Coalition meetings

A community assessment was conducted and presented to the schools and community on the trends of youth substance use. Overall, youth substance use rates have declined, but mental health concerns are increasing. For more information on the findings, visit [www.milton-coalition.org/community-assessment-reports](http://www.milton-coalition.org/community-assessment-reports) .

In April 2023, the Milton Coalition hosted the Town’s first vigil, “Light the Way: Milton’s Annual Vigil remembering lives lost to overdose and substance use disorder”. In addition to the stories of loss, information

about substance use disorder and naloxone training was made available.

To keep Milton residents informed, staff and volunteers continue to write a monthly column in the Milton Times called, “Mind Matters”. A monthly newsletter is produced and distributed with upcoming events, news, and resources. Along with our website, our Facebook page (@MiltonCoalition), is continually updated with information about the Coalition’s activities, information for adults and teens, as well as services to help families cope with a variety of drug, alcohol, and other behavioral health issues.

The Milton Coalition wants to thank our major contributors including the Federal Drug Free Communities Grant, a state earmark sponsored by Senator Walter Timilty, a grant from BID Hospital-Milton, generous support from Mike’s 5K to Crush Substance Abuse, and all the individual donations to the Coalition. We are proud of all that we have accomplished, and our prevention work will continue.

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**REPORT OF THE COMMUNITY HEALTH  
AND WELLNESS PROGRAM  
COORDINATOR/MASS IN MOTION GRANT**

In 2022 Milton received grant funding through the State's Mass in Motion leadership program for a part-time Wellness Coordinator, who will work in conjunction with the Coordinators in Quincy, Weymouth and Randolph. With the guidance of personnel from Bay State Community Health, these four Coordinators will work towards reducing

health disparities by promoting healthy eating and active living.

This grant program is made possible through a public/private partnership including state, federal and private funds. This work will look through a Diversity, Equity and Inclusion lens and encourage the participation of people with lived experience. Initially, the two focus areas will be understanding food access and encouraging healthy food options, and helping overcome language barriers particularly in health care and related spaces.

Community leaders were interviewed to gather information about current problem areas, strengths and weaknesses of resources in town. Concise briefings from these information gathering meetings were submitted for the Health Director's review. \_\_\_\_\_

## **REPORT OF THE INSPECTOR OF ANIMALS**

Local Board of Health Regulations, Chapter 1, governs the (*The Keeping of Animals in the Town of Milton*) for both commercial and private uses. To ensure compliance with the local regulations and pursuant to the Massachusetts Department of Food & Agriculture, Division of Animal Health, the Milton Health Department annually inspects the one commercial stable in Milton and the nine privately licensed stables. The inspections assessed cleanliness and sanitation, bedding supplies for the animals, food storage practices, and most importantly, monitored the manure storage and handling. The inspections are critical to avoid the creation of nuisance conditions and breeding grounds for rodents and other pests.

Inspections of chicken coops occur after complaints, and routine annual inspections of chicken coops are required. The Animal Inspectors retain a record of those residents that raise chickens. Residents are encouraged to notify the Animal Inspector if they keep domestic fowl, but a permit is not required. Please call the Health Department at 1- 617-898-4886. Residents are also encouraged to call the Inspectional Services Department to ensure proper setback requirements of coops and pens per zoning regulations.

During this fiscal year the following numbers of animal quarantines were issued:

10 days.....	26
45 days.....	16
4 months.....	0
Total quarantines.....	42

**APPRECIATION**

The Health Department would like to thank Septic and Title 5 consultant Paul A. Brogna, P.E. of Seacoast Engineering for his invaluable assistance, knowledge, and proficiency. Paul works tirelessly to review submitted subsurface sewage disposal plans and ensures their compliance with the State Environmental Code Title 5 regulations. He is always patient, knowledgeable and a pleasure to work with.

The Health Department would like to thank Milton Animal Control Officer Nancy Bersani, who is also one of the designated Animal Inspectors. She provides our Department assistance with the responsibilities of the

Animal Inspector and contributes her invaluable knowledge, expertise, and dedication.

Thank you very much to Steve Nelson who has volunteered his time and talents managing the Milton Coalition website and for documenting a photographic journey of our growing Coalition over the last six years.

The Milton Times has continued to report on many of the Milton Coalition achievements pro bono and has been a champion of Public Health.

In closing, the Health Department and Board of Health would like to express its gratitude to each of the other Town departments and agencies, for their professional assistance and support.

Respectfully submitted,

A handwritten signature in cursive script that reads "Caroline A Kinsella". The signature is written in black ink and is positioned above the printed name and title.

Caroline A. Kinsella, BSN., R.N., R.S.  
Health Director/Public Health Nurse

### **Elected Milton Board of Health**

Roxanne Musto, RN-C, MS, ANP, Chair  
Laura T. Richards, Esq., Secretary  
Mary F Stenson, R.N., BSN, Secretary