

To the Honorable Board of Selectmen:

The Board of Health herewith submits their Annual Report for the period July 1, 2017 through June 30, 2018.



## **REPORT OF THE HEALTH DIRECTOR**

The mission of the Milton Board of Health 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. 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, health promotion activities, emergency preparedness and response planning, community health education and by reducing environmental health hazards. The Board of Health consists of three members elected by the citizens of Milton, a volunteer Medical Advisor, Dr. Anthony Compagnone, and a professional staff comprised of a full time Director/ Public Health Nurse, a full-time Health Agent, and a part-time Senior Administrative Clerk. This year we were delighted to congratulate Mary F. Stenson on her election and Laura Richards on her reelection to the Board of Health.

### **Bioterrorism, Pandemic Flu, and Emergency Preparedness**

Increasing concern for emergency preparedness requires that the Board of Health 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, works with the Emergency Management Department, and reviews the Town's Emergency and Infectious Disease Plans.

The Health Department staff also continued its participation in the statewide region 4B for local response to bioterrorism preparedness. We received a grant for \$6,935.12, which was used for training and equipment to enhance local public health emergency preparedness. Our region consists of 26 communities surrounding Boston, with a total population of just under one million. The goal of the regional system is to ensure adequate resources are available to prepare and protect residents from terrorist attacks, pandemic flu and natural disasters and to develop and implement plans, procedures and protocols to ensure effective and efficient coordination of public health and public safety resources. The Milton Emergency Operations Plan Manual has

been updated so that the Health Department team will have a resource readily available to them in case of an emergency. Regional representatives meet monthly to plan and develop a model for effective and efficient delivery of all public health services, not just emergency or bioterrorism response. The Health Department also works closely with BID-Milton Hospital.

The Milton Medical Reserve Corps (MRC), along with the Towns of Canton, Dedham, Needham, Norwood, Wellesley and Westwood, participated in emergency preparedness trainings and drills (collectively referred to as the NC-7).

### **Environmental Health**

Environmental health activities are determined by legal mandate, complaints, licensure, permit requirements, inquiries and regulatory enforcement of local and state regulations. Activities include the licensing and inspections of food establishments, housing code inspections and enforcement actions, public and semi-public swimming pools, beaches, solid waste handling practices, animal, insect and rodent control, and the abatement of general nuisances. Additional concerns include asbestos removal, lead in the environment, hazardous waste and indoor air quality. The Health Director and Health Agent attended public health organization, state and national trainings this year on numerous environmental health topics.



**Wollaston Golf Club Pool**

The Health Department is now working with the Town Treasurer James McAuliffe and the Attorney General's Office on a program called the "Abandoned Housing Initiative." Blighted and neglected properties, abandoned by their owners in residential areas, create safety and health hazards. This program works to identify abandoned residential properties in Milton, appoint a receiver, and bring the property into compliance with the State Sanitary Code.



**Distribution box inspection**

The Health Department would like to thank our 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 wastewater treatment plans and ensures their compliance with the State Environmental Code Title 5 regulations. He is patient, knowledgeable and a pleasure to work with.

### **Website**

The Health Department's web page contains useful health information as well as meeting schedules and minutes, annual reports, regulations, application forms and lists, fee schedules, important web links and emergency preparedness information for residents and the Medical Reserve Corps. Please visit us at [www.townofmilton.org](http://www.townofmilton.org), click on 'Departments', then 'Health Department'. We have also created a Facebook page (Milton Board of Health) and Twitter account (@miltonboh) to keep residents up-to-date on local public health and as a means of communication during emergencies.

### **Norfolk County Mosquito Control District**

The threat of West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE) continued this year. The Norfolk County Mosquito Control Project (NCMCP) continued to focus on source reduction, water management, larviciding, salt marsh management, mosquito trapping and testing, and ground-based nuisance spraying for mosquitoes based on residents' requests and mosquito activity monitoring.

### **Massachusetts Environmental Health Association (MEHA)**

This organization is devoted to improving local public health practice and increasing educational and funding opportunities for local boards of health.

## **Tobacco Control**

The Health Department continued its enforcement of the Tobacco Control Regulations aimed at preventing the sale of tobacco to persons under 21 and the sale of flavored tobacco products. This year, the Milton Board of Health adopted a 15-foot smoke-free buffer zone regulation for all municipal building entrances.

## **Public Health Outreach**

Our efforts in this area included distribution of educational materials, press releases and cable television releases on pertinent public health issues, including emergency preparedness. We also assisted in numerous requests for information on radon, lead paint, asbestos, Title 5, septic systems, safe food handling practices, mosquito control, West Nile Virus, Eastern Equine Encephalitis and Rabies. A monthly health article is written and submitted to the local newspaper, the Milton Times.

## **Mercury Recovery Program**

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. Also, a free digital thermometer was provided for every household that brought in mercury thermometers.

## **Medication and Sharps Disposal Program**

The police station provides a 24/7 medication disposal option for residents. The Health Department also provides a sharps disposal program in our office. For a small fee, you can purchase sharps containers to dispose of them properly.

## **Summary of Inspectional Services**

Food Establishments (routine inspections, re-inspections & consultations).....	236
Housing Code Enforcement .....	37
Restaurant/Food Complaints.....	11
Public Health/Environment/Nuisance Complaints .....	63
Rodent/Animal Complaints .....	49
Misc. Inspections (tanning).....	1
Recreational Camps for Children (plan reviews, consultations and inspections).....	7
Septic System Installation Inspections.....	26
Septic System Percolation Tests/Soil Evaluations.....	11
Septic System Plan Reviews and Consultations .....	15
Trench Permits .....	11
Swimming Pools (public and semi-public).....	20
Beach/Pond .....	10
Demolition Policy Reviews .....	21

Tobacco Inspections.....	10
Stable Inspections .....	10

### **Summary of Board of Health Permits Issued**

Burial Permits .....	603
Disposal/Septic System Construction Permits.....	7
Disposal/Septic System Installers .....	19
Food Establishments .....	85
Seasonal Food Permits .....	9
Food – Catered Events .....	4
Food - Temporary Events.....	17
Food – Kitchen Plan Reviews.....	5
Residential Kitchen.....	4
Funeral Directors.....	9
Indoor Skating Rinks .....	1
Recreational Camps for Children.....	7
Rubbish Contractors.....	12
Septage Haulers.....	7
Stables - Commercial.....	1
Stables - Private .....	9
Swimming Pools - Public and Semi-Public .....	8
Beaches .....	1
Tanning Facilities.....	1
Tobacco Retailers.....	9

### **REPORT OF THE PUBLIC HEALTH NURSE**

The 2017-2018 seasonal influenza season was moderate. We had 90 confirmed cases of flu in the Town of Milton. We scheduled nine seasonal flu clinics, which included all the senior housing sites, Pierce School, Fontbonne Academy, Senior Center (for all town residents) and an Employee Health Clinic. Other responsibilities include communicable disease surveillance, Direct Observation Therapy for active Tuberculosis patients, emergency planning and preparedness, town employee blood pressure screening, community health outreach, summer camp inspections to screen for proper immunizations, and public health nurse resource for the schools and community. The Health Director/Public Health Nurse attended monthly Board of Health, NC-7, LEPC (Local Emergency Planning Committee), and MAPHN (Massachusetts Association of Public Health Nurse) meetings and submitted monthly reports.

### **COMMUNICABLE DISEASES**

A total of 211 confirmed, contact, suspect or probable communicable diseases were reported during the year. 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 no cases of Active TB this year. The Tuberculosis status of 17 latent TB residents were monitored throughout the year. These residents were followed at the tuberculosis clinic and prescribed medications as per protocol.

## COMMUNITY HEALTH

A total of 972 doses of seasonal flu vaccine were administered at numerous clinics and schools. The Massachusetts Department of Public Health only provides flu vaccines for children and Mass Health patients. This year, the Health Department had to increase the number of privately purchased vaccines that we would need to supply for our flu clinics.

Two residents receive monthly Vitamin B-12 vaccines.

Seven recreational summer camps were inspected, and health records for children and counselors were reviewed for current immunization status. Camp policies and procedures were reviewed as well as medications administered at camps.



Celebrate Milton

The Health Director and Public Health Nurse collaborated with Judy Jacobs, Executive Director of the Friends of the Blue Hills, and Denny Swenson, resident and member of the Planning Board in a presentation for all the fourth grade Milton public school children about prevention and awareness of Lyme disease in the Community.

The Health Department sponsored the first town employee blood drive in honor of Hannah Serpa, a two year old Milton resident who was diagnosed with acute lymphoblastic leukemia. Thirty seven pints of blood were collected.

The Health Department in partnership with the Milton Library does blood pressure checks on the first Tuesday of the month at the library.

The Health Department in partnership with the Parks and Recreation Department submitted a grant to BID-Milton Community Health Grant for canopies for some of the baseball

and softball fields in Milton where there is increased sun exposure. The grant was denied, but we will try again next year. In collaboration with the Parks and Recreation Department the Health Department sponsored a SunAware program through the Children's Melanoma Prevention Foundation for the staff and counselors who work in the town recreation program.

## **EDUCATION/PLANNING**

During the year, the Health Department obtained continuing education credits for seminars attended at the annual conferences of MAPHN, MEHA, and MHOA (Massachusetts Health Officer's Association). In addition, the Local Public Health Institute provided online CEU's.

## **COMMUNITY RELATIONS**

The Health Department Director/Public Health Nurse serves as the Chair of the Milton Substance Abuse Prevention Coalition and is a Member of the following organizations: Region 4B Local Emergency Planning Committee, Region NC-7 Local Emergency Planning Committee, Massachusetts Health Officers Association, CHNA 20, Massachusetts Association of Public Health Nurses, Health and Wellness Committee at Milton High School, BID Milton Community Benefits Committee. Caroline Kinsella was elected President of the Massachusetts Association of Public Health Nurses State organization in April 2017. In addition she has previously served on the board in the role of Treasurer.



**Kathy Lavery, Caroline Kinsella and Deborah Milbauer at an MSAPC event**

## COMMUNITY OUTREACH

The Milton Substance Abuse Prevention Coalition (MSAPC) is one of the most exciting initiatives within the Milton Public Health Department. Comprised of over 550 members and 15 Core Stakeholders, who are residents charged with making policy and programmatic decisions the Milton Substance Abuse Prevention Coalition (MSAPC) has achieved a great deal over the past year to prevent and address substance abuse, thanks to the strong partnerships and volunteers that the Coalition has fostered across town.

Two packed community meetings in the Fall and Spring provided residents an opportunity to learn about and address underage drinking and mental health issues in Milton. The Fall meeting was billed as a “Listening Session with Police Chief John King”, where students and adult participants discussed why there was such a significant youth drinking problem in Milton and the truth about regular binge drinking in “The Woods” behind Cunningham Park. The second meeting was a student-run presentation at the library about the emotional challenges that teens face in Milton, and their perspectives about what could be done about them.

MSAPC received another grant from the Blue Hills Community Health Alliance to work with the Milton Police Department and the Milton Public Schools to enhance their offerings to support community residents and students who are struggling with substance use and mental health disorders. These new initiatives will hopefully be launched over the coming year. MSAPC brought together Town departments and private funders to make the Interface Referral Services available in the Town of Milton. Offered by William James College, the Interface Helpline allows Milton residents to obtain free and personalized referrals for their substance use and mental health challenges. In just the first few months of operation, Milton families are robustly utilizing this valuable resource. The Helpline number is 888-244-6843 and is available Monday-Fridays, 9am-5pm. The Milton Rotary Club has teamed up with MSAPC to help promote awareness about the program across Town. MSAPC has partnered with the school system to offer parents and students educational programs to reduce the use of drugs and alcohol throughout the year.

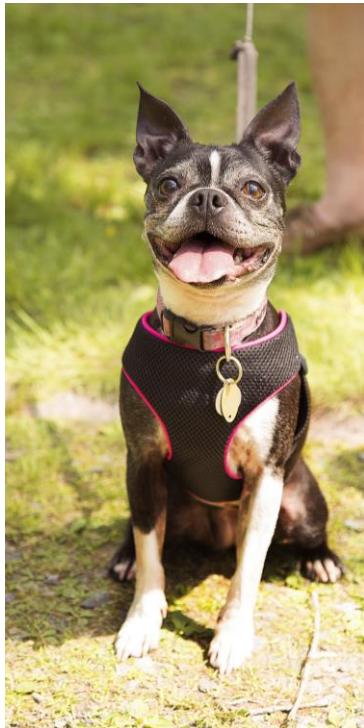
Last October, *Mikes 5K to Crush Substance Abuse* raised nearly \$55,000 from residents and sponsors, half of which supports the ongoing efforts of MSAPC. In the inaugural event, in honor of Mike Mulcahy, a beloved Milton resident who died of an overdose, over 600 people walked or ran about 3 miles from Cunningham School with banners and signs to raise awareness about the disease of addiction. Additionally, thanks to a State budget earmark made available by Senator Walter Timilty, MSAPC was able to continue its work and design campaigns to reduce the stigma of addiction and increase parent efforts to keep their children safe.

MSAPC’s Steering Committee is committed to the long-term sustainability of the Coalition. After a robust search, they hired the Coalition’s first Director this year, resident and public health expert Laurie Stillman. She works with Deborah Milbauer, also a Milton resident and public health consultant. The Steering Committee is comprised of Caroline Kinsella, Dr.

Susan Koch-Weser, Stefano Keel and Vicki McCarthy.

To learn more about the findings in our community assessment, the proposed strategies in our strategic plan, or to find educational resources for preventing and coping with substance abuse, please visit our website, maintained by volunteer Steve Nelson, at [www.milton-coalition.org](http://www.milton-coalition.org).

We hope you will join us!



Winnie Egan 2005-2018



Zizi Miller

## REPORT OF THE INSPECTOR OF ANIMALS

Local Board of Health Regulations, Chapter 1, governs the *Keeping of Animals* 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 inspected 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, but routine annual inspections of chicken coops are not required. The Animal Inspectors keeps a record of people keeping chickens in Milton and residents are encouraged to notify the Animal Inspector if they keep domestic fowl.

All biting and scratching incidents reported to the Health Department were investigated to

make sure that the animals involved were current on their rabies inoculations. The investigations included both animal-to-human contact, as well as animal-to-animal contact. Various types of quarantines were issued (isolation, strict confinement or close observation) depending on the circumstances of the contact and the immunization status of the animals involved. Follow-up was conducted at the end of the quarantine periods to authorize the release of the animal. During this fiscal year the following numbers of quarantines were issued:

10 days.....	28
45 days.....	22

Due to the sharp rise in the incidence of rabies in our community and throughout the State, animals suffering from wounds of unknown origin receive the strictest quarantine. The time period varies from 45 days to 6 months, depending on the vaccine status of the animal. Domestic animals who bite humans or other animals receive a 10-day strict confinement order. Regular contact is required to assess the health status of all animals under quarantine and to make sure that they are quarantined as defined by the State Department of Food & Agriculture Division of Animal Health.

The Health Department would like to thank Milton Animal Control Officer Nancy Bersani, who is also one of the designated Animal Inspectors. She provides assistance with the responsibilities of the Animal Inspector and contributes her invaluable knowledge, expertise, and dedication.

Respectfully submitted,

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

In August 2017, the Health Department welcomed part-time Public Health Nurse Susan Poirier. Susan is competent, professional, and has mastered so many different aspects of public health nursing. She is a wonderful addition to the staff, and is very dedicated and passionate in her new nursing position.

We would like to thank senior volunteer Ms. Kathleen Gillis, who has volunteered for a second year in the Health Department. The Health Department has also taken on two students who have volunteered their time and talents. Intern Melissa Miller, a Boston University Master's of Public Health student, has volunteered 240 hours researching best practices, reviewing well regulations, creating a report as a guide for developing private well regulations, updating the septic system database and working independently on a number of different health projects. Meagan Kim, Regis College Nursing Student, volunteered 60 hours to shadow the Public Health Nurse and run blood pressure clinics at the Farmers Market. All were a great addition to the Health Department and we were lucky to benefit from their dedication and hard work.

The Health Department would also like to recognize Anne T. Fidler, ScD, who served as

a Board of Health member for 10 years. Anne was very knowledgeable, enthusiastic, and experienced in a variety of Public Health areas. She lent her expertise and understanding of the expanding field of Public Health and brought insight and intelligence in numerous cases before the Board of Health.

The Milton Substance Abuse Prevention Coalition made great strides this year with the support and dedication of our Coalition Director Laurie Stillman and Public Health Consultant and Milton resident, Deborah Milbauer.



**Anne Fidler and Laurie Stillman**

The Milton Interfaith Clergy Association's 2017 Thanks-For-Giving Honorees in Public Health were Laurie Stillman and Anne Fidler. Laurie and Anne have been instrumental in addressing public health needs and promoting health and wellness in our community.

In closing, the Health Department and Board of Health would like to express its gratitude to each of the other Town departments and agencies, without whose help our work would be more difficult.

Respectfully submitted,

The Board of Health:  
Roxanne Musto, RN-C, MS, ANP, Chairman  
Laura T. Richards, Esq., Secretary  
Anne T. Fidler, Sc.D, Member \*  
Mary F. Stenson, RN, BSN, Member\*\*

\*Anne Fidler, resigned July 2017 due to relocation

\*\*Mary Stenson, appointed November 2017