

To the Honorable Board of Selectmen:

The Board of Health herewith submits their Annual Report for the period July 1, 2016 through June 30, 2017.



## 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 Roxanne Musto on her re-election to the Board.



BID Milton Hospital Community Health Walk  
Caroline Kinsella, Erin Egan and Jean Peterson  
Baby Audrey Egan

### **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 \$7,705.69 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. 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.

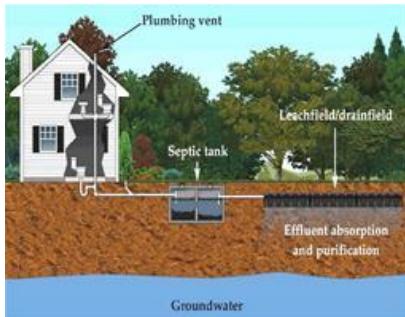
The Milton Medical Reserve Corps (MRC), along with the Towns of Canton, Dedham, Needham, Norwood, Wellesley and Westwood, participated in emergency preparedness trainings and drills (collectively referred to as the NC-7).

### **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.



The Health Department spent many hours managing a hoarding case and working with a receiver to bring a property into compliance with the States' Minimum Standards of Fitness for Human Habitation. 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.



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, larvicide, 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.

### 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.

### **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).....	147
Housing Code Enforcement (includes inspections, lead determinations & court actions). .	33
Restaurant/Food Complaints.....	12
Public Health/Environmental/Nuisance Complaints.....	38
Rodent/Animal Complaints.....	15
Misc. Inspections (tanning).....	1
Recreational Camps for Children (plan reviews, consultations and inspections).....	7
Septic System Installation Inspections.....	10
Septic System Percolation Tests/Soil Evaluations .....	3
Septic System Plan Reviews and Consultations .....	12
Trench Permits.....	3
Swimming Pools (public and semi-public) .....	27
Beach/Pond.....	10
Demolition Policy reviews.....	24

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

Burial Permits .....	571
Disposal/Septic System Construction Permits.....	4
Disposal/Septic System Installers .....	11
Food Establishments .....	76
Seasonal Food Permits.....	8
Food – Catered Events .....	4
Food - Temporary Events.....	14
Food- Kitchen Plan Reviews.....	6
Residential Kitchen.....	3
Funeral Directors.....	9
Indoor Skating Rinks .....	1
Recreational Camps for Children.....	7
Rubbish Haulers.....	7
Septage Haulers.....	5
Stables - Commercial .....	1

Stables - Private .....	7
Swimming Pools - Public and Semi-Public .....	8
Beaches.....	1
Tanning Facilities.....	1
Tobacco Retailers.....	9

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

The 2016-2017 influenza season was mild. 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 212 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 22 latent TB residents was monitored throughout the year. These residents were followed at the tuberculosis clinic and prescribed medications as per protocol.

### **COMMUNITY HEALTH**

A total of 743 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.

The Health Department participated in a three mile Community Walk organized by BID Milton Hospital. This annual walk also includes awarding grants to community organizations. The Health Department attends this event every year, in mutual support of the hospital.

The Health Director 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.

## 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 and she has been the Volunteer Treasurer for the South East Chapter of the MAPHN since May 2014.



Deborah Milbauer, Caroline Kinsella, Laurie Stillman and Police Chief King

## COMMUNITY OUTREACH

The Milton Substance Abuse Prevention Coalition (MSAPC) is one of the most exciting new initiatives within the Milton Public Health Department. Over the past three years, we have grown our membership to 350 community residents and supporters. Our Core Stakeholder Group, which is comprised of fifteen adult and student Milton leaders, meets regularly to plan programs, directions and policies important for reducing youth substance misuse in Milton.

Last year MSAPC released its community assessment, which synthesized data collected from student and parent surveys, focus groups, and key stakeholder interviews to paint a portrait of substance use in Milton. The assessment also examined the community drivers of youth

substance use. In Milton, youth have high rates of binge drinking and regularly using marijuana, as well as report high rates of depression and anxiety. In addition, opioid addiction is increasing in Milton—especially among young adults. Nearly one in five Milton parents indicated on the Parent survey that they have an immediate family member in recovery. Substance abuse touches all of us.

It is important to know that nine out of ten cases of addiction begin with regular use in the teenage years. That is why our Coalition's focus is on preventing and delaying use until adulthood, through media campaigns, educational programs, and safer community practices.

In December 2016, seventy Milton leaders, community residents and students came together to analyze the data from our community assessment, familiarize ourselves with proven community prevention strategies, and prioritize our work over the coming five years. The community priorities are included in our newly-created Strategic Plan. Our challenge now is to be able to finance the implementation of the strategies contained in the Strategic Plan, as our multi-year grant from the Blue Hills Community Health Alliance will be ending in April 2018.

The MSAPC was bestowed a Community Hero Award on September 28, 2016 at the South Shore Hospital's annual Youth Substance Use Conference. The award acknowledged the MSAPC's efforts to build awareness and action to address youth alcohol and drug use in our town. Over 300 people attended, many from Milton, including students from MHS's SADD group with their advisors Karen Hughes and Robin Lee.



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!



## **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 seven 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. The Animal Inspectors also keep a record of people keeping chickens in Milton. 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.....	19
4 months.....	2

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. 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 September 2016, the Health Department welcomed new Health Agent Erin Egan. She is organized, detail-oriented and enthusiastic about public health. Erin is very motivated, self-directed and a great asset to the Health Department.

We would like to thank Ms. Kathleen Gillis, a senior volunteer and Ms. Lenore McBrearty, an intern from UMass Boston, both of whom volunteered in the Health Department this year. They were very helpful researching practices, creating spreadsheets and working independently on a number of different public health projects. Both were a great addition to the Health Department and we were lucky to benefit from their talents.

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

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