

To the Honorable Select Board:

The Board of Health herewith submits their Annual Report for the period July 1, 2018 through June 30, 2019.



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

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, a part-time Public Health Nurse and a part-time Senior Administrative Clerk. This year we were delighted to congratulate Mary F. Stenson on her re-election to the BOH for a three-year term.

### **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, and reviews the Town's Emergency and Infectious Disease Plans.

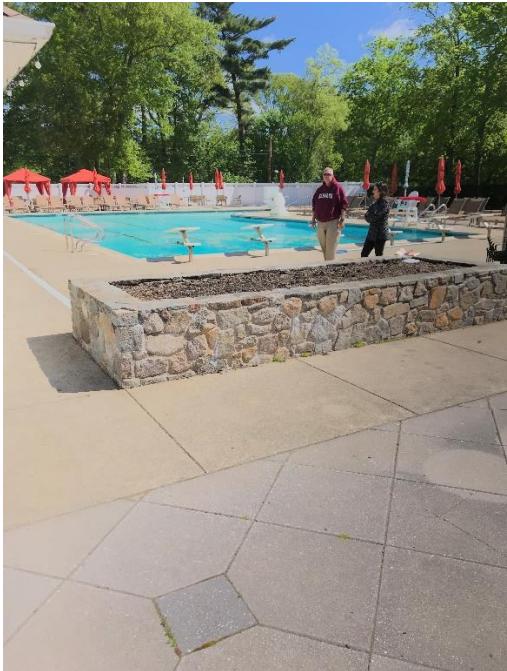
The Health Department staff also continued its participation in the statewide region 4B for local response to bioterrorism preparedness. We received a grant for \$3,009.12 which was used for training and equipment to enhance local public health emergency preparedness. Our region consists of 26 communities 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, Walpole and Westwood, participated in emergency preparedness trainings and drills (collectively referred to as the NC-8).

### **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**



**Milton Academy Hockey rink air quality**

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



Septic System Drain Field

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 and the sale of flavored tobacco products. This year, the Milton Board of Health enacted a retail tobacco store cap. The basic cap limits the Tobacco Product Sales permits to nine establishments.

### **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 oral 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 .....	19
Restaurant/Food Complaints.....	9
Public Health/Environment/Nuisance Complaints .....	44
Rodent/Animal Complaints .....	24
Misc. Inspections (tanning).....	1
Recreational Camps for Children (plan reviews, consultations and inspections).....	10
Septic System Installation Inspections.....	24
Septic System Percolation Tests/Soil Evaluations.....	11
Septic System Plan Reviews and Consultations .....	11
Trench Permits .....	5
Swimming Pools (public and semi-public).....	20
Beach/Pond .....	10
Demolition Policy Reviews .....	12
Tobacco Inspections.....	9
Stable Inspections .....	10

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

Burial Permits .....	615
Disposal/Septic System Construction Permits.....	8
Disposal/Septic System Installers .....	12
Food Establishments .....	84
Seasonal Food Permits .....	11
Food – Catered Events .....	2
Food - Temporary Events .....	19
Food-Mobile Food Trucks.....	4
Food – Kitchen Plan Reviews.....	2
Residential Kitchen .....	4
Funeral Directors .....	9
Indoor Skating Rinks .....	2
Recreational Camps for Children.....	10
Rubbish Contractors.....	8
Septage Haulers .....	15
Stables - Commercial.....	1
Stables - Private .....	9
Swimming Pools - Public and Semi-Public .....	8
Beaches and Ponds.....	1
Tanning Facilities.....	1
Tobacco Retailers.....	9

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

The 2018-2019 seasonal influenza season was moderate. We had 87 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-8, LEPC (Local Emergency Planning Committee), and MAPHN (Massachusetts Association of Public Health Nurse) meetings and submitted monthly reports.

### **COMMUNICABLE DISEASES**

A total of 208 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.

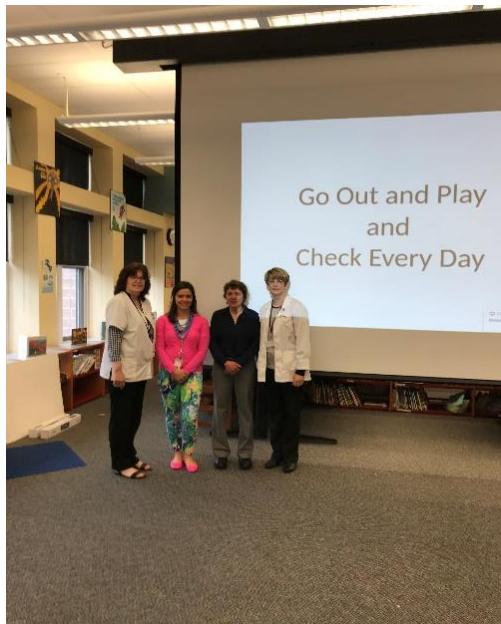
There were no cases of Active TB this year. The Tuberculosis status of 17 latent TB residents were monitored throughout the year. These residents were followed at the tuberculosis clinic and prescribed medications as per protocol.

### **COMMUNITY HEALTH**

A total of 995 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. All the flu vaccines have to be documented in the MIIS State tracking system and processed for reimbursement thru Commonwealth Medicine, which was very time consuming.

Two residents receive monthly Vitamin B-12 vaccines.

Ten 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.



Lyme Disease presentation



Culture of Health Seminar

The Health Director and Public Health Nurse collaborated with Judy Jacobs, Executive Director of the Friends of the Blue Hills, and Justine Novak, future problem solving educator for all the fourth grade Milton elementary schools to promote prevention and awareness of Lyme disease in the Community. The message is “Go out and Play and Check Every Day” for ticks.

The Public Health Nurse in partnership with the Milton Public Library performs blood pressure checks on the first Tuesday of the month at the library.

The Health Department in partnership with the Massachusetts Action Coalition (MAAC) and the National Library of Medicine led a Culture of Health Seminar for “Savvy Seniors”. This seminar entitled Food and Fitness was a discussion about Healthy Food Choices. BID Hospital-Milton Clinical Nutrition Manager, Alyssa Principe was instrumental in the presentation.

## 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-8 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 Hospital- Milton Community Benefits Committee, and Solid Waste Advisory Committee.

Caroline Kinsella was elected President of the Massachusetts Association of Public Health Nurses State organization in April 2017 thru May 2019. In addition, she has previously served on the MAPHN Board in the role of Treasurer.

Caroline received the MAPHN Public Health Nurse Award of the year for her dedication and work in the field of Public Health Nursing. Public Health Nursing practice primarily focuses on promoting the well-being of populations, with the goal of promoting community health and preventing disease and disability. Caroline submitted an abstract and poster presentation to the American Public Health Association which was accepted for a poster session at the annual APHA 2018 San Diego meeting. The abstract was entitled “Building partnerships to improve population health in your community”, the coalition building poster highlighted the formation of the Milton Substance Abuse Prevention Coalition.



## APHA Annual Conference Poster Presentation in San Diego CA.

## PARTNERSHIP FOR A HEALTHY MILTON

Partnership for a Healthy Milton was officially recognized as a tax-exempt organization on February 15, 2018, The purpose of the Partnership for a Healthy Milton, INC was to establish a non-profit organization which promotes and protects the health and wellbeing of Milton residents and Town of Milton workforce. Through collaborations with community leaders,

residents, and partnering organizations, Partnership for a Healthy Milton will support a variety of public health and behavioral health activities in the town of Milton Massachusetts. These programs and initiatives will work to promote healthy people in a healthy community environment, including the social determinants of health and health equity. Partnership for a Healthy Milton will emphasize the prevention of illness, premature death, and disability. Partnership for a Healthy Milton, INC, was created with the intent of qualifying as a non-profit organization which is entitled to receive charitable gifts, donations, grants and property from all sources, and to fundraise for programs and practices that endeavor to support a healthier Milton population.

The Board members include President Marian Hannan, Treasurer Casey Corcoran, Clerk Priscilla Neves, Directors: Linda Hudson, Denise Carbone, Deborah Greene Muse, Jonathan Pincus M.D., and Caroline Kinsella.



Sgt. Chuck Caputo, Cadet Kevin Montero and Caroline Kinsella at Drug Take Back at the Police Station.



Mike's 5K to crush substance abuse road race Audrey Egan, Erin Egan, Caroline Kinsella and Jean Peterson.

## 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 600 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. With over 600 resident members, the Milton Substance Abuse Prevention Coalition is setting a new standard for community assessment, involvement, and change. In recognition of their progress, the Federal Substance Abuse and Mental Health Services Agency (SAMHSA) awarded the Milton Health Department a \$125,000/year Drug Free Communities grant to support the Coalition's hiring of two part time Project Coordinators and subject matter experts, as well as to subsidize the cost of new initiatives in the Community. Another \$125,000/year in financial and in-kind support was raised to match the grant, for a total of \$250,000 of new public health resources for Milton. These additional dollars included funding from a legislative earmark secured by Senator Walter Timilty, and generous donations from Mike's 5K to Crush Substance Abuse as well as from BID Hospital-Milton. Support from Milton churches, civic organizations and private citizens were also received. These dollars supported an innovative prevention program in the schools and in the community entitled "Drug Story Theatre", and support for the PARENT program in the Milton Public Schools. The focus of the Coalition has been to reduce underage drinking, marijuana use, and vaping—three substances used all too frequently by our youth. A "Rethink the Drinks" campaign was launched, along with a website, ([www.rethinkthedrinks.com](http://www.rethinkthedrinks.com)) to help parents understand the perils associated with youth binge drinking and to provide them with tips about

how to talk with their children. Monthly articles have been published in the Milton Times entitled, “Mind Matters” to help reduce the stigma and misapprehensions about behavioral health and substance use disorders. Finally, the Coalition partnered with various town departments to assist our residents’ access free help and resources when facing addiction or mental illness. “Milton Cares” is a confidential program, organized through the Milton Police Department, whereby residents who have overdosed are visited by a team of substance use counselors. The William James Interface Referral Service provides access to a free Helpline for Milton residents who desire access to mental health services. Interface served about 90 Milton families this past year. The Helpline number is 888-244-6843 and is available Monday-Friday, 9am-5pm.

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 last 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!



**Lucy Layden  
And Dakota Kinsella**



**Animal Inspections**

## **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 retains a record of those residents that raise chickens. Residents are encouraged to notify the Animal Inspector if they keep domestic fowl. Please call the Health Department at 1-617-898-4886.

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.....	32
45 days.....	11
4months.....	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 4 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 our department 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

We would like to thank senior volunteer Ms. Kathleen Gillis, who has volunteered for a third year in the Health Department. Ms. Gillis is a great addition to the Health Department and works on numerous projects throughout the year. The Health Department would also like to thank previous Health Agent Erin Egan for working diligently and competently in her health agent position. Erin took another position in North Attleboro as Health Agent. We welcomed new Health Agent Laura DelleChiaie, a recent graduate of Worcester State, who is very enthusiastic, knowledgeable and motivated.

The Milton Substance Abuse Prevention Coalition made great strides again this year with the support and dedication of our Coalition Director Laurie Stillman and Public Health Consultant and Milton resident, Deborah Milbauer. The Coalition has also made great progress with two new Project Coordinators whose salaries are covered by the DFC grant. Margaret Carels and Stormy Leung have done phenomenal work.

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, Chair  
Mary F. Stenson, RN, BSN, Secretary  
Laura T. Richards, Esq., Member