

To the Honorable Board of Selectmen:

The Board of Health herewith submits their Annual Report for the period July 1, 2009 through June 30, 2010.

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, and a professional staff comprised of a full time Director, a part-time Public Health Nurse, a part-time Health Inspector, a part-time Clerk and an on-call Animal Inspector. This year we were all delighted to congratulate Anne T. Fidler, Sc. D., on her re-election to the Board.

Bioterrorism, Pandemic Flu, and Emergency Preparedness

Increasing concern for emergency preparedness 24/7 requires that the Board of Health increase its emergency response capabilities.

This year, the Board of Health was able to test its emergency readiness with the arrival of the H1N1 flu virus. By using our existing emergency dispensing plans and experiences gained through trainings and drills we were able to seamlessly administer over 2,500 doses of H1N1 vaccine to Milton residents. In addition, we handled hundreds of phone calls, emails, and press inquiries regarding H1N1 cases and vaccination efforts.

Board of Health 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 Board of Health staff also continued its participation in the statewide region 4B for local response to bioterrorism preparedness. We received a grant for close to \$8,000. 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 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 and plan to develop a model for effective and efficient delivery of all public health services, not just emergency or bioterrorism response. The Board of Health also works closely with 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, a communication drill and a full-scale Emergency Dispensing Site drill. Over 100 medical professionals have volunteered to become members of the Milton MRC.

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, swimming pools, 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 Inspector attended public health organization, state and national trainings this year on numerous environmental health topics.

Website

The Board of Health's web page continues to grow and 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, click on 'Town Government', then 'Health Department'.

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)

The Health Director served on the Executive Board for MEHA and served as Treasurer for the association. This organization is devoted to improving local public health practice and increasing educational and funding opportunities for local boards of health.

Tobacco Control

The Board of Health continued its enforcement of the Tobacco Control Regulations including vendor training aimed at preventing the sale of tobacco to minors.

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 and septic systems, safe food handling practices, mosquito control, West Nile Virus, Eastern Equine Encephalitis and rabies.

Mercury Recovery Program

The Board of Health, working with Wheelabrator Technologies, offered a mercury collection program to prevent mercury from entering the waste stream. Items accepted at the Board of Health include thermostats, thermometers, button cell batteries, and elemental mercury. Also, a free digital thermometer was provided for every household that brought in fever thermometers.

Summary of Inspectional Services

Food Establishments (routine inspections, re-inspections & consultations).....238
Housing Code Enforcement (includes inspections, lead determinations & court actions) 42
Misc. Inspections (tanning, ice rinks) 2
Public Health and Environmental Complaints (investigations and re-inspections)..... 48
Recreational Camps for Children (plan reviews, consultations and inspections) 14
Septic System Installation Inspections 10
Septic System Percolation Tests/Soil Evaluations 6
Septic System Plan Reviews and Consultations 6
Septic System Inspection Reports 10
Swimming Pools (public and semi-public) 62
Tobacco Compliance Checks (signage and sales) 43

Summary of Board of Health Permits Issued

Burial Permits186
Disposal/Septic System Construction Permits..... 5
Disposal/Septic System Installers..... 11
Food Establishments 87
Food – Catered Events..... 12
Food - Temporary Events 14
Funeral Directors 6
Indoor Skating Rinks 1
Recreational Camps for Children 18
Rubbish Haulers..... 17
Septage Haulers 5
Stables - Commercial..... 3
Stables - Private 6
Swimming Pools - Public and Semi-Public 8
Tanning Facilities 2
Tobacco Retailers 10

Respectfully submitted,

Michael Blanchard, M.S.
Health Director

REPORT OF THE PUBLIC HEALTH NURSE

This year was a very fast paced and productive year at the Board of Health. With the emergence of the novel H1N1 flu virus, we were extremely busy planning flu clinics and monitoring the status of this H1N1 pandemic as it affected the Milton population. More than twenty H1N1, seasonal flu and pneumonia clinics were held including evening and weekend clinics geared to children four years of age and older.

Some of the other responsibilities for which I was responsible as the part-time Public Health Nurse included communicable disease surveillance, emergency planning and preparedness, worksite blood pressure screenings for employees, community health outreach, summer camp inspections to screen for proper immunizations and serving as a public health resource for the schools and community. I also attended monthly meetings of the Board of Health and submitted monthly reports.

COMMUNICABLE DISEASES

A total of 91 communicable diseases were reported during the year. They are broken down into the categories of confirmed, probable and suspect cases according to definitions issued by the Massachusetts Department of Public Health.

The Tuberculosis status of 21 latent TB patients was monitored throughout the year. These included two residents with active cases of TB on whom I conducted Direct Observation Therapy. These residents received follow-up care at area tuberculosis clinic sites where they were administered medication and treatment as per protocol.

COMMUNITY HEALTH

The Board of Health worked with Milton Access TV to create a thirty minute television program to educate residents on ways to prevent the spread of H1N1 and seasonal flu. During our numerous clinics, we administered 2500 doses of H1N1 vaccine, 1780 doses of seasonal flu vaccine and 8 doses of pneumonia vaccine.

We were also very fortunate to secure fifty doses of Shingles vaccine from the state which were administered in the office.

We participated in the Milton Childhood Alliance Fair and Celebrate Milton where we provided literature on a wide spectrum of topics.

I visited the recreational camps with the Health Director where I reviewed health records for children and counselors to assure compliance with current immunization standards.

The Board of Health sponsored "The Biggest Loser Contest 2010" for town employees. We had twenty participants who lost a total of 113.7 pounds.

Town employees contributed \$385.00 for the American Cancer Society's Daffodil Days Fundraiser.

I participated in a 3 mile community walk for Milton Hospital.

EDUCATION/PLANNING

During the year continuing education credits were received for attending a seminar on Communicable Disease Surveillance as well as annual conferences sponsored by MIAP, MHOA, MAPHN.

In addition I attended an H1N1 conference in Worcester and participated in H1N1 planning at the public and private schools. There were also numerous conference calls with the State about Pandemic planning and LEPC meetings to update community leaders about the health of our residents.

I participated in a 4B Sub-Region 3 Medical Reserve Corps Emergency Dispensing Site Exercise.

I also completed a series of webinars about Tuberculosis testing and treatment.

COMMUNITY RELATIONS

Member of Region 4B Local Emergency Planning Committee

Member of the Massachusetts Health Officers Association

Member of CHNA

Captain - American Cancer Society Daffodil Days

Member of the Massachusetts Association of Public Health Nurses

Volunteer Treasurer for the Massachusetts Association of Public Health Nurses Statewide Organization

Respectfully submitted,

Caroline A. Kinsella, R.N., BSN
Public Health Nurse

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, Animal Inspector Dr. Morton Wolf inspected the three commercial stables in Milton. The inspections assess cleanliness and sanitation, bedding supplies for the animals, food storage practices, and most importantly, monitor 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 privately-licensed stables were also inspected pursuant to the Massachusetts Department of Food & Agriculture, Division of Animal Health and local regulations. In place of the official Barn Book used in past years, the state now requires a census sheet to be completed which records the numbers and types of animals housed in the Town of Milton.

All biting and scratching incidents reported to the Board of Health 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 prior to 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.....	38
45 days.....	18
6 months.....	7

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, if the animal has been properly vaccinated, to 6 months for an animal not up to date on its shots. Regular contact is required to assess the health status of all animals under quarantine and to make sure that they are properly quarantined as defined by the State Department of Food & Agriculture. This year 27 wounds of unknown origin were investigated, as well as 33 dog or cat bites to humans and 12 animal to animal biting incidents, including encounters with skunks and bats.

Once again, Dr. Wolf oversaw the spring Rabies Clinic, co-sponsored by the Board of Health and the Kiwanis Club, with the assistance of the Milton Animal League. At this clinic, 109 dogs and cats were inoculated against rabies and 40 dog licenses were issued.

In closing, the Board of Health and its staff would like to express its gratitude to Linda Grant, M.D., MPH, our Medical Advisor, for her many contributions and continued guidance. We also want to thank each of the other Town Departments and agencies, without whose help our work would be more difficult.

Respectfully submitted,

Roxanne Musto, RN-C, MS, ANP, Chairman
Timothy J. Lowney, Esq., Secretary
Anne T. Fidler, Sc D, Member