

MEETING MINUTES

September 20th, 2023 | 6:30 p.m.

Call to Order: Laurel Skinder Gourville, BOH chair, called the meeting to order at 6:30 p.m.

Attendance: Laurel Skinder Gourville, Chair, Elaine Silva, Vice Chair, Candace Linehan, secretary

Administration Present: Cindy Luongo, Board of Health Clerk, Anthony Chui, Health Director Melrose, Stoneham and Wakefield, Maureen Buzby, MVPH Tobacco Control Coordinator, Melissa Lowry, PHN Melrose, Wakefield and Stoneham. Daniel Thompson, Health inspector for Wakefield

Public Engagement: none

Approval of minutes of August 16th, 2023: Linehan motions, seconded by Silva. Motion passed with corrections 3-0-0 by roll call vote.

FDA Food Code 2022: Daniel Thompson the Health inspector spoke to BOH about the changes in the new [FDA 2022 food code](#). Gave the BOH a [summary of the changes](#). BOH vice chair Silva motioned to adopt the FDA 2022 food code, seconded by Linehan, The motion passed 3-0-0 by roll call vote

Health Director Report: Daniel Thompson updated the BOH on recent inspections he has completed at some of the food establishments.

Maya Indian on Tuttle St. is required to hire a food consultant.

Sakaru on Main St. was also required to hire a food consultant due to some repeated violations.

Anthony Chui announced Erin Carleo is back to work as of September 5th.

Melissa Lowry PHN, was present via Zoom. Melissa talked about the upcoming flu clinics scheduled for Wakefield. Wakefield clinics will start off with an employee clinic on 10/3, the Farmers clinic is on 10/7 from 9 a.m.-12 pm then Town Day clinic is from 1 pm-4 p.m. Family Flu clinic will be on 10/14 9 a.m.-2 at the Civic Center p.m., a Senior resource fair on 10/25 from 9 am-1 pm. All clinics will be offering vaccination for 5+, we will ask the parents if the child has ever had a flu shot. The first 2 flu shots a child receives are half dose and we want to be safe. Melissa will provide the vaccinators with a summary chart as a reminder.

A Covid clinic will be sometime in November. Covid vaccine will need to be purchased it is no longer free from the state.

Gourville would like to send a thank you in a press release .. to all the volunteers who helped us in the past especially 2021 ..she said "we could not have done the Covid clinics without them."

ESL night is November 9th time TBA

New intern in Melrose for 80 hours she is an RN ,focus is Health care leadership and policy.

Elaine Silva has a nursing student from Middlesex Community College coming to Melrose this Thursday

FDA FOOD code 2022 adopted in Stoneham at last night's meeting

Tri-board meetings was suggested for agenda items like Nicotine Free Generation, Body art regulations, bodywork regulations, Mosquito control, residential kitchens,ect

Nicotine Free Generation: Maureen Buzby MVPH Tobacco Control Coordinator reads talking notes.

Tobacco use is still the leading cause of preventable death in the US. Every year 460,000 Americans die prematurely of smoking-related disease. Billions of dollars are spent on smoking-related illnesses. So, what have we done about it?

The Federal government banned flavored cigarettes in 2009 and placed significant restrictions on advertising.

The FDA is currently considering a ban on menthol cigarettes, as well as a ban on flavored cigars, though they are not considering banning flavored vapes at this time.

Meanwhile, local Boards of Health have made a huge difference.

Local boards led the campaign for a smoke-free workplace law, against extreme pushback, especially from restaurants and bars. But they had the conviction and the courage to adopt progressive regulations. And now we can't imagine going into a restaurant or bar or flying on a plane where someone is smoking. It actually did not take long for the public to adapt to a Smoke-Free Workplace, as edgy as this policy was at the time.

Local Boards have adopted many tobacco control regulations meant to reduce youth access to tobacco. This Board was an early adopter of T-21, years before the state made 21 the legal age to buy tobacco. You adopted a pharmacy ban, flavor restriction, cigar minimum price, and permit cap.

So what has all this legislation, regulation and policy done? It has moved the needle. However, people still smoke. The health of way too many Americans is still affected by smoking. And vaping in our schools is still a serious issue.

I'm proud of what this state and especially our local communities have accomplished. But the questions is, at what age do we want our kids to be given nicotine? Once kids start using nicotine products it may be too late. At that point, once addicted, they really have no choice.

Now may be the time for a strategy that will start us on a path of actually ending nicotine addiction.

In 2020 the Town of Brookline passed a by-law that made it illegal for Brookline retailers to sell tobacco to anyone born after 1/1/2000.

It's a pretty simple policy. As of 1/1/2020, anyone purchasing a tobacco product has to be born before 1/1/2000. Brookline retailers have to remember one date, whereas now the Minimum Legal Sales Age date changes every single day.

No one who is already 21 loses his or her "privilege" to purchase tobacco products. Those not yet 21 will never be able to legally purchase tobacco in Brookline.

This policy actually starts to move us towards the end of nicotine use and addiction which has harmed millions and cost billions for decades. There is no reason to allow this public health crisis to continue in order for the tobacco industry to grow their profits.

In summary: Retailers have a long time to get used to lower tobacco sales. Each year just one year's worth of potential new buyers will not be able to legally buy nicotine products.

As one of my colleagues put it, "There will be two populations, one that has tobacco and one that will never be given tobacco."

So, lots of lead time; no one gets a "privilege" taken away; it's easy to administer and enforce; and we finally move towards a nicotine-free generation.

M. Buzby August, 2023

Buzby had new remarks and photos: . handed out marketing material from last week of, Kool's new nonmenthol I and Newport's new nonmenthol cigarettes, Menthol smokers that quit is triggered by the same packaging being used.

Non-menthol flavor what they are using is a chemical that mimics menthol so when it is smoked your brain is tricked into thinking you are smoking menthol. Also ads for Zyn nicotine pouches. This product of nicotine pouches are seen more and more on shelves meaning there is a bigger market for them. Seeing specials advertised. Gourville asked, "How is this legal when our regulations state that no coupons can be used?" Buzby said, "it is tricky because it is not a coupon." The city of Chelsea decided to try and enforce the flavor ban on the Newport nonmenthol and fined the stores. The stores are appealing the fines in court. Buzby said we will follow up to see the outcome.

These are examples of how we are always fighting the industry. A new product that looks like a highlighter, which is a vape pen.

Buzby said the idea of this new policy is that we end up with a generation that will never have these products. To end those products coming out are designed to be attracted to our kids. To have a generation that won't be faced with these kinds of addictions.

Adjournment: Silva motioned to adjourn, seconded by Linehan 07:31 p.m. Motion passed 3-0-0 by a roll call vote. The next meeting is October 18th 2023 6:30PM
Respectfully submitted



Cindy Luongo

