

**Board of Health
Meeting Minutes
June 6, 2011**

Members Present:

Tom Kinzer, Co-Chair
Bea Brunkhorst, Co-Chair
Kevin Wormstead
Mary Seymour
Lea Susan Ojamaa

Staff Present:

Heidi Porter, Director
Mary Firestone, Recording Secretary

Also attending:

Amisha Patel, Arlington, nursing student at
Regis College
Bedford school nurses: Nancy Thorsen,
Kathy Donati, Tracy Fernald, Carol Eaton
and Kathy Webster

Action Items:

1. Ms. Porter will notify Mr. Reed that Mr. Kinzer will continue as Board representative to the Fiscal Planning and Coordinating Committee.
2. Ms. Ojamaa will be the Board representative at the public meeting on the Great Road Master Plan.
3. Ms. Porter will request a reserve fund transfer of the Financial Committee at their next meeting.
4. Ms. Porter will notify the owner of the Springs Brook Road property that the property must be connected to the town sewer system before it can be re-occupied.
5. Ms. Porter will research other towns' regulations on noise complaints.

The meeting was called to order at 7:00 P.M. Mr. Kinzer chaired.

BOH Meeting Minutes:

Mr. Wormstead moved that the May 9 meeting minutes be accepted as amended. Ms. Seymour seconded the motion. Vote count: 5-0.

Discussion of School Nursing Activities – 2010-2011 School Year

Student Body Mass Index (BMI) report had been distributed to parents/guardians. Ms. Eaton said she was pleasantly surprised that she had not heard from many parents who were upset about the reports. Ms. Thorsen said that at the High School, the parents of two tenth grade students, one boy and one girl, had opted out of the BMI program. Ms. Porter confirmed that all BMI results were distributed to parents via US Mail. She said that she had heard that in other communities, the students were given the results in school to deliver to their parents and the students had read the reports on the buses, resulting in teasing. She said that feedback from the nurses had gone into the press release. Ms. Ojamaa expressed surprise at the increase in BMI scores between the Davis School and the Lane School; she said that there was a significant difference in results for students three years apart, though the results were not out of the norm for Massachusetts students. Mr. Kinzer pointed out the difficulty of doing statistics on one data point. Ms. Donati said that the Lane School students were older and could choose their own

snacks, possibly leading to overweight. Ms. Ojamaa said that she is glad to have the data and so that we will be able to follow each cohort as it moves to upper grades.

Ms. Donati said that when she reads physicians reports on students, even for those definitely obese, she frequently finds no mention of weight problems. Ms. Eaton said that good information on weight issues was included on the reports to parents. Ms. Wormstead said he hoped that parents will do something in response. Ms. Donati said that the BMI formula is not as forgiving for younger children. One student consulted her to find out what healthy snacks he could have at a Red Sox game. Ms. Ojamaa said that it is important not to have parents think that they have all the responsibility for their child's BMI; physical activity as simple as walking is difficult in Bedford as this is not a completely walkable town. Ms. Eaton said that is it not as safe for children to be outside on their own as it was when "we were younger; we were outside, not in front of the television." Mr. Wormstead said that when he was 5 or 6 his parents let him go out on his own. Ms. Eaton said that children can't do that now. There is more traffic.

Ms. Thorsen said that some students do not look obese but their weight data comes out that way; she had expected to get calls on that. Solid muscle on some students adds to their weight. The BMI results handout included with the reports had good explanations. Ms. Ojamaa said that it will be interesting to compare BMI data with data from the Youth Risk Behavior Survey. Ms. Donati said that fewer students than expected were underweight. Dr. Brunkhorst said that revision of the town comprehensive plan is coming up and she hopes that the revised process will encourage walkability. Ms. Thorsen asked what percentage of Bedford streets has sidewalks. It was suggested that the Department of Public Works would have that information. Ms. Donati said that she has seen a Bedford map which indicated the location of sidewalks.

Ms. Thorsen said that she organized a 5K walk and 27 faculty members participated; she described the route. Ms. Porter said that it was a 3.1 mile loop.

Dr. Brunkhorst asked whether the nurses had any other concerns. Ms. Porter asked about outreach for sports, e.g., head injuries. Ms. Eaton said that there is more awareness of concussion and some players now know when to sit out the rest of the game. Ms. Thorsen said that the player needs a physician's letter saying that it is OK to resume participation in the sport. Ms. Ojamaa said that new state regulations are being considered. Ms. Thorsen said that parents will not send children to a neuropsychologist if it is not covered by their insurance. Dr. Brunkhorst said that her nephew had to have a brain scan before being allowed to get back into the sport. Ms. Eaton said that that is a lot of radiation to give children. Ms. Ojamaa said that the proposed regulations include marching band as a sport.

Ms. Porter asked about the eighth grade student trip to Washington, D.C. Ms. Eaton said that there were no big problems. Some students became dehydrated and five passed out; two went to the hospital in an ambulance and one was put on an IV. It was handled fine; there were no parent complaints.

Ms. Eaton asked if the Board had any questions for them. Dr. Brunkhorst asked if there were any new regulations. Ms. Eaton said that there was a new requirement on vaccination for varicella (chicken pox). She also reported that the incidence of whooping cough cases have improved since the use of the pertussis vaccine. Mr. Kinzer asked whether there had been any pushback from anti-vaccination advocates. Ms. Eaton said there had been a few; Ms. Thorson

said that vaccination exemptions were filed for five to seven students. Ms. Fernald said that they had filed for religious exemptions. Mr. Wormstead said that some people pick and choose among vaccinations, especially if an older child in the family is autistic. He said that one third of the people in the world have Hepatitis B and that vaccination is required in college; it is a thousand times more transmissible than HIV.

Ms. Kinzer asked whether the nurses had questions for the Board. Ms. Thorsen said that it had been a really healthy year; she asked that they be kept posted on the sidewalk situation. Ms. Ojamaa said the best walking routes for kids are not known. A discussion followed about maps of sidewalks relative to the location of student homes, etc. Mr. Wormstead said that a lack of sidewalks is the biggest obstacle keeping kids from walking to school; he said that streets are narrow and they have to walk in traffic.

The Board thanked Ms. Donati for her years of service and wished her an enjoyable retirement. Ms. Porter said that she had spent a morning with Ms. Thorsen to observe school nursing at the High School and had found it very interesting. Dr. Brunkhorst asked how Ms. Donati will be replaced. Ms. Porter indicated that the position will be posted and expects to fill it before the end of the summer. There will be a good pool of applicants; Ms. Porter said that she had discussed the situation with the nurses. The process will not be as involved as it was with the hiring of a new Director.

The nurses left the meeting.

Dr. Brunkhorst asked Ms. Porter whether she has weekly meetings with other department heads. Ms. Porter replied that those meetings are monthly. She said that there is also a meeting for those departments which are under the direction of the Board of Selectmen, but Health is not included; however, she will try to attend.

Board of Health Action Items – Old and New Business:

a) Updates on BOH liaison assignments

Mr. Wormstead said that he had attended the Youth and Family Services meeting on May 12. He said that there seem to be fewer attendees at these meetings than was formerly the case. He said that the May 6th dance was successful, with 150 students in attendance. He noted that 600 rental units are going up on Hanscom; they will be owned privately, not by the military. They are to be offered first to active military personnel, then to retired military, then to military contractor personnel, and then to the public. He said that openings will probably never be available to the public. He said that there is a question of how to educate all the students of those apartments. Geographically, the units are in Lincoln. Mr. Kinzer said that the older, dilapidated base housing will probably be closed. Even though the area is losing the Air Force Research Laboratory, there are new projects coming on line, so there will probably not be a loss of numbers of employees. Bedford has been losing \$7,000 per student on high school students from the base. Mr. Kinzer said that the contract between Lincoln and the base is about to expire. Lincoln has been better compensated than Bedford; perhaps Bedford can get into part of the new contract.

Mr. Kinzer said that he and Ms. Porter had attended the Bedford Community Partnership meeting; they got an update from the Superintendent of Schools on the iPad2 which will be provided to students; the computers will be turned in at the end of the school year and each

student will get the same one back in the next school year. Ms. Porter said that the iPads were purchased from unused computer infrastructure improvement funds; students can now take their technology with them. The classroom time will be utilized for issues that arise from home iPad use. WiFi is needed to access the Internet outside of school. She suggested that a health and wellness application be available on the iPads.

Ms. Kinzer said that a note from Mr. Reed asked that the Board go through the process of assigning a representative to the Fiscal Planning and Coordinating Committee (FPCC); Mr. Kinzer said that he is willing to continue as Board representative.

Mr. Wormstead moved that Mr. Kinzer continue as Board representative to the FPCC; Ms. Seymour seconded the motion. Vote count: 5-0. Ms. Porter will notify Mr. Reed.

b) Action item reports

There were no action items.

c) Reserve Fund transfer request for benefit payouts of department retirees.

Mr. Kinzer expressed regret that the payout to retirees had not been expected. Ms. Porter said that funding is needed because retirement times and the amount of sick leave left at retirement cannot be anticipated and so an amount is not known when the budget is approved. On retirement, retirees receive payment for one quarter of the amount of sick leave they have earned; it is up to the Finance Committee (FinCom) to decide on the source of the funding. FinCom will be meeting the week of June 13.

Dr. Brunkhorst moved that Heidi Porter, the Director of Public Health, request a reserve fund transfer, not to exceed \$37,000, of the Financial Committee at their next meeting. This reserve fund transfer request is to account for the deficit in the Board of Health salaries account resulting from the retirements of David Black and Kathy Donati. Ms. Ojamaa seconded the motion. Vote count: 5-0

d) Other old/new business

Ms. Ojamaa asked whether the Board should make comments on the proposed Great Road Master Plan. Ms. Porter handed out copies of the Report of the Bedford Walkable Community Workshop, held on July 12, 2010, and copies of slides from meetings on The Great Road Master Plan. Mr. Kinzer asked what the Board is trying to do and who can attend and report on the June 8 public meeting on the Master Plan. Ms. Ojamaa said that she can attend; she said that the planners will not be looking at all the issues that the Board of Health addresses. Ms. Porter said that sidewalks presently reach from Loomis Street to the Lexington line; a method is needed to calm traffic while keeping traffic moving. Ms. Ojamaa said that planners will be thinking about all users, i.e., driving, not just walkability. Mr. Wormstead said that many drivers are non-Bedford residents who are just passing through. Ms. Seymour said that three state routes converge on The Great Road. The Board discussed issues of space for traffic and bikes and pedestrians, including those with children in strollers. They agreed that Ms. Ojamaa will be the Board representative at the public meeting.

Director's Report:

Ms. Porter said that she is awaiting the decision on the CHNA grant; it is not just a walkability grant. Bedford doesn't qualify for a federal grant which requires a total population of 500,000. She said that she will keep looking for other funding.

Ms. Porter said that the issue of medical sharps disposal should be addressed on next year's budget. It may be possible to have a kiosk for sharps disposal at a cost of \$5,000 per year or to have a quarterly event for disposal of sharps and medications. The town is required to have a plan by July 1, 2012 when sharps will no longer be picked up with trash. Currently people are referred to the Department of Environmental Protection website. It is possible to charge a few dollars for sharps disposal and host an event at the Town Center.

Ms. Porter said that there was a septic failure at a vacant bank-owned property on Springs Brook Road. The owner will be notified that the situation must be remedied through attachment to the town sewer system before the property can be occupied.

The Town Manager has asked Ms. Porter to research other towns' regulations on noise complaints. Some towns use decibel metering however equipment is required.

Ms. Porter said that the pools are ready for the season and an inspection is scheduled for Springs Brook Park.

Ms. Porter said that she is doing outreach to rDNA permittees to get them to update their project information and then schedule an inspection. Millipore will be inspected this month. There will be a close-out inspection at Makoto. Close-outs should be built into the regulations.

Ms. Seymour moved to adjourn the meeting; Mr. Wormstead seconded the motion. Vote count: 5-0. The meeting was adjourned at 9:19 P.M.

Future meetings of the Board will be held on July 25 and September 12, 2011.



Bea Brunkhorst, Co-Chair

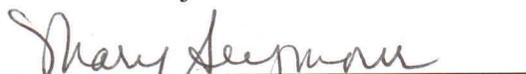


Tom Kinzer, Co-Chair



Kevin Wormstead

Lea Susan Ojamaa



Mary Seymour

Addendum: documents utilized and/or made available at this meeting:

Copies of slides from meetings on The Great Road Master Plan
Report of the Bedford Walkable Community Workshop, July 12, 2010