



Arlington Board of Health Minutes

Date: *Wednesday, May 22, 2019*

Time: *5:30 pm*

Location: *Arlington Senior Center, 27 Maple Street, Arlington MA 02476 (Mural Room)*

Board Members in Attendance: Dr. Marie Walsh Condon, Mr. Kenneth Kohlberg

Absent: Dr. Kevin Fallon

Staff in Attendance: Natasha Waden, Public Health Director; Pat Martin, Health Compliance Officer; Kylee Sullivan, Health Compliance Officer; Jessica Kerr, Public Health Nurse; Karen Koretsky, AYHSC Director; Sagar Desai, AYHSC Intern; Carlene Newell, AHS Educator

Others in Attendance: Erika Glaser, Jay Brewer, Anya Brewer, 84 Club Members: Olivia Eng-Canry, Maya Jacob, Gwen Van Allen, Ellie Egan, Claire Egan, Sophie Snibbe, Elizabeth Liakos, Erica Siegel, and Grant Wadman

Recording Secretary: Laura Munsey, Office Manager, Health and Human Services

Minutes

Meeting called to order by Dr. Marie Walsh Condon at 5:30 pm

A request was made and granted to table Agenda Item 2: Presentation of Arlington High School Club 84 to later in the evening after Tesse Food Products update.

1. Acceptance of Meeting Minutes from April 10, 2019

Motion made by Mr. Kenneth Kohlberg, seconded by Dr. Marie Walsh Condon to accept the April 10, 2019 meeting minutes as submitted.

Vote: 2-0 in favor of the motion (Unanimous)

2. Hearing: Keeping of Hens – 165 Oakland Avenue. Inspector Sullivan introduced Jay and Anya Brewer who submitted an application for Keeping of Hens. Inspector Sullivan reported that one

neighbor had expressed concerns about the application regarding possible odors due to the hens. The same neighbor also called the Health Department for additional information. Inspector Sullivan informed the Board that after discussions with the neighbor, their concerns were alleviated. She reported she shared the application process, the cleaning schedules, and reported that to date, no complaints have been raised by any neighbors of existing permitted properties regarding odor caused by the hens. The Board asked the applicants why they were interested in a permit to keep hens to which Mr. Brewer stated they would like to raise hens for the eggs, and would enjoy keeping and caring for the animals. He further stated he grew up on a farm and has experience raising hens. Ms. Brewer stated that she went to a farm camp and enjoyed interacting with the animals, particularly the hens. She stated she is excited to raise hens in her own yard. Mr. Brewer reported they are looking at Barn Rock Hens, which are a salt and pepper color. Inspector Sullivan reported that given the size of chicken run only 4 hens would be allowed under the existing plans. If additional hens are requested, the applicants will work with Health Department to meet all regulations and requirements. Mr. Brewer reported they are currently considering a larger run, and coop. Inspector Sullivan reported that all requirements have currently been met, and she recommended approval contingent upon final inspection.

Motion made by Mr. Kenneth Kohlberg to approve the Keeping of Hens permit for 165 Oakland Avenue, contingent upon final inspection and approval by the Health Department.

Vote: 2-0 in favor of the Motion (Unanimous)

3. Tesse Food Products

Inspector Martin reported that a Cease and Desist Letter was sent to Tesse Food Products ("Tesse") for products that contain CBD. He stated that Tesse requested a hearing regarding the Cease and Desist Letter. He reached out to owner of Tesse, and reported that she informed him that she did not plan on attending the hearing. Inspector Martin stated that the Health Department gave several options for hearing dates and Tesse denied all offers. The Board is required to hold a Hearing within 10 days. Director Waden and Inspector Martin informed the Board that unapproved food additives were being used in the products, and Tesse Food Products did not have a proper processing license or retail license from the Massachusetts Department of Agricultural Resources. Director Waden recommended that a final email be sent to Tesse, and if they do not attend the next meeting, this matter will be officially closed. It was reported that Tesse was working out of the Local Fare and they have ceased operation. Director Waden informed the Board that under the FDA Food Code, CBD cannot be added to food products. She further reported the Health Department enforces the FDA Food Code.

4. Presentation: Arlington High School 84 Club. The students of Arlington High School's 84 Club, presented to the Board the analysis and findings of their research regarding Vaping amongst

High School students in Arlington. The 2-part presentation included a High School Impact Presentation followed by a Community Presentation. This project was funded by a mini-grant from Health Resources in Action.

High School Impact Presentation. The students created and sent out a survey regarding vaping to all students at Arlington High School. They compared vaping activity results with comparable data from the 2016 survey. The 2019 survey received 850 responses. The greatest number of responses were from Freshmen, and the least were from Seniors. They reported that in 2016 4% of the students who responded to the survey used vaping products. In 2019 they reported 1 in 4 students have tried vaping. Analysis of the 2019 results showed 17% of students vape regularly. The students also reported, that based on their own observations, they believe the number of vape users is actually higher than reported. The reasons given for vaping included: “because it’s fun”, “I feel irritated when I don’t do it”, and “my friends were doing it”. The majority of respondents reported they believe it is “extremely easy” or “easy” to obtain vape products. The students also noted that vape products have more concentrated levels of nicotine. 45% of students reported that they see vaping on school grounds 3 or more times per week. 12% stated they use vaping products during the school day. Substances in vaping products can include nicotine or THC. 50% of respondents stated they have been offered a vape; 250 stated they were offered a vape at school, while 280 students stated they were offered a vape at parties. Over 100 students reported they have not been taught the health effects of vaping. It was reported that the Ottoson Middle School now has more preventative education. Freshmen reported receiving some vaping education, while Seniors reported that they did not received any education on the health effects of vaping.

Community Presentation: The students presented a display board entitled “Community Vaping Photovoice”. They explained that the display board tells a story through pictures. The center of the display included a map in which the students pin pointed schools, parks, and popular hang outs for youth. They also pin pointed retailers around town who sell Vape products. The students reported they would like to restrict the amount of retailers around school zones and would recommend a 500 foot ban around the schools in which vaping products are sold. The next photo was titled “Simply Satisfying”. They reported a local retailer has a poster directly above the candy counter that has a picture of a vaping device and the words “Simply Satisfying”. No signage included the dangers about vaping. Juuls were displayed next to candy and again no signage depicting any dangers was visible. The next photo was titled “Tower of Tricks”. This picture showed a retailer displaying a large tower of vaping products right behind the counter and next to the lottery tickets. Another picture shows a sign that reads: “True Flavor, True Feel”. The students recommended that as a community, Arlington should encourage store owners to make vape displays less visible by placing the products under the counter. The next Picture was named “Colors, Candies and Vapes”. A convenience store in Arlington has vape products on the counter, surrounded by candy, energy drinks and mints. There are two cases of vapes labeled “Premium Cigars”. The students reported youth may be drawn in by this colorful display. The final picture was called “Juul Before You Buy”. A local convenience store has a Juul

advertisement at the checkout counter next to candy. The students stated that the placement of this advertisement ensures that kids see both items at the same time, indicating that buying a Juul is akin to buying a piece of candy. The students would like to see that the placement of such advertisements be restricted.

The Board thanked all the students from the 84 Club for their presentations. They informed the students that similar presentations in the past inspired Arlington's current regulation which requires a person to be at least 21 years old to purchase nicotine and nicotine delivery products. They stated that the students are addressing this epidemic and the Board appreciates the education they are providing not only to the Board and the community, but also to their peers. Dr. Walsh Condon stated that she has been a public health professional for over 25 years and vaping is one of the biggest public health concerns impacting our youth. She stated kids don't understand the health ramifications of vaping due to a lack of education. Mr. Kohlberg asked the students to elaborate on their ideas to address this problem. The students recommended restricting the sale of vape products and the presence of related advertisements within 500 feet of schools. They also stated less exposure to vape products and more educational opportunities would be beneficial. Also they recommended vape products be move to cigarette displays, so they are associated with tobacco rather than with candy and energy drinks. Dr. Walsh Condon requested the Health Department further research what other communities have done. She also recommended we look at the locations in which these products are sold and review advertising practices, to minimize the deception. Director Waden reported that she was recently informed that a store was using a deceptive sign to advertise vape products. She stated that she went to the location, spoke with the retailer, and the sign has since been removed.

Ms. Karen Koretsky, Director of the Arlington Youth Health and Safety Coalition reported the Massachusetts Department of Public health is starting a campaign to educate on the dangers of vaping. She reported, that She, Ms. Newell, and Mr. Desai, attended a state-wide conference on vaping earlier in the day. She stated "Warnings" should be on the outside of stores. Vaping should be included in those warning signs to make that association clearer. Vaping has become normalized among youth, and it is done secretly in classrooms, sports fields, in homes with parents home. Ms. Koretsky reported the students of the 84 Club spoke at Kick Butts Day at the State House where students who don't vape stated "they want to take their bathrooms back". Experts report that chasing students to catch them in the act of vaping will not work, instead change has to be made through a cultural shift in school communities. Ms. Koretsky reported that vape products are not tested, approved, nor regulated by the FDA. Also, there currently are no Surgeon Generals warnings on vape products. She reported each pod contains the nicotine equivalent of 20 cigarettes. Recent studies report that the equivalent of 20 cigarettes can be ingested by vaping in 15 minutes. Carlene Newell reported high concentrations of nicotine can have a greater negative impact on brain development of youth. Sagar Desai, Intern with the Arlington Youth Health and Safety Coalition, reported that Phillip Morris has just bought a large stake in Juul. He reported that big tobacco companies are involved in the vaping industry. Director Koretsky stated not only is prevention important but AYHSC will be working with the

Arlington Youth Counseling Center on harm reduction programs, by providing cessation groups for youth addicted to vaping.

5. Updates: Environmental. Inspector Sullivan reported that the Department continues to work with the Attorney Generals Housing Initiative on various abandoned or blighted properties. Currently, the Department has open cases for two properties in Eastern Housing Court. Inspector Sullivan also updated the Board on the Homelessness Outreach Program. She reported the recent spike in good weather has also resulted in an increase of people experiencing homelessness seeking shelter outdoors in the Greater Boston area. She stated that Arlington is working with Cambridge and Somerville to provide people with services. She reported that the Town is also working with the Massachusetts Housing and Shelter Alliance, Inc., (MHSA), a state agency that is supplying funding to house people experiencing homelessness. She stated a Grant was awarded to fund one year leases for 10 housing units. Each recipient will also have a caseworker assigned through the Somerville Homeless Coalition. Director Waden reported that she attended the Select Board Meeting on Monday, May 27th regarding Adult-Use Marijuana Dispensaries. She reported the Select Board approved host community agreements with Eskar which will be located at 23 Broadway and Apothca, who will be moving their Medical Marijuana Dispensary from Water Street to 1386 Mass Ave. She reported Apothca will co-locate the existing Medical Marijuana Dispensary with an Adult-Use Marijuana Dispensary. Two additional applicants applied for Community Host Agreements but they were not approved. One of those applicants was invited to re-apply for a permit at a different location in Town. The Board of Health will be hearing from the successful applicants within the next few months. Host Community Agreements need to be awarded before the agents can apply for permits from the Cannabis Control Commission (CCC).
6. Updates: Restaurant. Inspector Martin reported there have been no restaurant closures and 3 openings.
7. Public Health Nurse. Nurse Jessica Kerr informed the Board that on Saturday, May 18th, she and Director Waden attended a day-long training for the Medical Reserve Corp. The Department is currently working to prepare a budget and work plan for the State. They are looking to bring an MRC position in-house in Arlington as long as there is grant funding available. Currently this is a contractual agreement, which will expire the end of the fiscal year. Director Waden stated an in-house position would help continuity with the MRC program.

Meeting Adjourned: 6:24 pm