

**Board of Health  
Meeting Minutes  
December 5, 2011**

Members Present:

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

Staff Present:

Heidi Porter, Director  
Mary Firestone, Recording Secretary

Also Attending:

Debbie Stitt, RN, BSN Nursing Student and  
BOH Intern

Member Absent:

Lea Susan Ojamaa

The meeting was called to order at 7:03 P.M. Dr. Brunkhorst chaired.

Meeting Minutes:

Ms. Seymour moved that the November 4, 2011 meeting minutes be accepted as amended. Mr. Wormstead seconded the motion. Vote count: 4-0.

Project Presentation: Healthy Vending Options in Bedford Town Buildings:

Ms. Stitt gave a PowerPoint presentation based on her research during her internship with the Bedford BOH. Printouts of her presentation will be available in the BOH office. Sample packets were shown of both healthy and less-healthy options. Ms. Porter remarked that currently, as an incentive for using the vending machine in the Town Center Building, every hundredth purchase is free. Ms. Stitt said that, although not the case with the Town Center Building vending machine, an increasing percentage of healthier choices are now available in many vending machines and there are markers in the machines indicating these healthier choices. Baked potato chips are included; these are a healthier choice than fried chips. Refrigerated vending machines could be used to provide healthy perishables. Ms. Stitt said that she contacted the vending service; they have a web page at: <http://ackersvendingservice.com/page7.html> with information on their Health and Wellness Program. The company will be asked whether it can change the machines in order to incentivize the purchase of the healthier items, e.g., with lower pricing. Ms. Stitt said that all the vending choices at the Middle School are for healthier items. The present obesity and overweight rates combined for Bedford students are 25% for males and 19% for females; these rates are lower than the state average, but still elevated. Ms. Porter said that in order to have sustainable change, there needs to be policy change and those who promote and supply foods should be approached as well as those who make the decisions on which vending contractors the town uses. Additionally, an attempt should be made to influence those who donate food to the Council on Aging to make healthier donations. A draft memo to the Town Manager and Town Center Director was prepared which stated the following: "In an effort to make the Healthy Choice the Easy Choice in Bedford, the Board of Health supports and endorses a requirement that vending machine contractors servicing machines in Bedford Town Buildings offer at least half of the vending food options as healthy, low fat, low salt and low sugar products."

Ms. Seymour moved to finalize and send the memo on healthy options in Bedford Town buildings to the Town Manager and Town Center Director. Mr. Kinzer seconded the motion. Vote count: 4-0.

#### BOH Action Items, Old and New Business:

##### *Liaison Updates:*

Mr. Wormstead said that the next meeting of the Youth and Family Services Committee will be held in January.

Mr. Kinzer said that the Fiscal Policy and Coordinating Committee discussed the upcoming budget at its meeting.

At the Financial Committee meeting, where the BOH was asked to make a preliminary budget presentation, Mr. Kinzer said expense levels were explained. A committee member questioned salary levels. Salaries for the school nurses are determined by the current contract for their bargaining unit; a new contract will be negotiated for the period beginning July 1, 2012. The committee questioned whether flu shots should be provided to residents. At that meeting Ms. Porter explained that it is expected that about 40% of the cost of the 959 shots given will be reimbursed from insurance companies. Medical sharps collection will be needed after July 1, 2012 when, by state law, sharps can no longer be included in regular refuse collection; Ms. Porter said that the expense will be about \$1,500 per collection event.

Dr. Brunkhorst said that she and Ms. Porter will meet with the Institutional Biosafety Committee (IBC) at a new company, Joule Technologies, when their lab is up and running. She said that their application was vague. Dr. Brunkhorst and Ms. Porter need to meet with other IBCs and will try to schedule those meetings in January. Ms. Porter said that funds are available to hire a consultant for future meetings with the Millipore IBC, if needed.

##### Director's Report:

Ms. Porter met with Mr. Kazarian, who denied that the septic system on his rental property is failing. Since Bedford is not connected to a Housing Court, she will need to take the case to the District Court. She will ask the Town Manager for permission to consult with town counsel. If no correction or mitigation is made, there is a potential for condemnation of the property; this would impact the tenants, who would be required to vacate. An inspector is scheduled to visit the site this week.

An After Action meeting was held on the recent experience with the shelter operations during the power outage due to the snow storm. Bedford needs to have a local shelter for the first 72 hours of an emergency; after that, people remaining in the shelter would be moved to a regional shelter.

The Navy is sampling wells to assess the progress of remediation at the Naval Weapons Industrial Reserve Plant (NWIRP), Sites 3 and 4.

Bedford has received an application for a new fast food drive-through restaurant on the site presently occupied by the Travelodge motel. The restaurant will have an underground grease trap. Ms. Porter will be involved in inspection of the present building prior to demolition and will insure that the swimming pool is properly decommissioned, including crushing of the pool bottom.

Ms. Porter said that there has been a bedbug infestation, a new problem for Bedford. Cleanup has been undertaken by the landlord.

Ms. Porter is hoping to revise and convert the previously unsuccessful implementation grant application to provide access to healthy foods and health and wellness awareness and programming she submitted to the Boston Public Health Commission to a planning grant for Community Health Network Area 15; the application is due in mid-January, with a decision expected in March. The actual applicant is the Youth Task Force. A coordinator will be hired if the grant is awarded.

Ms. Porter reported that on October 4, 2011, a chlorinated solvent spill occurred at Entegris, a firm which is presently located at the Millipore site. Entegris produces materials used by Millipore and has been the location of four releases of hazardous materials since 2005, the most recent occurred on October 4, 2011. Given that Entegris is a separate operating entity from Millipore and has been the location of multiple hazardous materials releases, Ms. Porter is requiring that they have a third party review of their process and submit a separate Contingency Plan from Millipore.

Mr. Wormstead moved to adjourn the meeting; Ms. Seymour seconded the motion. Vote count: 4-0. The meeting was adjourned at 8:52 P.M.

The next meetings of the Board will take place on January 9, February 6, and March 5, 2012.



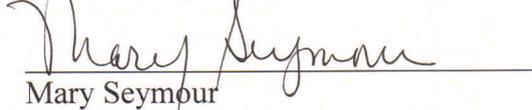
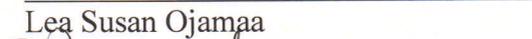
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Mary Seymour