

Sudbury Board of Health Virtual Meeting

February 11, 2026

Attendees: Carol Bradford-BoH Chair, Linda Huet-Clayton-BoH Member, Susan Sama-BoH Member, Vivian Zeng-Health Director, Katie Betts-Public Health Nurse, Nina Lurie-Social Worker, Kirstin Wilcox-Social Worker, Shaun Jeffery-Health Inspector, Olivia Dufour-Regional Substance Use Coordinator, Pari Thillaigovindan-Metro West Tobacco Control

5:00 PM: Open Meeting Law read by Carol Bradford

5:01 PM: Public Comment-None

Olivia Dufour-Regional Substance Use Coordinator Update:

Time Line: Roll out of next steps in the startup of the regional substance use program. Data analysis is ongoing, Meeting community members who will be involved in the decision making of the direction of the program. Present data from Survey. Start program planning on how the funds will be used.

Substance Use Survey: distributed to the 7 regional communities. The survey has concluded and the data is being sorted and categorized. Kaleigh Watson (Health Intern) is assisting in sorting and assimilating the data. Sudbury had 263 responses. The total number of responses was 1012 for the region.

Focus Groups: Were conducted to get a feel for the immediate and long term needs of each community. 50 individuals signed up for the focus group and 29 participated.

Additional Research included: Interviewing groups and individuals who work directly with substance use in some capacity. Examples were Fire and police Departments, social workers, medical professionals from each of the 7 regional towns. There are a few more interviews needed to complete this stage of the research. This also allows Olivia to create contacts within each municipality.

Opioid Project: Arts Base Initiative out of Emerson Hospital. Participants include those who are directly affected by opioid use. The art work was displayed at the Goodnow Library. The display is intended to open up a dialog for those affected by opioids and to reduce stigma.

Youth Art Program: Focus is on Peer Pressure, Mental Health and Coping Skills. The intention of this program is to help individuals, bring awareness and get feed back from the younger sector of the community that are experiencing trauma.

Pari Thillaigovindan: Metro West Tobacco Control Update:

Inspections: Tobacco Inspections have been completed at each of the 7 retailers in Sudbury that currently hold Tobacco Permits.

Challenges of Compliant Vs Non-Compliant Nicotine Related Retail Sales: Flavored nicotine products that do not fall into the category of tobacco are flooding the market. These are mostly non-combustible products. Zyn's are an example of this. The nicotine is released over a period time when the product is placed under the gums. Many communities have created by-laws restricting these products. This is an interim solution as the municipalities wait for the state roll out updated Tobacco Regulations.

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Recommendations for Local Bylaws: Pari will assist the Board in updating by-laws in order to cover the use of these new nicotine delivery systems. Some recommendations are:

- Limit Sudbury Tobacco Permits to the current 7 with a Sunset Cap (currently in place)
- Update local Tobacco regulations to restrict products that are flavored in both smell and taste.
- Restrict Sales of nicotine pouches to adult stores only (liquor stores)
- Non-smoking bars

New Retail Products Delta 8, Delta 9 and Cratum are highly addictive synthetic products that are being sold over the counter. Olivia Dufour and Vivian Zeng will be writing regulations restricting the sales of these products in Sudbury.

Katie Betts – Public Health Nurse Update:

Flu: reported cases and hospitalizations have decreased. Flu A has seen a severe decrease. Flu B is still to come. Protect yourself. Get the Flu shot if you have not already. Remain vigilant in cleaning surfaces, stay home when sick, wash hands frequently etc. If sick, see your doctor so that they may prescribe a medication to help ease symptoms.

RSV: is prevalent in the community. Daycares and schools are seeing an increase in cases. Prevention is recommended, vaccinate, wash hands, clean surfaces and stay home when sick.

Enterovirus: Covers more than 100 variances. OTC medications are recommended.

National Measle Outbreak: There are 733 cases nationwide. Massachusetts has seen 2 cases that originated out of state. For those vaccinated with the MMR Vaccine, it is 97% effective. Herd immunity is achieved when 95% of the population is vaccinated.

Dr. Hoenig: The Sudbury Medical Director is retiring at the end of May. He is working on finding a replacement for this position. Katie is putting out feelers for candidates.

Health Fair Update: Planning and retaining vendors for the fair continue.

Camp Permitting: The camp permit application is now online. Camp Directors and stakeholders will participate in a camp informational meeting next month. Katie will meet in person with each camp to go over medical records and Cori's and Sori's.

Nina Luri: Social Worker Update:

Health Fair: Getting Commitments from old and new vendors to participate at the fair.

COA: Nina Participated in a Council on Aging meeting to give an overview of what the Board of Health Social Workers do. Moving forward this collaboration will enable the two departments to more effectively reach out to the more vulnerable residents of Sudbury.

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Meeting with Planning and Community: The meeting is to address the complex issues facing Sudbury residents who are housing insecure. The Social Workers are working with Adam Burney (Planning) and state representatives to address these needs.

Kirstin Wilcox: Social Worker Update:

Residents contacting the Health Social Worker: There has been drop in the number of residents calling in for assistance.

Camp Registration has begun: Kirstin is directing families to camps that offer scholarships. She is currently helping 30 kids find a camp for the summer.

Bena Farms: Offers Equine and Occupational Therapy. They are eager to work with the Sudbury Community.

After School Program: Financial Support is offered thru a grant awarded to the Social Worker Office to fund after School programs for kids with limited means. The Park & Rec Department and the Sudbury Performing Arts Center have offered openings and are working with Kirstin and Nina.

Suma tics Training: Has helped Kirstin in developing workshops. One program focuses on empowering girls, Another Workshop focuses on domestic violence.

Vivian Zeng: Health inspector Update:

Inspectional Services: Working on soil testing, Food Inspection, Septic Inspections.

Fairbank Community Center Kitchen: Has been permitted. They are opening slowly and starting with serving small groups. Once they get in a rhythm, they will take on larger scale food services.

Formosa Market: Has had little progress in finishing the build out of the space.

Sudbury Farms: Shaun has been running point on the inspections as each installation rolls out.

Vivian Zeng: Health Director Update:

Health Events: Health Fair April 9th at the Fairbank Community Center, Household Hazardous Waste Collection Day March 28th at the Sudbury DPW Building.

Sudbury Health Dept. is Collaborating with the Curtis Parent Org: Max Stossel will give a presentation on children and social media. The event will take place on March 5th at the Curtis Middle School. The event is free. Residents must register to attend.

FDA Grant: Submitted annual application. Focus is on Preparedness on Food Borne Illnesses, Food Defense and Combatting international food threats.

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PHE Grant: There are no definitive answers as to whether there will be funding beyond 2027 to sustain the regional Public Health Excellence Grant. The grant has published its annual report.

Metro West Foundation Grant: Social Workers will submit a concept paper on food insecurities to the grant.

Atkinson Pool: There are 2 new installations being done. A new automated chemical controller, that dispenses chemicals when needed. The pool water needs to be monitored to ensure PH balance and any required calibration of the controller. An Ultra Violet lighting system has been installed in the dive pool wall. The pool will be closed in May for the installation of the roof top pool pack.

Representative From Sudbury Farms: Vivian would like to invite a representative from Sudbury Farms to a future Board of Health Meeting to give an overview of the renovation project.

Septic: Shaw's Plaza stakeholders asked for a meeting to discuss some issues that have been ongoing with the leaching area of the septic. It was determined that major repairs are necessary. They will be applying for permits in the coming month(s).

Septic Contractor: Vivian is looking for a sub-contractor for septic assistance in plan reviews.

Next meeting will be held March 11th.

VOTE: Susan Sama Motioned to conclude Board Meeting at ??????. Linda Huet-Clayton seconded the motion. Motion passed 3-0-0.

Meeting adjourned at 4:58 PM.