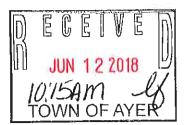
TOWN OF AYER BOARD OF HEALTH Minutes of April 30, 2018 Meeting and Public Hearing





Meeting was called to order at 5:35 pm by Chair Pamela Papineau.

Members present included: Chair Pamela Papineau, Clerk Mary Spinner, Member Patricia Peters, and Administrative Assistant Jane Morriss. Also attending were *Chad Fox, Digital Cloudz Vape Shop, 16 Main Street, Ayer (spoke three times); *Dennis Lane, Coalition for Responsible Retailing (spoke twice); *Jay Delucco, 26 Higham Court; *Leander Ferebee, 39 Washington Street; *Tina Grosowski, U-Mass Medical School (spoke twice); *DJ Wilson, Mass Municipal Association, *Gary Archer, GW Archer Mobil; *Danny Patel, Pauline's Variety; *Ken Farbstein, 16 Perault, Needham; *Jeff Thomas, Ayer Park & Recreation Director; Town Manager Robert Pontbriand, and *Joan Hamlett, representing the Central Region Alcohol and Tobacco Control Alliance; Jeff Thomas, Director, Ayer Park and Recreation; and Joan Hamlett, Director, Gentral Region-Alcohol and Tobacco Control Alliance (* = speakers)

Meeting recorded by APAC

Documents filed with these minutes: Five letters of support, four letters of opposition, and one policy question

CALL TO ORDER: BOH Chairman P. Papineau called the meeting to order at 5:34 pm.

PUBLIC INPUT: None

NABOH QUARTERLY MEETING UPDATE (M. SPINNER): The meeting was held March 29th and included a financial accounting of NABOH portfolio by its financial advisor Bartholomew and Company, Inc. They also addressed:

- Personnel issues;
- · New mandated Medicare guidelines; and
- The installation of new IT throughout the organization;

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The next meeting of the Executive Board is scheduled for September 8, 2018.

Following M. Spinner's update, Chair P. Papineau thanked her for her dedicated participation as the Board's liaison to the NABOH Executive Board.

RAB MEETING UPDATE (P. PETERS): APRIL 12 DEVENS RAB received a status update on various clean-up projects. It may cost the Town an estimated \$4.2 million to address the problems associated with the discovery of PFAS found in Ayer's drinking water. BRAC Environmental Coordinator Robert Simeone asked if Ayer has been investigating additional well sites. It is important for the public to know that the water coming out of townspeople's faucets are meeting EPA regulations. There was some discussion about whether the BOH should join forces with the BOS to put pressure on the Army to take responsibility for the situation, and P. Papineau agreed to talk with Town Manager R. Pontbriand and DPW Superintendent M. Wetzel about it. The next RAB meeting is scheduled for July 19 at the Devens Commerce Center.

ADMINISTRATIVE MATTERS: The Board reviewed correspondence and decided it would reorganize the Board at its May 7 meeting.

Public Hearing: BOH Chairman P. Papineau opened the Public Hearing at 6:36 pm to consider a new ABOH Regulation Restricting the Sale and Distribution of Tobacco Products.

READING OF THE PUBLIC NOTICE: Clerk Mary Spinner read the Public Notice which was published in the April 20 and 27th edition of the Nashoba Valley *Voice*. Chair P. Papineau read five letters of support, including letters from:

- Amjad Husain, MD, Chief Medical Officer of Steward Medical Group, Ayer;
- Chelsey M. Patriss, Executive Director CHNA 9 North Central Massachusetts;
- Tina Grosowsky, Project Coordinator for the Department of Psychiatry at U-Mass Medical School;

- Devra Bailin, JD, Director of Economic Development for the Town of Needham; and
- Ken Farbstein, The Network for the Improvement of Addiction Treatment Foundation, Needham.
- P. Papineau read four letters of opposition into the record, including letters from:
- Bradley Johnson, who lives at 44 Cambridge Street.
- Max Tewksbury,
- MASFA Secretary Tony Branczyk; and
- Chad Fox, owner of Digital Cloudz;
- P. Papineau read a memo from Ayer's Director of Park & Recreation Jeff Thomas seeking clarification about whether the proposed regulation prohibits smoking and vaping in town parks and open areas.

Copies of these letters, memo, and Hearing Notice are filed with these minutes.

- P. Papineau then invited members of the audience to speak:
- First to speak was C. Fox, owner of Digital Cloudz located at 16 Main Street, Ayer. He read from a prepared statement, and urged the Board to reconsider changing the legal age to purchase tobacco products from 18 to 21. (His prepared statement is included with the letters of opposition and is filed with these minutes.)
- Dennis Lane, who represented the Coalition for Responsible Retailing said increasing the legal age of purchase yould not work.
- J. Deluko, former vice president of Coalition for Responsible Retailing, said imposing bans on products has not been effective, and changing the legal age to buy would only push young consumers to frequent "less responsible shops," and urged the Board to keep the legal age to purchase tobacco products at 18.
- Leander Ferebee, who lives at 39 Washington Street, also spoke out against the proposed age restriction.
- Tina Grosowski, project coordinator of the Central MA Tobacco Free Community Partnership, said that flavored tobacco products are the "biggest attraction to youth."
- DJ Wilson who represented the Massachusetts Municipal Association said that 51 cities and 174 towns in Massachusetts have changed the legal age to purchase tobacco from 18 to 21.
- Gary Archer, who owns GW Archer Mobil and who lives at 47 Mulberry Circle, said he was against raising the legal age to purchase from 18 to 21, and the prohibition of selling flavored products in all but adult-only shops. He said that these restrictions would cut into the profitability of his business. He said that he suggested the rest of the regulation.
- Ken Farberstein, who works for NIATx Foundation (Network for the Improvement of Addiction Treatment) and who lives in Needham, cited several studies that indicate that flavored tobacco products and e-cigarettes can lead to a lifetime of addiction, especially among those who begin using tobacco products in their teens, or earlier.
- Danny Patel, owner of Pauline's Variety, said he didn't have a problem with increasing the legal age to purchase tobacco products from 18 to 21. However, he had a problem with the provisions that would restrict the sale of flavored and other specialty products such as jewel kits, to adult-only smoke shops. He told the Board these restrictions would cause a "black market."

- T. Grosowski then spoke, saying that there is no evidence that changing the smoking age from 18 to 21, and imposing a "flavor ban," affects the small business owner's bottom line.
- C. Fox told the Board that if the town increases the legal age to purchase tobacco products would only mean that youth would turn to other sources.
- Joan Hamlett, director of the Central Region Alcohol and Tobacco Control Alliance, asked if delivery people ask for age verification before they deliver tobacco products, like they do alcohol.
- D.J. Wilson spoke in favor of taking Jewell off the mail-order market. July (W)
- Ayer Park and Recreation Director Jeff Thomas asked if the new regulation included language that would support a smoking *and vaping* prohibition at the Town Beach and Pirone Park.

After members of the audience were finished speaking, the Board decided it would vote on the regulation at its next meeting on May 7, 2018. The Board then considered setting the date when the new regulation would become effective, and after some discussion decided to make the new regulation effective July 1, 2018. J. Hamlett said she would draft the regulation and that she would e-mail it to J. Morriss.

ADJOURN: M. Spinner motioned to adjourn both the regular meeting and the Public Hearing at 8:17 pm, and P. Peters 2nd. **3/0**

Patricia Peters, Chair

Pamela Papineau, Vice Chair

Board of Health Public Hearing Minutes, April 30, 2018



The Ayer Board of Health (ABOH) will hold a hearing to amend the Regulation of The Ayer Board of Health Restricting the Sale of Tobacco Products, on 4/30/2018, at 6:30pm at the Ayer Town Hall, 1 Main St. A in the 1st Floor Selectman's Meeting Room. Revisions include but are not limited to restricting flavored tobacco products to adult only tobacco retail stores, blunt wrap ban, cigar pricing restrictions, pharmacy ban, sales near schools and retail density restrictions, new purchase age of 21 & updated wording. ABOH will hold an open written comment period until 4/30/18, whereby citizens may submit comments in writing to the ABOH Office, Town Hall, 1 Main St. Ayer, MA. A copy of the draft regulation may be obtained in the Ayer BOH office at the Town Hall during normal business hours



April 20, 2018

ATTN: Pam Papineau Ayer Board of Health 1 Main Street Ayer, MA 01432

Dear Chairperson:

As the Executive Director of the Community Health Network for North Central Mass (CHNA 9) I care deeply about the health and wellbeing of all our region's youth. Our region contends with some of the highest smoking rates in the state (especially in young pregnant women), and turning the tide begins with preventing more of our youth from ever trying tobacco products.

We know the tobacco industry uses fruit and candy flavored tobacco products to target young people. The tobacco industry makes these products cheap and readily available at gas stations, convenience stores, corner stores and other places that youth frequently visit. Flavored tobacco products are "starter" products that can lead young people to long-term tobacco addiction.

Several communities in North Central have already taken steps to remove these products from stores that youth frequent. CHNA 9 supports the Ayer Board of Health's proposed new tobacco regulations restricting the sale of flavored tobacco products. The Ayer Board of Health is to be commended for its proactive stand to protect the health of our youth.

Sincerely,

Chelsey M Patriss

Executive Director, CHNA 9

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TOWN OF NEEDHAM, MA

PLANNING AND COMMUNITY DEVELOPMENT DEPARTMENT

500 Dedham Ave Needham, MA 02492 781-455-7500

ECONOMIC DEVELOPMENT

Sept. 7, 2017

To whom it may concern,

To the best of my knowledge, based on my work in Needham since 2010 as the Director of Economic Development, no convenience stores went out of business due to the Town's tobacco regulation that raised the minimum legal sales age, which the Board of Health adopted in 2005. Nor have convenience stores here gone out of business after our Board's restriction on the sale of flavored tobacco products, which became effective January 1, 2016.

Devra G. Bailin, J.D.
Director of Economic Development

16 Perrault Road Suite 1 Needham, MA 02494 April 26, 2018

Ayer Board of Health c/o Ms. Bridgette Braley Town Hall - 1 Main Street Ayer, MA 01432

Dear Chair Papineau and Board of Health Members,

As the father of a dearly loved, experimentative and adventurous 22-year-old daughter, I am deeply indebted to my town's Board of Health for the 2005 regulations that have prevented her from buying tobacco products in our town until age 21. The Board's regulations have prevented her from acquiring a lifelong and potentially fatal addiction to nicotine. No convenience stores have gone out of business as a result, as stated in the attached letter by Needham's Director of Economic Development.

I worked for the American Cancer Society Cancer Action Network, and now work for the NIATx Foundation [Network for the Improvement of Addiction Treatment].

I strongly support raising the minimum legal age for the sale of tobacco products to 21 (MLSA 21), restricting the sale of flavored tobacco products, cigar packaging/pricing, and all the other regulations restricting nicotine use that you will consider on April 30. A one-page set of Key Facts is attached.

Earlier this week, FDA Commissioner Scott Gottlieb's strongly worded Statement reminded us that "the nicotine in these products can rewire an adolescent's brain, leading to years of addiction." The most recent and most highly reputable evidence of this threat was described in the comprehensive report in January by the National Academy of Sciences. Two of its conclusions warn about youths' use of e-cigarettes: "There is substantial evidence that e-cigarette use increases risk of ever using combustible tobacco cigarettes among youth and young adults [#16-1]. There is substantial evidence that e-cigarette use results in symptoms of dependence on e-cigarettes [#8-1]."

You are familiar with the Institute of Medicine's clear conclusions in its careful study in 2015, the "strong" recommendations to pediatricians by the American Academy of Pediatrics, the 2016 report of the Surgeon General on e-cig use by youth, and the formal endorsement of T21 by the AAP, the Mass Hospital Assoc., the Mass Assoc. of Boards of Health, the American Medical Assoc., the American Heart Assoc., the American Cancer Society, the American Lung Assoc., the New York Times, and many others.

Please restrict the sale of flavored tobacco products, e.g., vapes, e-cigs, JUULs, grape cigars, "Strawberry Pervert" nicotine "juice," and the 1,000 other flavors listed by the Mass Association of Health Boards that are designed to appeal to and addict young people. These rapidly proliferating, cheap, sweet, easily accessible products pose a great, growing new threat to the health of Ayer's teenagers. Please protect them.

Sincerely,

Ken Farbstein, MPP KenFarbstein@earthlink.net 781-444-5525



April 2018

Pam Papineau Ayer Board of Health 1 Main Street Ayer, MA 01432

Dear Chairperson:

Amjad Husain, M.D., FCCP Pulmonologist Sleep Specialist SMG Specialty Suite 190 Groton Rd, Suite 250 Ayer, Ma 01432 o: 978-784-9972 f: 978-772-0015

www.steward.org

As the Director of Respiratory Medicine, I care deeply about the health and well-being of Ayer's youth. We know the tobacco industry uses fruit and candy flavored tobacco products to target young people. The tobacco industry makes these products cheap and readily available at gas stations, convenience stores, corner stores and other places that youth frequently visit.

This is important because flavored tobacco products are considered "starter" products that can lead young people to long-term tobacco addiction. These products use the same flavors as popular candy and soft drinks to attract young buyers. The tobacco industry is targeting our kids with these products and this has to stop.

Young people in many communities are seeing these flavored tobacco products every day in the convenience stores they visit. Other communities have taken steps to remove these products from stores that youth frequent. It's time for more adults in Ayer to take notice and take action. I support the Ayer Board of Health's proposed new tobacco regulations restricting the sale of flavored tobacco products. The Ayer Board of Health is to be commended for its proactive stand to protect the health of our youth.

Sincerely,

Amjad Husain, M.D., FCCP

Chief Medical Officer





Department of Psychiatry

University Campus 55 Lake Avenue North Worcester, MA 01655 www.umassmed.edu/Psychiatry

April 30, 2018

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Aper Papineau
Ayer Board of Health
Main Street
Ayer, MA 01432

Dear Chairperson:

As the Project Coordinator of the Central MA Tobacco Free Community Partnership, I care deeply about the health and wellbeing of Ayer's youth. We know the tobacco industry uses fruit and candy flavored tobacco products to target young people. The tobacco industry makes these products cheap and readily available at gas stations, convenience stores, corner stores and other places that youth frequently visit.

This is important because flavored tobacco products are considered "starter" products that can lead young people to long-term tobacco addiction. These products use the same flavors as popular candy and soft drinks to attract young buyers. The tobacco industry is targeting our kids with these products and this has to stop.

Young people in many communities are seeing these flavored tobacco products every day in the convenience stores they visit. Other communities have taken steps to remove these products from stores that youth frequent. Most recently in April the Worcester and Webster Boards of Health have passed this regulation. It's time for more adults in Ayer to take notice and take action. I support the Ayer Board of Health's proposed new tobacco regulations restricting the sale of flavored tobacco products. The Ayer Board of Health is to be commended for its proactive stand to protect the health of its youth.

Sincerely,

Tina Grosowsky

Tina Grosowsky

Project Coordinator

Bradley Johnson 44 Cambridge St. Ayer, MA 01432 April 28, 2018

Ayer Board of Health ABOH Office, Town Hall 1 Main St. Ayer, MA 01432

Dear Ayer Board of Health:

I am writing to oppose raising Ayer's tobacco purchasing age to 21.

This proposed revision, in my opinion, is a "feel-good" law that would have little to no effect on children using tobacco products while at the same time driving business for a legal product to surrounding towns and/or states. The minimum age to purchase alcohol has been 21 for years, yet children still find ways to procure and use it. Many drugs are completely illegal, yet many under the age of 21 still find ways to use them.

Almost all US states (Massachusetts included) consider 18 to be the age of majority. Those 18 and over can be tried as an adult in court. They can fight for our country in the military. They can vote. Not only does Massachusetts already have one of the lowest smoking rates in the US, but it is already illegal (excluding parents) to supply tobacco to a minor. When I turned 18 over 20 years ago I fully knew the potential dangers of tobacco products. Over the past 20+ years campaigns against tobacco have only increased and I find it hard to believe today's children aren't aware of the potential health risks. Despite this increased knowledge some children will decide to use tobacco and any age limitation will not stop this.

Instead of passing unnecessary laws the focus should be on education. Tobacco use has been on the decline for years and most tobacco users start well before the age of 18. If someone other than a parent is supplying a minor with tobacco they have already broken the law. Will another law on the books stop children from using tobacco? Parents should be talking to their children about the risks of using tobacco and teaching them to make educated choices. It is not the towns role to act as parents while at the same time penalizing local businesses through decreased sales.

Sincerely,

Bradley Johnson

mmy fm

April 30, 2018

To whom it may concern,

Ayer's Director of Park & Recreation Jeff Thomas is seeking clarification about whether the new proposed regulation prohibits smoking *and* vaping in town parks and open areas.



No to Tobacco 21

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An 18 year old can Vote, get married, open credit cards, get themselves in debt, be tried as an adult and enlist in the military. At age 18 we take on a lot of responsibilities and are legally considered adults.

In Massachusetts only 156 cities and towns out of a total of 351 have enacted 21 for tobacco purchases. Most of the current towns surrounding Ayer have not adopted these age restriction which leaves several open options for the 18-20 year old individuals to purchase their tobacco products elsewhere. Additionally, there are no studies that can be found that show the decline in youth tobacco usage after adopting the 21 age restriction.

By making the age 21 on a town level you are pushing sales and taxes of legal product to other towns and/or states which is the opposite of what a small-town needs. You are also pushing tobacco use deeper underground and creating more of a black market than already exists. It is illegal for people under the age of 18 to purchase tobacco currently so the youth that are already getting their hands on these products are doing so through other sources. Tobacco usage happening in schools is and has always been illegal, so the youth that are using these products in school are breaking the law.

The Surgeon General has a current study that states nearly 90% of smokers tried tobacco before the age of 18 years old, they further the study by saying the mean age of trying tobacco is 15.3 years of age. The age to purchase tobacco in most of the United State is 18 years old, yet somehow youth are acquiring these products. I have a hard time believing that 18-20 year old individuals are providing all of the tobacco products to all these underage users. Most of the other statements in this survey are related to ethnicity, poverty, and education. Statements are made about lower educations attributing to more smokers.

Smoking has been on a decline for the past 15 years through education, not prohibition. In 2016 "teen vaping decreased for the first time after rapidly rising for years", according to the Center for Disease Control Prevention. When we consider that the motive behind this regulation is to prevent youth tobacco usage we must look at the big picture. They are acquiring these products that already have an age restriction on them in a town with 0 sales to minors both on a State and Federal inspection level.

The State of Massachusetts and the Federal Government have several bills that will be voted on by numerous Representatives that would push the age to 21 with appropriate research and grandfather dates. When a State or Federal Government acts on massive regulation changes they are carefully thought out and should not be decided on a town by town basis where inconsistent regulations can be a 5 minute drive away. Although, I do agree with most of the regulations in the renewed tobacco regulation packet that is being presented including restricting flavored tobacco products to adult only retailers, doing so limits the marketing and appeal to those underage. They cannot enter an adult only establishment therefore moving what the tobacco agent deems as eye candy for children into a place they cannot be. For these reasons I cannot stand behind tobacco 21 in the town of Ayer due to inconsistencies on such a local level.

If we look at 21 age restriction on alcohol, 70% of youth under the age of 18 admit to having at least 1 drink. Studies show while youth tend to drink less often than adults they consume a minimum of 5 drinks per sitting which is called binge drinking. Abuse of product through prohibition is a known problem. While looking through some other studies regarding the change of age from 18 to 21 in the

1980's to purchase alcohol the only thing found was a shift in motor vehicle accidents. The group with the highest accident rate before the change was the 18-21 category, after the age restriction changed to 21 there was a shift and the highest accident rate category became 21-24 year old's. In my opinion this just shifted the age of irresponsibility.

In the case of why vaping shouldn't be 21 but due to classifying our products as tobacco we have been included in these restrictions. The product I sell can be acquired online and shipped to this state regardless of age restriction or laws preventing such. Out of state vendors cannot be touched by Massachusetts State laws so it doesn't affect them and they will continue shipping to this state. Putting these products in the hands of uneducated consumer can be a very bad idea, here at our store we educate all consumers on how to operate the devices we sell.

Dear Ayer Board of Health,

I am writing this letter to contest the idea to increase the age of buying tobacco products to twenty-one. Generally speaking minors of any age tend to get their hands on whatever they please. Vapor products, tobacco, alcohol, cannabis or other drugs end up in the hands of anyone who desires them at any age. I am twenty-four years of age now and a little over four years ago made the switch from traditional cigarettes to vapor products. Beforehand, I started smoking cigarettes at thirteen and never had an issue obtaining them.

Changing the age to twenty one would simply hurt small business in the town. Being so close to the border of New Hampshire residents of Ayer, Littleton, Shirley, Groton, Westford and other bordering towns could simply cross the border and continue to purchase vapor or tobacco products. Passing said change would not change the consumption or sales at any rate, it would change the locations of where said items are bought. I know for a fact that the local vape shop Digital Cloudz have always abided by the laws and have never sold anything to anyone under 18. I cannot speak for the Mobil Station but I'm sure it's the case. By raising the law to twenty-one, you would be hurting the livelihood of said businesses when they have always followed the laws.

There are a good group of individuals, myself included, who would hate to see such a change be put in place. I appreciate the time you've taken to read this letter and hope you take what I've stated into serious consideration. Thank you.

Regards,

Max Tewksbury

All landary

4/30/2018

To whom it may concern,

I am against moving the age restriction to 21. It will not solve the issue of youth obtaining these products. Many towns still have an 18+ restriction within the state, and with New Hampshire being so close, young adults will just drive a little further North to get what they want.

The studies have shown 90% of smokers started at age 13-17, so moving the age is pointless. The State of Massachusetts has several bills in works to move the age to 21 at a State level which will adopt a grandfather date.

The youth that are using tobacco products currently, are still under the age of 18, so this proposal doesn't fix the current issue at hand and doesn't help with youth prevention of tobacco usage under age 18. Rather than just simply raising the age to prevent people who are old enough to fight and die for their country, maybe you should be finding out how people under 18 are getting these products by running checks...

Thank you, Tony Branczyk

MASFA secretary

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April 20 & 27, 2018

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April 13, 20, 27, 2018

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advised that DSB Project List #18-D6, dated April 25, 2018 describing 01 Designer Selection Board

Public Notice

project(s) is now available at www.mass.gov/dab

PUBLIC NAMES COMMENTS SELECTION BOARD PUBLIC NOTICE

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April 13, 20 & 27, 2018

Key Facts on Tobacco 21

Prepared by Ken Farbstein

Only 10% of smokers start at the age of 21 or older. (CDC, NCHS, 2008). "Raising the legal minimum age for cigarette purchase to 21 could gut our key young adult market." (Philip Morris report, Jan. 21, 1986)

If the minimum legal sales age were raised now to 21 nationwide, there would be approximately 223,000 fewer premature deaths. (Institute of Medicine, 2015)

Nicotine is a highly addictive substance with negative effects on animal and human brain development, which is still ongoing in adolescence. (Grana et al, "E-Cigarettes: A Scientific Review," *Circulation*, 2014.)

"Nicotine changes the brain—that's why quitting is so hard." (Philip Morris, Altria, Lorillard, and RJ Reynolds, in court-mandated full-page ads in NY Times & 37 other major city newspapers, 2017-18.)

"There is substantial evidence that e-cigarette use increases risk of ever using combustible tobacco cigarettes among youth and young adults [Conclusion #16-1]. There is substantial evidence that e-cigarette use results in symptoms of dependence on e-cigarettes [#8-1]." National Academy of Sciences, Jan. 2018.

"The nicotine in these products can rewire an adolescent's brain, leading to years of addiction." (FDA Commissioner Scott Gottlieb, MD, in Statement on Apr. 24, 2018)

More than 70% of American adults support raising the legal age of tobacco products to 21. Majority support is consistent across age, education, geographic region, race, sex, and smoking status. (Winickoff et al, *Tobacco Control*, 2015)

The tobacco industry has used every iteration of cigarette design to undermine cessation and prevention. (Surgeon General's Report, 2010)

When customers need to travel a significant distance to obtain tobacco products, they are likely to decrease their use (Reitzel et al., *American Journal of Public Health*, 2011.)

AYER PUBLIC HEARING & DRAFT NOTICE RECEIVED SIGN OFF

DATE: H/19/2018/4/2018 Staff Person: Joan Hamlett

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