

**Lincoln Board of Health**  
**Virtual Meeting Minutes**  
**Wednesday, September 14, 2022**

Members Presents: Frederick Mansfield, MD  
Steven Kanner, MD

(Member unavailable: Patricia Miller)

Others Present: Trish McGean, Town Nurse; Darin LaFalam, Water Dept. Superintendent; Melanie Deneen, Director, Concord Board of Health; Elaine Carroll, Adm. Asst.

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The meeting was called to order at 7:30 p.m. The next meeting is on October 26, 2022 at 7:30 p.m.

**Update on COVID-19 Cases and Other Illnesses:**

Trish McGean said the following: There were nine positive COVID cases for the month of September so far. The ages range from two weeks old to 95 years old with seven of the nine cases being over the age of 60. Lincoln is having a Bivalent booster clinic for seniors on October 26 from 10:00 to 3:00. There will be a link to sign up but also the COA will be helping residents sign up. This will be through a state sponsored mobile vaccine clinic. We also hope to put together another COVID vaccine clinic for Town residents as well, which Becky McFall would like to have at the Reed gym because there is a lot of room there. As you recall from the last meeting, the Board strongly encouraged teachers to be up to date on their vaccinations. This will assist them by making it convenient during or after the school day.

As far as the flu is concerned, we are expecting more cases this year because people are out more than the last two years. Lincoln will be holding three flu clinics at the Reed gym. The sign up link will be advertised on Lincoln Talk, the school newspaper and COA newsletter. Everyone should get their flu vaccine. There continues to be tick-borne illnesses in the towns that she covers because the weather continues to be great. Everyone should check for ticks when coming in from outside and notify your provider if you have symptoms like chills, body aches, headaches, which could be symptoms of COVID, flu or tick-borne illness and only a test can decide which it is. The Great Meadows Collaborative which is seven towns including Lincoln will be travelling to each town for a week or two with a tick display of educational material. There will be a scarecrow mannequin dressed like people should be dressed when outside with pants tucked into socks. They will be at various events this fall.

**Fluoridation in Town Water:**

Darin LaFalam, Water Department Superintendent, said he brought up the topic of fluoridation to a group of 36 residents and perhaps should have talked to the Board first. It is a tricky topic, but bottom line is if you do not fluoridate you see dental problems increase. The scariest thing is the link to learning difficulties. They are seeing 3.7 IQ drop for every one part per million dose increase in three to four year olds after birth. You are seeing a drop in usage even though 70% of the country does use fluoride. European countries almost exclusively do not use it. It is considered a medication and is the only medication put in drinking water. If he were a Lincoln resident he said he would rather be responsible for his kid's dental hygiene and remove any link to any brain cognitive function from fluoride but understands there are many good points on both sides of the issue.

Dr. Kanner said the American Dental Association is still behind it as is the American Academy of Pediatrics. Trish said she has not seen any cases of fluorosis in Town. The towns in Massachusetts that fluoridate their water in 2017 was 57% and went up to 70% in 2021 and then went back down to 57%. People may be pulling away from it with more information. Darin said it was a study done in 2016 that did link it to a reduction in IQ in future generations, which may have triggered the backing away from it. Dr. Kanner said the EPA went through the article presented and demonstrated to his satisfaction that the data was incomplete or wrong or improperly interpreted and rejected entirely all of those presentations and will send the report to Mr. LaFalam.

Mr. LaFalam said the Town has a good history of dosing it right at the target of 0.7 parts per million and we do not have it in our surface water or well water. Dr. Mansfield said he looked at a number of papers out of India and China and what is in the water there is 4.7 to 8 milligrams per milliliter with also elements of arsenic and possibly manganese. Those papers did have evidence of a decrease in IQ and learning difficulties, but it was a

dose related matter. As long as we are down to 0.7, the American Academy of Pediatrics and the ADA have not reversed their stand, there should be no problem with fluoridation in the water.

**Other Business:**

Melanie Dineen said Concord is continuing to look for a science based individual to replace Casey Mellin and have reposted the position. They do not have to be an inspector since there was no training for the last two years due to COVID. Since there are so few candidates, Concord is willing to train someone to do the job.

Fred Mansfield made a motion to approve the minutes from August 17, 2022 meeting as amended. Steve Kanner seconded the motion. Roll call vote: Steve Kanner-aye; Fred Mansfield-aye.

At 8:00 p.m. Steve Kanner made a motion to adjourn the meeting. Fred Mansfield seconded the motion. Roll call vote: Steve Kanner-aye, Fred Mansfield-aye.

*Submitted by Elaine Carroll*

*Approved: October 26, 2022*