



MEPHC Newsletter

MEPHC Strategic Plan: 2026–2030

As we begin a new year, MEPHC is taking a moment to reflect on the 2026–2030 Strategic Plan that continues to guide our work. Developed in partnership with BME Strategies, local public health department staff, and Board of Health members, the plan reflects shared priorities and the realities of public health work across our region.

Over the past year, this plan has helped align our efforts, strengthen collaboration, and support healthier, safer communities. The start of the year is a natural opportunity to revisit these goals and reaffirm our collective direction as implementation continues.

We invite partners and community members to review the Strategic Plan linked below and keep it in mind as we move forward together.

2026-2030 Strategic Plan

New Staff in our Region!

Please join us in welcoming Vivian Zeng, who will be joining the Town of Andover as the new Health Director. Vivian can be reached at vivian.zeng@andoverma.us.

Please also welcome Zerihun Ayele, who will be joining the Town of Reading as the new Health Inspector. Zerihun can be reached at zayele@readingma.gov.

We're excited to welcome Vivian and Zerihun to their new roles and look forward to working with them in the months ahead. Please join us in extending a warm welcome.

Upcoming Events

MEPHC Inspector Workgroup
Virtual
January 7 at 3 PM

MEPHC Advisory Board
Virtual
January 12 at 11 AM

MEPHC Opioid Workgroup
Lynnfield | In-person
January 22 at 10 AM

MEPHC Nurses Workgroup
Virtual
February 5 at 9 AM

Using Stories and Data to Engage Decision-Makers and Advance Transportation Access
January 8th at 12 PM

OLRH HIPAA
Virtual
January 20 at 3 PM

Check out the training calendar!



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Middlesex-Essex Public Health Collaborative

mephc@northandoverma.gov
www.mephg.org

Resource Center



Monthly Health Topic

The health topic chosen for January was winter nutrition. There is also an image available for January National Blood Donor Month. For this health education flyer and more click the link below! Need an image created? Reach out to Lea Anne (lpero@northandoverma.gov).

[Access Resources Here](#)



Monthly Blog Post Highlight

This month's blog focuses on setting realistic health goals for the new year, emphasizing small steps that support lasting health and well-being. To read this month's blog post, click the link below.

[Access Blog Posts](#)



Youth Mental Health First Aid Sign-up

Christine Shaw, Ph.D., will lead a Mental Health First Aid class focused on youth (ages 12–18). Participants will gain practical tools to recognize and respond to mental health challenges, learn to identify early warning signs, provide appropriate support, and connect youth to resources, enhancing community outreach and crisis prevention efforts.

[Sign-up Form](#)



Winter PSAs available

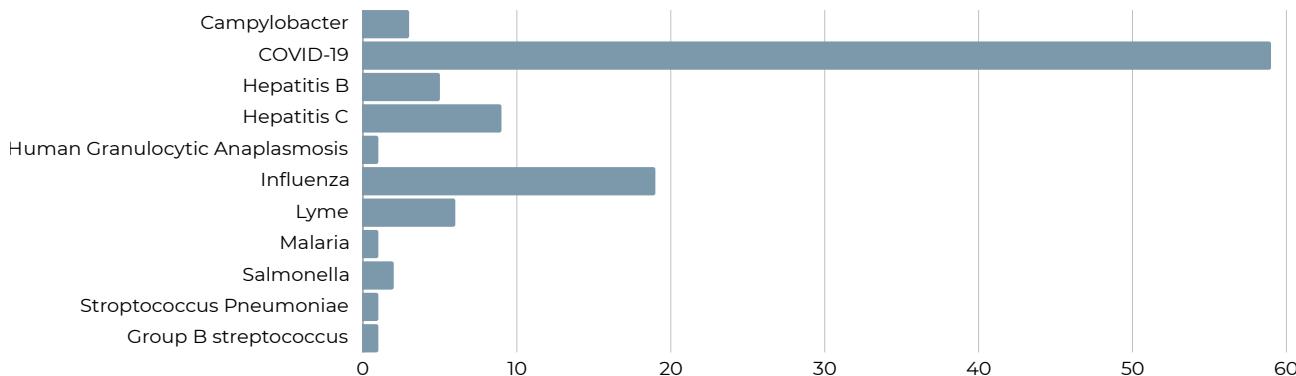
PSAs are developed seasonally and upon request to ensure consistent messaging across the region regarding public health alerts. They cover topics such as Extreme Cold Advisory, home heating and carbon monoxide safety, safe snow removal, and winter preparedness.

[Access PSAs here](#)

This disease trend report aggregates data from the communities of North Andover, Andover, Reading, North Reading, Haverhill and Lynnfield.

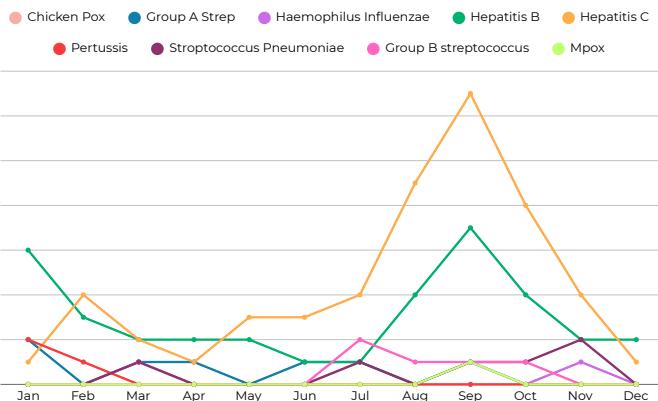
Confirmed & Probable Diseases Reported

November 15, 2025 to December 15, 2025



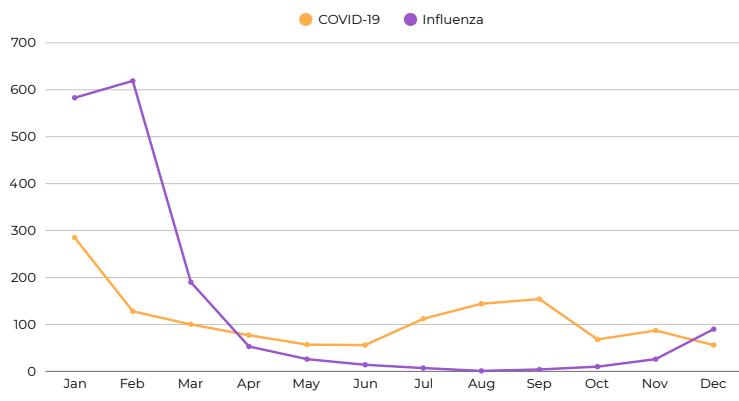
Confirmed & Probable Communicable Diseases

January 1 - December 15, 2025



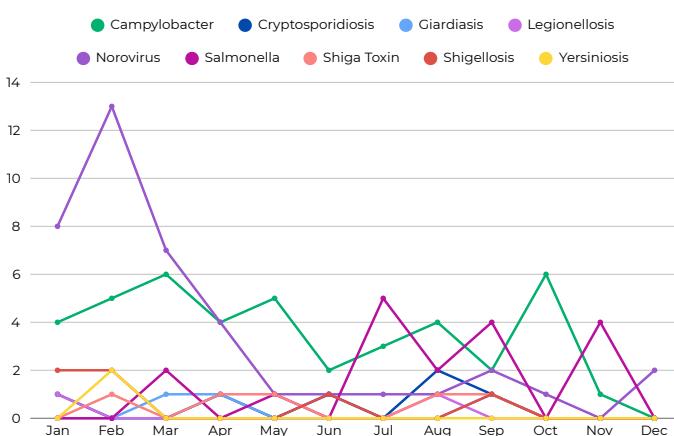
Confirmed & Probable Influenza & COVID-19 Cases

January 1 - December 15, 2025



Confirmed & Probable Foodborne Diseases

January 1 - December 15, 2025



Confirmed & Probable Vectorborne Diseases

January 1 - December 15, 2025

