



MEPHC Newsletter

Welcome Lydia Sweetser - Our New Shared Services Coordinator!

We're excited to welcome Lydia Sweetser as MEPHC's new Shared Services Coordinator. Lydia brings valuable experience in community health, prevention, and policy from her work with A Healthy Lynnfield, one of the communities in our shared services region, and the Executive Office of Health and Human Services.

Her strong local and state public health experience will be a great asset as she supports collaboration across our partner communities.



You can reach Lydia at: lsweetser@northandoverma.gov

Opioid Workgroup Meeting Highlights

Representatives from four of our six communities joined the Middlesex-Essex Public Health Collaborative's recent Opioid Workgroup meeting to discuss strategies and resources for effectively using opioid settlement funds. The group shared updates, ideas, and best practices to strengthen community response and recovery support.

We were also joined by Becca Harris, Executive Director of 2nd Act, a collective of artists in recovery who use theatre, film, and drama therapy to address the impact of substance use. Their work empowers diverse and inclusive communities to foster understanding and reduce stigma surrounding addiction and recovery.

Upcoming Events

Check out the training calendar!

REMINDER
MHOA Conference
November 5-7 | Springfield

REMINDER
Stop the Bleed
November 18 | North Andover

School Attendance & Community Well-Being
November 7 | Virtual

Public Health and New Media: Modes of Persuasion
November 12 | Via Zoom

MEPHC Nurses Meeting
In-person
December 4 | Haverhill

Retail Tobacco Inspection Training
December 16 | Virtual



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Resource Center



Monthly Health Topic

The health topic chosen for November is National Diabetes Awareness Month. With the holidays approaching, the health topic chosen was how to stay on track with your diabetes during the holidays. For this health education flyer and more click the link below!

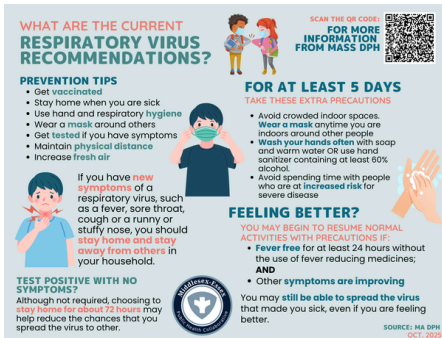
[Access Resources Here](#)



Monthly Blog Post Highlight

November's blog post focuses on nutrition education and health literacy. These are two topics highlighted in the bi-annual regional priority gaps. For this topic and all of our other blog posts, click the link below.

[Access Blog Posts](#)



Looking for seasonal PSAs?

MEPHC creates PSAs that can be used by any community to disseminate timely health education to residents. PSAs are shared on the MEPHC website. More PSAs are added to this webpage regularly. If you need a specific PSA, please email: mephc@northandoverma.gov

[MEPHC Publications](#)



Stop the Bleed

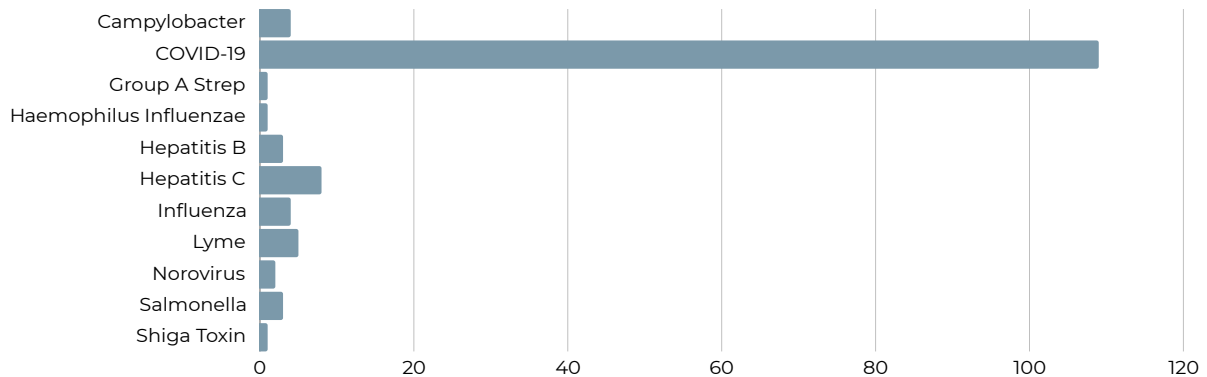
Join us for Stop the Bleed Stop the Bleed with Lawrence General Trauma Unit on November 18th 10 AM to 12 PM at North Andover Fire Department training room.

[Sign up form](#)

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

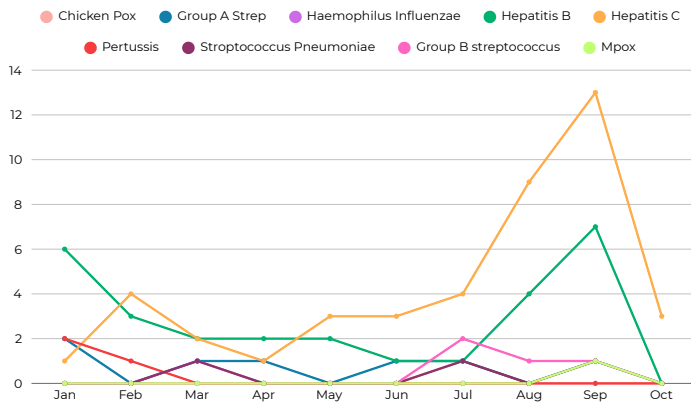
Confirmed & Probable Diseases Reported

September 15, 2025 to October 14, 2025



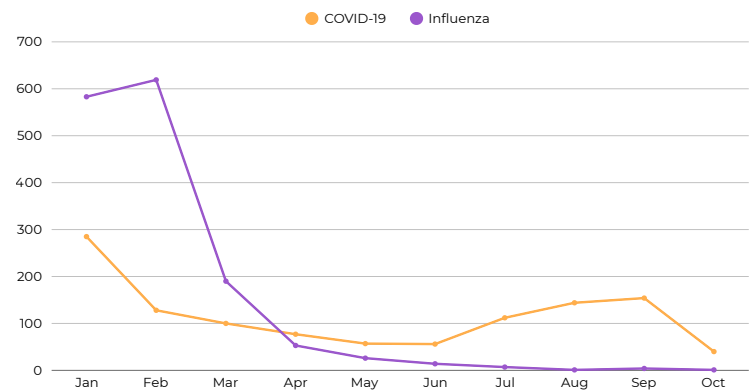
Confirmed & Probable Communicable Diseases

January 1 - October 15, 2025



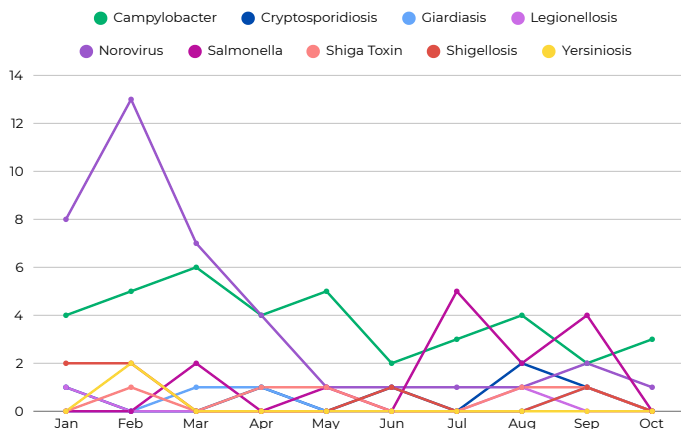
Confirmed & Probable Influenza & COVID-19 Cases

January 1 - October 15, 2025



Confirmed & Probable Foodborne Diseases

January 1 - October 15, 2025



Confirmed & Probable Vectorborne Diseases

January 1 - October 15, 2025

