

Massachusetts Medical Society

MMS POLICY COMPENDIUM

*Includes Policies Through
The 2025 Interim Meeting*



MASSACHUSETTS
MEDICAL SOCIETY

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POLICY COMPENDIUM

(1978–2025)

This edition of the *Massachusetts Medical Society Policy Compendium* presents the policy positions of the Society as of the close of business at the 2025 Interim Meeting of the House of Delegates.

This volume contains only permanent policies adopted by the MMS House of Delegates. It does not contain items that were referred to the Board of Trustees (items referred for decision* or report back that were *adopted* are included), filed, tabled, or not adopted; MMS bylaws, appointments, awards, or commendations. Please consult, as appropriate, the *Massachusetts Medical Society Acts of Incorporation and Bylaws* or the *Massachusetts Medical Society House of Delegates Proceedings* for this information. ***Please note:** beginning with the 2016 Annual Meeting, items referred to the Board of Trustees for decision that were adopted and accepted by the House of Delegates are noted with the Board and House meeting dates that the actions were taken.

This volume is arranged alphabetically, by major subject headings. Under each subject heading, the most recent policies are listed first. Noted at the end of each statement is the date that the House of Delegates voted on the policy.

We hope this edition of the *Massachusetts Medical Society Policy Compendium* is a valuable resource for members and staff. For further information on policy making at the Society, please contact the Department of Governance Meetings and Services.

Olivia Liao, MD, FACS
President

Eli Freiman, MD, FAAP
Speaker

Grayson Armstrong, MD, MPH
Vice Speaker

/at

PURPOSES OF THE MASSACHUSETTS MEDICAL SOCIETY

The purposes of the Massachusetts Medical Society shall be to do all things as may be necessary and appropriate to advance medical knowledge, to develop and maintain the highest professional and ethical standards of medical practice and health care, and to promote medical institutions formed on liberal principles for the health, benefit, and welfare of the citizens of* the Commonwealth.

— Section 2, Acts of Incorporation, 1781

As referenced in Bylaws, Chapter 1, 1.00
(Purpose: “citizens” and “of” the Commonwealth pending amendment to read “people in”)

*MMS House of Delegates, 11/6/00
Reaffirmed MMS House of Delegates, 5/18/07
Reaffirmed MMS House of Delegates, 5/17/14
Reaffirmed MMS House of Delegates, 5/8/21*

Outdoor Lighting

The MMS recommends that outdoor lighting fixtures including streetlights, vehicle headlights, and outdoor lighting of homes and businesses use a color temperature of 2,700K or less and appropriate shielding. (HP)

MMS House of Delegates, 12/6/25

Pandemics

The MMS affirms its support for a data-driven pandemic policy approach which centers on equity. (HP)

The MMS affirms its support and will advocate to local, state and federal public health authorities for the following:

- indoor mask mandates and school mask mandates, when supported by public health data;
- increased state and federal funding for improved ventilation in schools and other public spaces;
- distribution of high-quality masks in Massachusetts communities most-impacted by COVID and other respiratory illnesses to prevent community spread;
- more equitable access to testing and antiviral treatments. (HP)/(D)

MMS House of Delegates, 5/21/22

Performance Enhancing Drugs

The Massachusetts Medical Society calls upon its members and all physicians to oppose the use of performance enhancing drugs for the purpose of trying to improve athletic performance or for any purpose other than that which is medically indicated. (HP)

*MMS Council, 5/10/85
Reaffirmed MMS House of Delegates, 5/7/99
Reaffirmed MMS House of Delegates, 5/12/06
Amended and Reaffirmed MMS House of Delegates, 5/11/13*

Physical Activity

The MMS recognizes the health benefits of daily physical activity and the health risks of sedentary behavior. (HP)

The MMS supports the recommendations of the US Department of Health and Human Services *Physical Activity Guidelines* for adults and children, for regular moderate or vigorous intensity physical activity and strengthening exercise, including those with disabilities or chronic conditions as their age, abilities, and conditions allow. (HP)

The MMS will advocate for policies and programs that make available regular, safe, physical activity for children and adults including those with disabilities, older adults and those with socioeconomic barriers to activity. (D)

MMS House of Delegates, 5/4/19

The Massachusetts Medical Society support legislation to require all public and private schools in the Commonwealth to provide a minimum of 30 minutes of physical activity per day at the elementary school level and a minimum of 45 minutes of physical activity per day at the middle and high school levels. (D)

*MMS House of Delegates, 11/3/07
Reaffirmed MMS House of Delegates, 5/17/14
Reaffirmed MMS House of Delegates, 5/8/21*

Patient Autonomy

Patient autonomy is a fundamental right of individuals to actively participate in decisions concerning their health care, allowing them to make informed choices aligned with their values and goals. Physicians have a professional and moral obligation to empower patients to make informed decisions about their care, free from coercion or undue influence. (HP)

MMS House of Delegates, 12/7/24