Members of the Monterey Board of Health (BOH) are elected to a three year term by the town voters at the annual town election. There are three members, annually, within the Board, a chairperson is elected. Members are to attend BOH meetings held on the first and third Mondays of each month, except for holidays.

The Board is involved with issues regarding public health in the town of Monterey. The Board works with the town Health Agent relative to all issues presented to the Board. Issues of concern can be quite diverse and can include, but are not limited to, emergent public health concerns such as emergency planning, natural and man made disasters, bioterrorism, or epidemics and enforcing quarantines. Mutual Aid agreements with other towns exist to facilitate working with other local town Boards when necessary. Other areas of responsibility are water wells, septic systems, food safety, disease surveillance, monitoring public beaches, beaver trapping, recreational camps, tobacco regulation, and housing concerns. The Board also works with the town's contracted VNA on other health issues. The Board oversees the town's Animal Inspector. The BOH interacts with other town Boards whenever necessary.

There is no minimal educational qualification needed to be on the BOH although some interest or expertise in on of the many responsibilities of the Board is valued.