

## CB9 HEALTH MINUTES

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### Subject

2/4/2019

Location: CB9 office on Old Broadway

ATTENDEES: Arnold, LaQuita, Jenny, Miriam, Edwin

Excused: Monica

- did not have quorum at 6:30 (It was call again when majority was present and then business was conducted when we had more than 50%)
- Dr. Forde asked if she could go 1st on agenda she lives works on LI her ride was picking up at 7:30

### 1.1st Speaker:

Dr. Forde. Chair: pendulum shifting, data, and research moved for cannabis for patients & social justice

### Dr. Forde:

- 529 chemicals in cannabis, people think only of THC, 60 are active when we think of cannabis we think of THC, cannabinoids are abundant and nonpsychoactive
- Insomnia, neuropathic pain, nausea, anxiety, movement disorder use THC
- Arthritic pain, anti-inflammatory, cancer, IBS, antitumor, seizures, epilepsy, glaucoma, Parkinson's use CBD
- HEMP based CBD is what is everywhere, HEMP has only 1 or 2 cannabinoids. The better extract comes from the full plant, cannabis
- Cannabis was legal many years ago, through racial injustice became illegal, Nixon share created commission to study it, Shafer commission agreed it was good --Nixon ignored findings ignited a war on drugs
- US Govt has a patent on cannabis, even though they have it a schedule 1 narcotic—they know benefits
- NYstate medical marijuana program started in 2014, 1996 medical in California
- NY Jan 2016 Med July 2014 approved—2 years to come online
- Currently treating opioids disorder with cannabis to get off opioids
- - at risk youth in Vancouver tested using cannabis to reduce opioid addictions, showing positive results
- Cannabis, not a gateway drug, helping exit. Ask why are so many young men medicating
- Still a class 1 drug, US backward in testing and research—Leading data coming outside the US, we are behind due to schedule 1 classification
- Illegal weed we do not know what it is laced with, no control- had a patient test positive for cocaine it was street marijuana laced with it
- Medicinal cannabis is higher tested regulated: quality is better. no actual buds/flower in NYstate only vape, oil capsule

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- Mark Wallace center in San Diego doing clinical trials
- Illegal market in California still thriving,
- NY state does not have west coast products, vape pen, oil and pills
- Topicals not available until we legalize: need flower & topicals in NY state
- Can see recreational dispensaries late 2020
- Edibles 2 hours to take effect, last up to 8 hours\*\*\*\* be careful
- Side effects: no one can OD on cannabis, never has like opioids t most munchies
- Under the age of 18 not recco THC products
- Q: does MJ make you psychotic? no
- Many people are self-medicating
- COMT lack an enzyme at risk for paranoid
- Cannabis hyper syndrome— nausea vomiting smoking too much
- Comment: can smoking cause heart issues, no evidence
- Convo on the endocannabinoid system
- Convo on teens and cannabis use study in Penn
- Impact on our community has been negative
- Chair: we need to teach people about it
- Convo about opioid issue/racial
- The age range in her patient 60-90 now, 92 years old for cannabis most recent need to get churches involved where our communities learn, teach pastors
- Pharma fighting legalization
- War on drugs failed/ change re-educate
- How do we inform people about functions: re-educate in all forms
- Insurance: not all take it Dr working with Cuomo medical only cash or debit
- Discussion about cost and lack of affordability
- Need for policy revs on medical marijuana equity access
- Come up with a good way of testing vs breathalyzer
- CHAIR: today anyone can take ambient and drive, need to educate moderation and responsibility
- Q's about where will they be
- **Speaker Reina / Columbia Spectator**
- Working on a piece on noise pollution asking us input
- Convo about Mt Sinai ambulances
- Chair comments on data on the impact of noise on development note our businesses do not have noise control, CB12 has a measure in place to ensure bars have signage part of license process. HH has large noise issues change in retail too bars. Need to educate the community on noise complaints. Look into CB12
- ACTION: Health pass a resolution similar to CB12 make it part of liquor license process to have signage about noise in residential areas outside all bars
- Involve transportation/uniformed officers
- Not just stores, residents need to know the parameters of noise decibels as well

**Action items:**

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-Health committee do subcommittee on cannabis org forum, Miriam seems to be knowledgeable

- Laquita Q: who is driving bill? everything is Gov's office, Mayor issues a plan

-Audience member cautions with the analogy with legalized gambling be careful

Bill must have:

- Tax distribution: want 35% to schools
- A certain amount of licenses go to people of color
- How do we make recco
- \$ into NYCHA
- Ensure expungement of records starts in Manhattan, Q Manhattan DA
- Look at the linear structure. Vertical operations now—break them up—is it possible to get shares in CSA
- Recreational growth, limits
- Harlem Business Alliance reach out to them

Organize:

-Back out of it timing when Bill gets approved

- get input to organizations
- invite church leaders

connect/outreach wellness center Jerome Greene Center, Columbia community health workers

March community forum—short term goal

- Collaborate ( Columbia wellness CTR-Q Harmon 914 217 5191, Laquita gave us the name) town hall in March after the committee meeting, before General board meeting 3rd week with We act, possibly at a church 1st Corinthian church
- Speakers: wellness, Dr. Forde, Lawyers, patient, We Act etc

### **Public speaking:**

Victoria Benitez garden at 138st 12 ave

-Amtrack spraying garden on 138st with pesticides at night

-RSD conservancy they have contacted Amtrack asked that alert be given to community when they spray, ( they spray at night) Victoria will keep us updated.

Waiting to hear back. Mark Levine and local officials have all signed up—Letter about garden destruction

**ACTION:** reso asking to please alert on spraying, Vitoria sending us petition and the letter they sen for the committee to review prior to resolution

### **Public Speakers: creation**

Kristin: CUNY student, School of labor and study

Jackson: Columbia student, Engineering school

Nikita: health insurance, educate on Medicare/Medicaid

Matthew- a researcher at Jerome Wallace center

### **LONG TERM GOAL IDEA/ACTION FORUM:**

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Sept education on Medicare/Medicaid, need to be alerted educated on the Affordable Care Act, enrollment periods. Medicaid forum/private long term care plan, .. maybe its table at senior centers or other places during the summer. Educate community

- **Secondary prevention** awareness of services in the community (Diabetes, obesity, hypertension, STD/STI and violence)
- **SHORT/LONGTERM:** Asthma, Lead-where you live matters to your health. View properties with the high violations and unhealthy correlations
- **LONG TERM:** Columbia construction updates, noise complaints, and secondhand smoke (cannabis) landlords have to come up with smoking plans public (this is now a city law)

**Student CUNY/COLUMBIA liaisons-** chair appeals to audience members/students up to committee what to make it to ensure we hear their voices, can allow youths

- Suggestion work with foundation giving out scholarships—though the foundation
- Students can help with resolution research— would be great for HS students
- HS to join our Health committee for community volunteer (see possible school credit)
- Engineering school/Data science
- **LONG TERM:** Publish our findings yearly with the student's name
- Next meeting have a description/summary of what we need from students

**Role of technology/staying connected:**

- Use WASSUP group
- What to use: text easier
- Share phone #'s with committees

**Evaluating Health & Environmental report from the city data prioritizing**

- Low mortality rates, prenatal care in the Bronx is better
- Lead- partner with We Act on policy
- Meeting adjourned 8:45