

COLUMBIA/BOONE COUNTY BOARD OF HEALTH MEETING MINUTES September 11, 2014

The Columbia/Boone County Board of Health met for a regularly scheduled meeting at 5:30 p.m., Thursday, September 11, 2014. The meeting was held at the Columbia/Boone County Department of Public Health and Human Services, 1005 W. Worley St. Public Health & Human Services Director, Stephanie Browning, and Assistant Director, Scott Clardy, represented the staff. Senior Administrative Support Assistant, Brittany Klusman, recorded the minutes of the meeting.

MEMBERS PRESENT:

Dr. Michael Szewczyk
Jean Sax
Lynelle Phillips
Dr. Sally Beth Lyon
Dr. Beth Hussey
David Sohl
Harry Feirman
Cynthia Boley
Denise Stillson
Dr. Colin Malaker
Mahree Skala

MEMBERS EXCUSED:

MEMBERS NOT EXCUSED

CALL TO ORDER

Chair Dr. Michael Szewczyk called the meeting to order at 5:30 p.m.

APPROVAL OF AGENDA

Ms. Sax made a motion to approve the agenda, which Dr. Hussey seconded. Motion carried.

APPROVAL OF MINUTES

Ms. Sax made a motion to approve the minutes, which Dr. Hussey seconded. Motion carried.

PRESENTATION AND DISCUSSION

Dr. Szewczyk noted that each presentation should be around 15 minutes in order to leave time for questions and to allow the Board Members and the presenters to can enter into a dialogue.

Traci Kennedy - Tobacco Free Missouri

Ms. Kennedy is the Director of Tobacco Free Missouri. The mission of this statewide organization is to reduce tobacco use and eliminate secondhand smoke for all Missourians through education and policy change. She is also a part of a tobacco free Columbia group, which is a local coalition that

addresses tobacco issues. She stated that she is not an electronic cigarette (e-cigarette) expert, user, or researcher, and there is still a lot that needs to be done to address traditional combustible products in Boone County. Ms. Kennedy explained that Matt Meyers, president of Campaign for Tobacco-Free Kids, summed it up nicely by stating currently there is an enormous gap between what people hoped would be the public health potential of these products and the reality of what has gone on in the market place. She shared that the World Health Organization recently released a report on what the e-cigarette market looks like. Some of the key concerns are listed below:

- Each of the major tobacco companies has invested in an e-cigarette company.
- There needs to be further studies and analysis of peer reviewed data.
- There is an increased initiation by young people who are being targeted by marketing.
- Findings that the chemical aerosol released contains heavy metals and chemicals.
- There are unregulated ingredients in the chemical components of the nicotine cartridges.
- We don't know the long term consequences of e-cigarettes.

Ms. Kennedy brought up a couple of studies; the first was published in the *New England Journal of Medicine*, which discussed e-cigarettes as a potential gateway drug. She proceeded to go over some evidence of this. The other study is called the "Carbonyl Compounds in Electronic Cigarettes Vapors", which was published in *Nicotine and Tobacco Research*. She explained that the Food and Drug Administration (FDA) has not released regulations on e-cigarettes but have measured the components, and what can be said with confidence is that these products are not harmless. There has been an increase of calls to the poison control centers that are being linked to electronic liquids (e-liquids). Ms. Kennedy noted that in 2013 there were 1,352 of these calls.

The primary concern is the lack of regulation with these devices. Ms. Kennedy explained that the number of youth that tried an e-cigarette doubled in 2013. Applying the national numbers to Columbia puts 800 Columbia youth trying e-cigarettes in 2013 for the first time even though they never had smoked tobacco. Researchers are also finding dual use on the rise, where e-cigarette users are also using other tobacco products. This is a concern because it increases risk of disease and there is less likelihood of being able to quit. Ms. Kennedy explained that in the last decade, there has been a significant increase in the number of youth that are smoking both in the nation and in Missouri. She feels e-cigarettes are causing a renormalization effect where smoking is becoming cool and attractive again.

Furthermore, there is some question as to whether or not electronic cigarettes improve cessation rates. Something to keep in mind is that FDA cessation products are held to a standard of long term cessation. It is not clear if people are quitting for the long term when they use e-cigarettes. There is insufficient evidence to show effectiveness of e-cigarettes to help users quit smoking. The FDA has issued a "deeming rule" on e-cigarettes as a tobacco product because they contain nicotine and nicotine is derived from tobacco. The FDA feels that authority was granted by the 2009 Family Smoking Prevention and Tobacco Control Act. Ms. Kennedy explained that the comment period has ended and now there will probably be about a year long process to review all the comments, take them into consideration, and then implement regulations. As the rule currently reads, it would require product registration, ingredient disclosure, prohibiting sales to minors, and prohibiting free samples. The rule would not regulate marketing or flavors, which is still subject to change. She noted that there has been some movement to regulate these products indoors. People are confused about whether or not you can smoke these products indoors. One hundred, eighty-eight municipalities' nation-wide and four in Missouri have prohibited the use of e-cigarettes indoors. Tobacco-Free Columbia is recommending to City Council that they include e-cigarettes in the current smoking ordinance. Ms. Kennedy explained that as public health advocates for this emerging issue, they are recommending regulating these products within the current definitions of tobacco products.

In closing, Ms. Kennedy explained that the World Health Organization has a general overview document about the topic that would be beneficial for the members to read. She highlighted her key concerns again and added that adolescents are very susceptible to addiction. More than ninety percent of adult smokers started smoking before age 18. The main concern is that the adolescents are gaining access to nicotine earlier in life and may become lifelong users.

Tiffany Gambino – Vapor Awareness

Vapor Awareness is a national organization that supports vaping, which is the act of using an e-cigarette. This organization focuses on educating the general population; they believe if everyone understood the facts and their intentions, then everyone would be less judgmental. Ms. Gambino explained that e-cigarettes are not marketed to children, but rather to those people who already smoke and want to find a healthier alternative. She wanted to make the Board aware that several of the studies that have been done with the e-cigarette that looks like a real tobacco cigarette. She explained that most of the e-cigarette users are not using this product.

Ms. Gambino clarified that when using an e-cigarette there is no fire, ash, or smoke. Instead, a battery powers the atomizer which creates the vapor. She went over some public arguments and counteracted them with her points about the product.

1. E-cigarettes are a public hazard.
 - a. Some studies have found carcinogens in the e-cigarette cartridges but levels were comparable to a nicotine patch. Also, the carcinogen level was 14,000 times lower than in a tobacco cigarette.
 - b. There have been no studies yet that have found any toxic carcinogens in the vapor that is produced by e-cigarettes.
2. Users are inhaling dangerous metallic particles.
 - a. Ms. Gambino showed a visual of how the “green smoke cigarette” is put together. This is the e-cigarette that resembles a real tobacco cigarette. There are three pieces; the mouth piece, the cartridge which holds the e-liquid, and the battery. Critics are saying that between the battery and the cartridge, metal particles are released.
 - b. She explained that these particles were found in trace amounts in one brand of e-cigarettes.
3. Nicotine is poisonous and causes cancer.
 - a. Nicotine is not the cancer causing agent in cigarettes.
 - b. Ms. Gambino explained that there are no harmful effects from nicotine when given in its pure form of inhalation, but it is still poisonous to ingest in large amounts.
4. Second hand smoking issues.
 - a. Ms. Gambino used the example of a hot cup of coffee; it is producing steam and vapor. She asked if someone was sitting by it would that person get second hand caffeine from it.
 - b. She explained that e-cigarette vapor dissipates in the air in seconds and is not carrying any sort of harmful chemical.
5. Substituting one addiction for another.
 - a. Ms. Gambino did not deny that nicotine was highly addictive, but the vapor organizations want people to switch to e-cigarettes because it is less harmful than regular cigarettes.

- b. There are over 3,996 chemicals in a tobacco cigarette. E-cigarette liquid has 4 ingredients, one of which is the nicotine.
- 6. Anti-freeze is found in e-cigarettes.
 - a. An FDA study found a one percent trace amount of anti-freeze in an e-cigarette. Two brands were tested and it was only found in one out of the 18 cartridges that were tested.
 - b. Ms. Gambino said this was not found again, and those brands are not one that they advertise. She explained that e-cigarette brands can vary in quality. She compared this to going to the store and buying off brand products. She said if you buy a good quality e-cigarette product, then you will get good e-cigarette liquid. Knowing the product is important.
- 7. E-cigarettes can cause lung damage.
 - a. A study published last September found that using these products for ten minutes increased airway resistance in smokers without chronic obstructive pulmonary disease (COPD) or asthma.
 - b. Ms. Gambino explained that a temporary increase in airway resistance does not equate to lung damage, nor does it cause reductions in blood oxygen levels. Ms. Gambino explained that humidity, cold air, and exercise all cause elevated airway obstruction, yet they are not actually causing lung damage.
- 8. E-cigarette batteries can explode.
 - a. A man from Florida made his own e-cigarette.
 - b. The explosion occurred because he stacked the batteries. He was harmed from the explosion but survived.

Ms. Gambino covered the ingredients of the e-cigarettes. The primary ingredient is Propylene Glycol (PG), which has been used for years. Manufacturers are using pharmaceutical grade and not food grade PG. The pharmaceutical grade has been approved to be used as an inhalant. She explained that the majority of the good e-cigarette manufacturers in the United States use the pharmaceutical grade. Most of the e-cigarettes contain about eighty percent PG. PG is in a lot of items that are used on a daily basis, like shampoo, make-up, mouse, deodorant, baby wipes, dog food, and asthma inhalers. The PG is being used as the carrier in the e-cigarette so it carries the nicotine and the flavor. The next ingredient is Vegetable Glycerin (VG), which is a clear and odorless liquid that is produced from plant oils; typically palm oil, soy, or coconut oil. Ms. Gambino explained that manufacturers use over 99% pure VG, and this is what produces the vapor. It is also used in food and does not promote tooth decay, which is another reason why it is used for e-cigarettes. Next is nicotine, a naturally occurring liquid alkaloid. An alkaloid is an organic compound made out of carbon, hydrogen, nitrogen, and sometimes oxygen. She explained that nicotine and caffeine are classified as secondary stimulants and they don't have the same results as recreational drugs like some people assume.

Furthermore, Ms. Gambino discussed the three different types of e-cigarettes on the market today; cig-a-likes, midsize, and advanced personal vaporizer (APV). She touched on how each operates and explained that most customers are not using the cig-a-likes, which was the first generation of e-cigarettes. Ms. Gambino mentioned that 79 percent of people completely replace cigarettes with e-cigarettes. Running out of time, she said there was more crucial information she wanted to share with the Members. Dr. Szewczyk suggested she e-mail any additional information to the Board, including a copy of her presentation.

Ms. Skala asked the speakers what the funding sources were behind each of their organizations. Ms. Gambino said they work with the Consumer Advocates for Smoke-free Alternatives Association

(CASAA), Greg Conley who is the Director of the American Vaping Association, plus donations. Ms. Gambino clarified that their funding is not backed by any tobacco companies that own vapor products or tobacco manufacturers. Ms. Kennedy explained that her position was previously funded by Missouri Foundation of Health, but is currently funded by the American Cancer Society Action Network. She explained that Missouri currently does not use state funds for tobacco cessation and prevention programs.

Dr. Szewczyk asked Ms. Gambino since there are so many different products and she believes quality is important, doesn't that suggest it should be regulated so all the products are held to a high standard? Additionally, would her group be okay with the FDA regulating the product. Ms. Gambino clarified that she wasn't against the products being regulated, and she agrees they shouldn't be sold to people under 18. Her group would be okay with the FDA regulating the product to a certain extent.

Ms. Skala explained that Pfizer, and the other companies that market cessation products have had their products approved as cessation devices by the FDA. She asked Ms. Gambino why e-cigarette manufacturers have not gone through the process of approval to assure that their products are as safe as possible. She also asked if any have applied for approval from the FDA. Ms. Gambino explained that CASAA has tried to put all the data together to make that happen.

Ms. Kennedy clarified that as a public health advocate she is not insensitive to a smoker who wants to quit smoking. She understands how you can compare nicotine to caffeine because they both are addictive, but nicotine is an incredible addiction. Tax payers are actually paying a hefty bill for the chronic disease and death rates that are from tobacco-related illnesses. We would be wise to invest in evidence-based nicotine replacement therapies, because they are available. Ms. Kennedy wanted to note that she has no connection to Pfizer, Johnson & Johnson, and no one asked her to promote the patch or any other product. These companies do go through rigorous standards and process testing to prove that they do help people quit for the long term, and not just switch to a different nicotine alternative. She explained that she would be for e-cigarettes if they went through that same process and were seen as a true cessation device. However, Ms. Kennedy would still want the products to have age and marketing restrictions.

Mr. Sohl brought up that the e-cigarette customer can determine how much nicotine they want in their e-liquid. This way they can progressively decrease their nicotine levels. Ms. Gambino added that the nicotine levels come in 36, 24, 18, 12, 6, and 0. She clarified that if someone smokes 1 ½ to 2 packs a day, they should start at 24 and for one pack a day, start at 18 and work their way down to zero. Ms. Gambino said there is a lot of zero percent nicotine sold and the customer will continue to smoke out of habit because they still have the oral fixation. Dr. Hussey asked Ms. Kennedy if she has an objection to a zero percent nicotine delivery system. She replied that if it was regulated to show that it was truly nicotine free than it might be a great solution. However, Ms. Kennedy did state that if they did not know what chemicals were in the second hand vapor, then would still have some concern. She would not want to see someone using a product as a cessation device while potentially exposing themselves and others to carcinogenic chemicals. She explained that air quality testing is a key factor to our understanding.

Dr. Szewczyk mentioned the references that Mr. Feirman made available to the rest of the Board, one from the *World Health Organization* and the other from the medical journal *Circulation*. He believes it would be beneficial for the rest of the members to read these if they haven't already done so.

Dr. Malaker asked if the FDA was sponsoring or doing any research right now on e-cigarettes. Dr. Szewczyk explained that there are completed studies, but the problem is they need even more studies to be done. The studies also need to be peer reviewed. There being no uniformity with the

products makes it hard to compare one study to another. Ms. Skala clarified that the FDA doesn't have any authority to regulate these products or require any particular kinds of testing unless they are deemed the same as tobacco. This will make e-cigarette products subject to the same types of tests and regulations as other tobacco products. She also mentioned that the FDA regulates the other nicotine cessation devices. Ms. Gambino explained that the FDA is the only federal organization that has jurisdiction to regulate the e-cigarette products and that is why the different e-cigarette organizations teamed up together to collect their own data and provide it to the FDA. She further explained that the e-cigarette manufacturers in the United States are following their own guidelines when it comes to labeling their bottles and creating ingredients.

Dr. Szewczyk wanted to know how the implementation of the Senate Bill SB 841, which modifies provisions relating to alternative nicotine or vapor products, would affect each of their groups. Ms. Kennedy explained that this bill created a separate definition for vapor products outside of our current tobacco product regulations. It exempted these products from things like taxation, enforcement, and all other state regulations as tobacco products. Now, public health advocates are encouraging legislators to focus again on combustible products and second hand smoke in our state. When the FDA releases their rule, the legislature may have to look back at this law they just implemented to make sure there are no enforcement issues. Ms. Gambino feels if the state government is going to make any decisions on vaping or the use of e-cigarettes, they should follow the pattern of our neighboring states. They should make sure individuals under age 18 cannot purchase them, and then let all the data come forth that was submitted before enacting other laws. Mr. Feirman questioned if these products cannot be regulated as tobacco, can they be regulated under their own category? Ms. Kennedy clarified that now under Missouri law, e-cigarettes aren't a tobacco product, but that is how the FDA is going to regulate these products.

Dr. Szewczyk asked Ms. Kennedy and Ms. Gambino to send the Board any additional information they may have.

INTRODUCTION OF NEW MEMBER

Following the presentations and discussion, Dr. Szewczyk introduced the new member of the Board, Cynthia Ivy Boley. He asked current members to introduce themselves. Ms. Boley said she has been interested in public health and worked in the health industry for many years. She thanked the Board for welcoming her.

DIRECTOR'S REPORT

Ms. Browning explained that staff is working on the five strategic issues with the established action teams. One of the teams is the Healthy Lifestyles Team, which received a one-time grant from the Missouri Department of Health and Senior Services for \$40,000 to promote healthy eating and active living. They received this grant due to some work already completed to develop the Community Health Improvement Plan. The Team has already identified a small geographic area where they can target their efforts with this grant money. A graph was passed around of this area, which was in the vicinity of the North Central Neighborhood Association, Columbia College, and extended out to the Business Loop. The Team used a vulnerable population's footprint to choose that area. It's an area that has greater than 35 percent poverty and 15 percent of this targeted area does not have a high school diploma.

Ms. Browning explained that this Team will be working with child care centers that are in the targeted area, helping them purchase equipment so the kids can be more active. They will also be working with restaurants, and other food establishments to identify healthy menu items. The District has signed on to help in that effort. The Team will also be working with Columbia Transit to identify a

location in the target area for a shelter. There is also an active community garden in the area that has no water, so the Team will work on getting water to that location.

The Department hosted the Mayor's Task Force on Community Violence for their first public forum. Ms. Browning said there was a very good turnout; with 80 to 90 people in attendance. The speakers included the Kansas City Mayor, the assistant principal from Battle High School, the pastor from Bethel Baptist Church and Mayor McDavid. Ms. Browning said there was very good information shared, and the attendees were broken up into four groups representing the issue areas. These were: prevention, intervention, re-entry, and enforcement. Each of these groups came up with their own ideas for the task force to consider regarding preventing violence in Columbia.

OLD BUSINESS

Dr. Szewczyk said the amendments to the marijuana ordinance are on hold until October 6, 2014, and may possibly be tabled to a future council meeting.

NEW BUSINESS

Dr. Szewczyk noted that he and Ms. Stillson had discussed the issue of genetically modified organisms and thought it might be a good issue for the Board to review. He turned the floor over to Ms. Stillson who suggested that the Board might want to consider sponsoring an educational forum to give the Board and the public a better understanding of what GMO's are or are not. She feels a dialog of some sort needs to be started because there are a lot of health concerns related to this topic. She would like to invite a presenter from Iowa, Ken Roseboro, who is the editor/publisher of the *Organic Non GMO Report*. She also mentioned other potential presenters for the topic, including a professor at the University. Dr. Szewczyk opened the topic up to the Board.

Mr. Sohl noted that he would like to be more educated on the matter, but he asked how a municipality could influence this topic. Ms. Stillson explained that 26 states have initiatives on ballots, which mostly deal with labeling issues. Mr. Feirman thinks it's a great idea, but the Board needs to get enough information to decide if there should be a public educational meeting. Ms. Stillson believes there is a large population of people who are concerned with this topic and would like to know more. Dr. Szewczyk noted that it would be important for the Board to hear both sides of the issue. Dr. Lyon said self-education and community education is always a plus, but she asked the Board to reflect on what might be the intended outcome. What is the Board's sphere of control and influence? She believes this might help decide how much time should be invested. There was some discussion on how much influence the Board may have over this topic. The Board decided that a presentation regarding the topic was a good start. Dr. Szewczyk suggested the Board invite the University professor who has done research on Glyphosates, which is a component of GMO's, to speak at the December meeting. The Board can then decide what how they might like to proceed. The rest of the Members concurred.

ADJOURN

There being no additional business, Dr. Hussey made a motion to adjourn the meeting at 7:15 p.m. Ms. Phillips seconded and the motion carried.