



The City of New York

Queens Community Board 11

Serving the Communities of Auburndale, Bayside, Douglaston, Hollis Hills
Little Neck and Oakland Gardens

Eileen Miller Chairperson / Joseph Marziliano District Manager

COMMITTEE REPORT

TO: Board Members
FROM: Eileen Miller, Health Committee Chair
DATE: February 27, 2020

On February 25, 2020, the Health Committee met to discuss various issues. Present were Committee Chair, Eileen Miller, 1st Vice Chair, Christine Haider, 3rd Vice Chair, Henry Euler, Board Members, Susan Cereno, Michael Golia, and Committee Non-Board Member, Beryl Bush-Bain. Also present were District Manager, Joseph Marziliano, Community Associate, Christina Coutinho and residents Joo Choi, Delilah Colon, Raquel Clavel and Hyunjung Lee.

The meeting was called to order at 7:32 pm. Ms. Miller discussed the following topics.

Vaping

Vaping, Electronic cigarettes—or e-cigarettes—are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).

Using an e-cigarette is commonly called vaping. E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs. The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances, flavorings, and additives. THC is the psychoactive mind-altering compound of marijuana that produces the “high.” Public Health Response: CDC has stated ingredients in e-cigarettes will cause serious lung disease and aerosols are harmful to the lungs and may be unsafe to inhale. CDC’s Lung Injury response efforts are committed to: Detect new cases and track progress in controlling the outbreak. It is undeniable that vaping companies are deliberately using flavors like bubblegum, captain crunch and cotton candy to get young people hooked on e-cigarettes - Governor Andrew M. Cuomo announced that New York State is the first state in the nation to implement a ban on the sale of flavored electronic cigarettes and nicotine e-liquids, therefore saving numerous lives.

Mental Health

Problems with mental health are very common in the United States with an estimated 50% of all Americans diagnosed with a mental illness or disorder at some point in their lifetime. Mental illnesses, such as depression, are the third most common cause of hospitalization in the United States for those aged 18-44 years old^{1,2}, and adults living with serious mental illness die on average 25 years earlier than others. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of [physical, mental, and social well-being](#). Do things that help you recharge and feel in control of your life. Focus on your strengths and past accomplishments, and set realistic goals for the future. Try to remain positive and be patient with yourself. Make time to reflect, meditate or pray. Save some time for activities you enjoy. Spaces to Thrive will bring mental health resources to New York Public Library branches in federally-designated mental health shortage areas. The partnership includes several components: On-site mental health workshops on topics such as suicide prevention, Mental Health First Aid, Social-Emotional Learning, and more. These workshops will be conducted by groups including the New York City Department of Health and Mental Hygiene, who will provide support through their Mental Health First Aid trainings, Flora Mind, Safe Horizon, the American Foundation for Suicide Prevention, and the Jed Foundation. A dedicated Thrive NYC bookshelf featuring books on mental health that were jointly selected by Thrive NYC and NYPL, and information about free Thrive NYC services. These include both fiction and non-fiction books about living with mental health challenges, and will be available in multiple languages whenever possible. CDC's investigation into the lung injuries associated with use of e-cigarette, or vaping, products, contact [CDC-INFO](#) or call 1-800-232-4636. [Strengthening Mental Health Promotion External](#). Fact sheet no. 220. Geneva, Switzerland: World Health Organization. [Chronic Illness & Mental Health External](#). Bethesda, MD: National Institutes of Health, National Institute of Mental Health. 2015. Kessler RC, Angermeyer M, Anthony JC, et al. Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*. 2007;6(3):168-176. Merikangas KR, He J, Burstein M, et al. Lifetime Prevalence of Mental Disorders in US Adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child and Adolescent Psychiatry*. 2010;49(10):980-989. doi:10.1016/j.jaac.2010.05.017.

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NYC DOH <https://www1.nyc.gov/site/doh/health/emergency-preparedness/individuals-and-families-yourself.page>

Mr. Euler made a motion to have Mental Health First Aid Training at the District Office. The motion was seconded by Ms. Haider. The vote passed unanimously.

Coronavirus

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease, COVID-19. CDC will be updating our website and other CDC materials to reflect the updated name Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Risk of infection is dependent on exposure. Have there been cases of COVID-19 in the U.S.? Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The virus seems to be spreading from person to person. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people.

Symptoms: Patients with COVID-19 have had mild to severe respiratory illness with symptoms of • fever • cough • shortness of breath What are severe complications from this virus? Pneumonia. How can I help protect myself? The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include • Avoid close contact with people who are sick. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. If you are sick, to keep from spreading respiratory illness to others, you should • Stay home when you are sick. • Cover your cough or sneeze with a tissue, then throw the tissue in the trash. • Clean and disinfect frequently touched objects and surfaces.

<https://www.cdc.gov/coronavirus/2019-ncov/about/>The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

The meeting adjourned at 8:50 pm

Respectfully submitted by Eileen Miller, RN, ANP - 02/27/2020

