

## **Retail Marijuana Scientific Advisory Committee**

### **Public Meeting Minutes**

**June 25, 2015**

**In Attendance:** Andris Antoniskis MD, Diane Lia LCSW CADC II, Heather Zwickey PhD, Jane Ishmael PhD, Jim Shames, Julia Dilley PhD, Kimberly Repp PhD MPH, Marcus Watt RPh, Mike Van Dyke PhD CIH, Richard Farmer PhD, Tim McAfee MD MPH, Katrina Hedberg MD MPH, Bruce Gutelius MD MPH

**Staff:** Dawn Quitugua, Gabriela Tanaka, Jonathan Modie, Steve Wagner, Pamela Martin, Gabriella Luther, Matt Gilman

### **Committee Member Introductions**

#### **Purpose/Agenda**

- Provide scientific input that will inform Public Health Division recommendations related to retail marijuana sales in Oregon.

#### **Approval of Minutes from 5/22/15 Public Meeting**

- Reviewed and approved the minutes from the 5/22/15 committee meeting. Minutes from 5/22/15 have been uploaded to the Public Health Division website.

#### **Effects of Marijuana Use on the Developing Fetus and Breastfed Infants**

- Evidence reviews and public health statements from the following summary documents:
  - Fetal marijuana exposure and health effects
    - Source: Institute of Medicine Review Article, 2003: 83-99; Colorado Report Review Article, 2014: 75-86; Oregon—Washington County Review Article, 2014: 35-36
  - Breast fed infants: Marijuana exposure and health effects
    - Source: Institute of Medicine Review Article, 2003: 83-99; Colorado Report Review Article, 2014:75-86; Oregon—Washington County Review Article, 2014: 35-36
  - Animal studies: Health effects for offspring exposed to marijuana during fetal development or breastfeeding
    - Source: Jutras-Aswad et al. Review Article, 2009:401 - 403; Campolongo et al. Review Article, 2011: 7 – 10; Trezza et al. Review Article, 2012: 2, 3, 5
- Limitations in studying the consequences of marijuana use summary document:
  - Source: Caulkins et al.; Considering marijuana legalization: Insights for Vermont and other jurisdictions; RAND Corporation, 2015: 29-30

Committee members reviewed the Fetal Marijuana Exposure and Health Effects table containing evidence reviews and public health statements in these categories:

- 1) General – “There is no safe level of marijuana use during pregnancy” and “There are negative effects of marijuana use during pregnancy regardless of when it is used during pregnancy.” After comparing such messages to those referring to alcohol consumption by pregnant and breastfeeding women, Colorado’s committee believed that with fetal development being the most sensitive time of growth and brain development, the general message to users needed to strong. Clinicians participating on

Colorado's committee stated that THC concentrates in fat and a baby's brain is almost all fat. They had a fundamental problem with a fetus being exposed to THC.

- 2) THC transfer to the fetus – “THC can pass from mother to the unborn child through the placenta. The unborn child is exposed to THC used by the mother”. All committee members agree with the content and statement in this category; however, it was suggested to eliminate one of the comments as both may not be necessary.
- 3) IQ and Cognitive Effects – “Maternal use of marijuana during pregnancy is associated with negative effects on exposed offspring, including decreased academic ability, cognitive function and attention. These effects may not appear until adolescence.” In reviewing this statement, it was determined Colorado is in the process of reanalyzing the strength of evidence and is considering changing their statement from “is” to “may be” in reference to academic ability due to the source of the evidence.
- 4) Behavioral Effects – The statement used in the above is also used in this category. Again, Colorado is in the process of reanalyzing the strength of evidence and is considering changing their statement from “is” to “may be” in reference to academic ability due to the source and strength of the evidence. There was only minimal discussion about the statement “Marijuana use during pregnancy may be associated with increased depression symptoms and delinquent behaviors in exposed offspring.”

Committee members reviewed the Breast Fed Infants: Marijuana Exposure and Health Effects table and containing evidence reviews and public health statements in the following category:

- 1) General - “THC can pass mother’s breast milk, potentially affecting the baby.” The level of THC and the duration of which it remains in the breast milk is unknown; therefore the theory of pumping and dumping breast milk for marijuana, as is used for alcohol consuming breastfeeding mothers, is not recommended.

The committee deferred discussions and decisions regarding the above statements to the July meeting. The committee agreed to review the Colorado report and supporting evidence, then discuss further during the 7/23/15 RMSAC meeting.

#### **Additional Points Raised by Committee Members**

- Committee members agree messaging should be directed to pregnant and breastfeeding women both by public messaging and by their providers. Colorado’s focus groups have developed guidance to clinicians that has been shared with the RMSAC committee.
- Some committee members agree that in the absence of any information that shows marijuana consumption by pregnant and breastfeeding women is safe, the role of the committee is to express concern and advocate marijuana not be used by pregnant and breastfeeding women, and error on the side of caution.
- Some committee members agree that by not providing enough detailed information about studies and evidence, pregnant and breastfeeding women may rely more heavily on inaccurate information found on the internet.
- Colorado developed the “general” statement “There is no safe level of marijuana use during pregnancy” and “There are negative effects of marijuana use during pregnancy regardless of when it is used during pregnancy” after comparing such messages to those referring to alcohol consumption by pregnant and breastfeeding women. Colorado’s focus groups felt with fetal development being the most sensitive time of growth and brain development, the general message to users needed to be much stronger.

#### **Topic for 7/23/15 RMSAC Meeting**

Continue discussion: Effects of marijuana use on a developing fetus and breastfeeding infants, and public messaging for pregnant and breastfeeding women.

Future Topics:

- 1) Effects of marijuana use, and messaging for adolescents and first time users

- 2) Signage/warning for consuming pharmaceutical/alcohol/nicotine products with marijuana
- 3) Packaging guidance for edibles/non-edibles
- 4) Contaminants/toxicity in the environment
- 5) Long-term chronic effects of marijuana edible vs. inhaled
- 6) Workplace safety
- 7) Data monitoring – specifically survey data, calls to poison control, etc.

**Public Comment Period**

Meeting adjourned at 4:58 p.m.

EMMA