



**Testimony in support of HB 3403**  
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American Heart Association/American Stroke Association

Chair Greenlick  
House Health Care and Human Services Committee  
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The American Heart Association's (AHA) mission is to build healthier lives, free of cardiovascular diseases and stroke. Heart disease and stroke combined are the number one cause of death in Oregon, accounting for more than 25 percent of all Oregon deaths in 2011. Obesity is a major contributing factor to the heart disease and stroke rate and it is a cause that individuals, and the community, can impact.

Obesity and overweight have reached epidemic proportions in the United States. Some experts claim that by 2015, 75 percent of adults will be overweight with 41 percent obese. Major health risk factors are linked to increased cardiovascular disease, cancer, diabetes, and early death. And more than just a contributing factor, obesity by itself increases the risk of heart disease.

We live in a very fast paced environment where it is often difficult to make healthy choices. With more than 130 million Americans employed across the United States each year, (300,000 in Oregon's state government), the workplace is a key environment for supporting the health of our communities. State properties are visited by many state residents and visitors, and provide care and services for dependent adults and children. The food environment in public buildings is dominated by vending machines, coffee carts and kiosks that offer high calorie, sugar and fat laden snack choices.

Setting nutrition standards for public buildings and public areas will help employees and the general public in their efforts to get and stay healthy. The American Heart Association supports HB 3403 and we urge the committee to vote yes on this bill. Thank you.