

April 5, 2013

Sabrina Freewynn
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The Honorable Mitch Greenlick, Chair
Health Care Committee
Oregon State House

Honorable Chair Greenlick and members of the House Health Care Committee,

I'm writing in support of HB 3403. I am an SEIU member and have worked in the Portland State Office Building for the past five years. Thanks in part to the Weight Watchers benefit offered through PEBB, I have successfully lost 60 lbs. I keep it off by biking to work daily which I can do in part because there is secure, dry bicycle parking available at my office. I also keep the weight off by being conscious of what I eat and selecting healthy foods whenever they are available. To this end, I need your help.

The foods available at state agencies are often full of calories, fat and sodium. It is so ironic that my agency has a mission of health and that PEBB is supporting my health through my benefits and then I have to face vending machines and other unhealthy foods in my office. It's much like saying, "Congratulations on losing 60 pounds. Here, have a doughnut. Don't like doughnuts? OK, how about salty, fat-laden chips?" House Bill 3403 would make it easier for me and all my coworkers to be successful in getting and staying healthy. A goal we all want to achieve.

I would recommend one change in the bill. I've learned, through my personal experiences, that nutrition science changes the more we learn. The specifics of the nutrition standard would be better addressed in rule rather than statute so they can be updated as science learns more without having to continually burden the legislature.

Thank you for your support,

Sabrina Freewynn
SEIU member