



4/30/19

Senate Health Care Committee
Oregon State Legislature
900 Court Street NE
Salem, OR 97301

SUPPORT HB 3342

Senate Health Care Committee

Dear Chair Monnes-Anderson, Vice Chair Linthicum, and members of the Committee:

My name is Angie Frederic. I am the Manager for Diabetes Education for Samaritan Lebanon Community Hospital (SLCH). SLCH is a full-service, 25-bed critical access hospital serving the East Linn County communities of Lebanon, Sweet Home, Brownsville and smaller neighboring Oregon communities. As a not-for-profit hospital, we are committed to building healthier communities together through community benefit activities based on meeting needs identified in community health assessments.

SLCH understands the importance of treating the root causes of disease as a path to reducing the health care epidemic in our state. As you are well aware, eating unhealthy food is one of these root causes. The American Medical Association addressed this issue in July 2017 with resolution that all US hospitals should:

1. Serve plant-based meals low in fat, salt and sugar
2. Eliminate all processed meats
3. Serve only healthy drinks.

A couple of years ago SLCH incorporated the CHIP (complete health improvement program) in our community. Attendees of these classes have seen improved health outcomes that have been sustained by choosing plant-based meal choices which have been well received. Providing plant-based meals and offering community classes that address the root cause of disease are what is needed to not only treat but to also prevent disease.

HB 3342 is a step in the right direction. By mandating plant-based meal options to all meal times, patients, staff, and visitors will have an opportunity to eat healthy, if they so choose, and have a better understanding of how what we eat impacts our health. By mandating plant-based meal options, patients will have an opportunity to eat healthy, if they so choose. Whole food plant-based options will not only improve the health of our population but will also leave a smaller footprint for preserving our environment. I ask for your support of HB 3342.

Sincerely,

A handwritten signature in blue ink that reads "Angie Frederic".

Angie Frederic
SLCH Manager of Diabetes Education
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