



To: Senate Health Care Committee
Regarding: **Support for House Bill 3342-A**

May 1, 2019

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

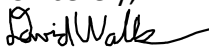
On behalf of the Osteopathic Physicians and Surgeons of Oregon and the over 1,500 osteopathic physicians and medical students we represent, I am writing to express our support for House Bill 3342-A. This bill is about increasing access to healthy, plant-based, whole food meals for Oregonians to support our communities' health.

As you know, what we eat has a profound impact on our health. Plant based meals have been shown to prevent and reverse heart disease, diabetes, obesity, and many other chronic diseases. HB 3342-A provides Oregonians with greater access to healthy meals by ensuring plant-based meals are available in Oregon's hospitals, long-term care facilities, and prisons.

This bill is of particular importance to osteopathic physicians as the fundamental philosophy of the osteopathic medical profession is the understanding that the body is an integrated whole – health is not simply the absence of disease, and wellness cannot be maintained without a comprehensive approach to the multiple factors that influences one's health. A poor diet that lacks healthy whole fruits and vegetables is a leading contributor to many of the major chronic diseases impacting Oregonians. The science and evidence show us that increasing whole food, plant-based meals can positively impact our well-being. Specifically:

- For every 10 grams of fiber (only found in plant foods) added to one's diet, the risk of heart disease and colon cancer is reduced by 10%. Adding 14 grams of fiber leads to ingesting 10% fewer calories for the day (while feeling just as full) promoting weight loss.
- Studies (Ornish and Esselstyn studies) have shown documented reversal of heart disease; our country's number one cause of death. These studies showed angiographic documentation of opening of the coronary arteries and they both studies included a whole food plant-based diet for one to three years.
- The World Health Organization has classified processed meats as Class 1 carcinogens

We ask that you support HB 3342-A and take a step toward reversing the chronic disease trends associated with poor diet and provide Oregonians with increased access to healthy food choices.

Sincerely,

David Walls
Executive Director