

Dear Chair Monnes Anderson, Vice Chair Linthicum and Members of the Committee,

As a Eugene, Oregon resident and Registered Dietitian Nutritionist in private practice, I want to state my support for HB 3342.

In June 2017, the American Medical Association passed a [Healthy Food Options in Hospitals](#) resolution that calls on U.S. hospitals to improve the health of patients, staff, and visitors by providing plant-based meals. The American College of Cardiology made the same recommendation in [Planting a Seed: Heart-Healthy Food Recommendations for Hospitals](#). It's time to follow this visionary leadership by enabling such patient choice in Oregon healthcare facilities.

Primary care providers are recognizing the value of plant-based diets in the treatment of diabetes and heart disease as supported by the American Diabetes Association in their latest diabetes care publications. If our healthcare facilities do not provide healthy plant-based options, then provider treatment for diabetes, heart disease and other serious chronic conditions will be compromised.

I appreciate the work done on the bill where it includes a physician's order for healthcare facilities and requires offering healthy plant-based options in correctional facilities.

I was diagnosed with psoriasis at age 12 and with psoriatic arthritis at age 42. I had developed excruciating arthritic pains in a number of joints and I was also experiencing severe muscle pains/spasms. Methotrexate would have been the next step of treatment. I tried a plant-based dietary pattern first (now for 8 year) and my arthritic joints and muscle pains resolved over the course of two years without the need for prescription medications. I lost 50 lbs and maintained the weight loss over 8 years. My blood pressure, cholesterol levels, and CRP were also greatly reduced and are in normal ranges now.

It is important that our patient populations and healthcare providers have the option of having this powerful treatment tool at their disposal. Any potential additional costs will very likely be offset by tremendous savings in Medicare/Medicaid and other long-term healthcare costs.

As such, I am in strong support of HB 3342.

Thank you for your consideration and please let me know, if I can provide any answers for further questions.

Sincerely,

Thomas Bosch, PhD, RDN, LDN

