



# Northwest Health and Nutrition Conference

Exploring the science behind plant-based nutrition.

Testimony regarding HB 3342-A  
May 1, 2019

The Honorable Laurie Monnes Anderson, Chair  
Senate Committee on Health Care

Dear Senator Monnes Anderson and members of the Committee

Support for HB 3342-A

I am Peter Spendelow, a resident of Portland and also for the past 8 year the planning committee coordinator for the Northwest Health and Nutrition Conference, a professional conference offering continuing education credits to dietitians, doctors, nurses, and naturopathic doctors. Approximately 250 health care professionals attend our conference each year, and we bring in renowned nutrition experts from around the country to provide this information.

I urge you to pass HB 3342-A out of committee today with a “do pass” recommendation. The bill is a compromise. It only provides that plant-based meals be offered to patients and to inmates. It in no way requires that patients or inmates have to choose a plant-based meals. There is clear evidence that healthy, whole food plant based meals can reduce the risks of heart attacks, strokes, type 2 diabetes, certain types of cancers, and a number of other conditions. The speakers we have at our conference have well documented these health effects. And yet my friend Ole Errson, MD, now retired but who until recently served Multnomah County as physician for Multnomah County’s jailed inmates, reports that the foods served at the jail, heavy in saturated fat and highly refined foods, contributed to the very conditions for which he was treating his patients.

Again, this bill does not require that patients get vegan meals, but it at least is a step in the right direction for public health. It is also a step in the right direction for environmental health, as animal foods are a huge contributor to greenhouse gases, responsible for a least 14 percent of the global warming potential of all human-related activities, according to the United Nations Food and Agriculture Organization.

I understand you will be considering -5 amendments to the bill. While I don’t think these amendments are necessary, if this is what it takes to get the bill through committee with a do pass recommendation, then go ahead and adopt those amendments.

Sincerely,

Peter Spendelow, PhD  
Planning Committee Coordinator  
Northwest Health and Nutrition Conference