

Dear Senator,

Do you want to cut health care costs. The best way is to get people to eat healthy. In the past, I had high blood pressure and high cholesterol. After just a few months on a plant based diet, my cholesterol dropped 70 points to 165 and my blood pressure dropped 30 points. Please promote healthy diets. As an Oregon voter, I am writing to urge you to vote yes on HB 3342-A. This important bill will improve the health of patients and prisoners by requiring that hospitals, long-term health care facilities, and prisons make plant-based meals available.

Plant-based food can help prevent obesity, type 2 diabetes, and heart disease. That's why both the American Medical Association and the American College of Cardiology have called on U.S. hospitals to improve the health of patients, staff, and visitors by providing plant-based meals. California's legislature passed a similar bill last year, and the New York State Assembly has recently done the same.

For the health of all Oregonians, please do what you can to support passage of HB 3342-A.
Thank you for your consideration.

Regards,
Gary Landers
Sisters