

March 13, 2021

House Committee on Human Services  
900 Court St. NE  
Salem, Oregon 97301  
Re: Support for HB 2348

Chair Williams, Vice-Chair Leif, Vice-Chair Ruiz, and Members of the Committee:

My Name is John Gobble. As founder and President of Lifestyle Medicine Group in Clackamas, a Doctor of Public Health, an Oregon Licensed and Registered Dietitian Nutritionist (RDN) and 2010 President of the Oregon Academy of Nutrition and Dietetics, I want to state my support for HB2348.

As an Oregon resident I want access to both optimal healthcare and health restoring meal options. Many of our Oregon healthcare institutions provide 100% plant-based options for their staff and residents. Some institutions including prisons, long-term care facilities and some hospitals don't prioritize the health promoting and educational impact of healthy plant-based meals. This legislation will do just that and ensure that processed meats are not served. The World Health Organization classified processed meats as Group 1, carcinogenic to humans; this classification is based on sufficient evidence from epidemiological studies that eating processed meat causes colorectal cancer, the second leading cause of cancer death in the United States, according to the American Cancer Society.

In 2017, the American Medical Association developed new hospital food guidelines, aiming to engage hospitals in the effort for better nutrition to fight cancer and cardiovascular disease. The AMA guidelines call for removing processed meats from patient menus and cafeterias, and recommend offering plant-based options daily, among other helpful measures to help patients get on a healthier path. The American College of Cardiology adopted similar guidelines. The American Diabetes Association recommends a plant-based eating pattern as an effective dietary approach to treating and preventing type 2 diabetes.

At Lifestyle Medicine Group our advanced trained registered dietitian nutritionists see remarkable results when patients have access to plant-based meals. Blood pressures drop, cholesterols drop, blood sugars and hemoglobin A1c rapidly and significantly improve when patients have access to plant-based recipes and meal options.

I support HR2348 because Oregonians deserve access to plant-based meal options when institutionalized and dependent on institutional meal planning and preparation.

Sincerely,

John E Gobble, DrPH, RDN, LD, FACLM  
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