

To: House Committee on Human Services and Housing
From: Charles Ross, DO

April 3, 2019

Testimony in Support of HB 3342

Dear Chair Keny-Guyer and members of the committee:

My name is Charles Ross and I am an osteopathic physician who has been practicing in Oregon for over 35 years. I am proud to work in a state that has been a leader in health care and the environment.

The health care crisis we face today, increasing obesity and the impact of chronic medical problems (heart disease, diabetes, cancer, and others) can no longer be ignored. HB 3342 is a small step in the right direction to prevent these chronic diseases.

For several years, efforts have been ongoing to educate our population on the science of nutrition and the prevention and reversal of disease that can be accomplished with whole food plant based choices. But having the knowledge is not enough. This bill will provide opportunities to make healthy food choices that currently are not available.

The Blue Zones Project in Roseburg has resulted in Mercy Medical Center serving plant based choices on the menu. Samaritan Lebanon Community Hospital is gradually transitioning. However, there are a lot of other health facilities providing care that have been ignoring the science. This bill will help change that and speed the transition toward health, reducing health care costs, and preserving our environment.

Last year a similar bill passed without opposition in California. Passing HB 3342 this year will continue to promote Oregon as a leader in health and the environment. Thank you for your consideration.

Sincerely,

Charles Ross, DO