

Dear Leaders,

My name is Heidi Domke, BSN, MBA/HCM and I am a registered nurse with a Bachelor of Science and Major in Nursing and a Masters in Business Administration and Healthcare Management (with Honors). I have been a nurse for nearly 24 years in Oregon and have seen significant decline in the health of our population as they consume the Standard American Diet (SAD). I have focused much of my career to learning more about nutrition and health education and have seen the health of many transformed by a plant-based diet.

I support HB 3342-A. I believe this bill will help ensure a healthy plant-based meal option for hospital visitors and patients, long-term care facilities and prisons. Access to whole food, plant based options is essential, critical and necessary if we are going to turn the tidal wave of the tsunami around and lower health care costs. The World Health Organization stated on October 26, 2015 that red meat probably causes cancer and that processed meat is a type 2 carcinogen. Cancer, diabetes, obesity, alzheimers, and risk of such diseases have been proven in peer reviewed studies and published journals that a whole food plant based diet can help prevent and even reverse in some cases these diseases. (Adventist Health Study II, EPIC Study Europe, etc) Pills / medication treats symptoms but do not cure or reverse type II diabetes, obesity, high cholesterol, heart disease or alzheimers--a plant based diet has been proven too.

The diseases of the West either do not exist or are seen in drastically lower numbers in places where people consume predominately a plant based diet. Furthermore, from the perspective of climate change, Green house gas emissions in the following amounts for 100g of protein are as follows: Beef 105Kg, Mutton 25kg, Pork 14kg, Poultry 12kg. Tofu produces less than 3kg. For our health and environment, the choice is clear.

Thank you for your consideration of HB 3342-A that will ensure whole food plant based food options are available for every person in a hospital, long-term care or public institution. We have an ethical and morale obligation to ensure that everyone has the opportunity to chose a health whole food, plant based option that is good for their body, has been proven to decrease health care costs (Albert Lee, MN-Blue Zone Project 40% decrease in city employees healthcare costs in 2 years!) and good for the environment / climate change.

In Health,

Heidi Domke, RN, BSN, MBA/HCM