

To: Chair Rep. Salinas, Vice Chair Rep. Hayden, Vice Chair Rep. Nosse, and member of the Health Care Committee
From: Anne Nesse, Director
<http://SustainableEconomiesNW.com>



My Testimony is in Favor of HJR 202, with some possible additions to your proposal, to make this change to our Constitution a more effective document for the health care of all Oregonians.

I am a former Registered Nurse, and public school educator grades K-12. So that I am quite aware, as I am sure many of you are, that health begins very early in life and continues with healthy habits as we grow older. Health is often then, not the result of the health care system, but many other factors. I have much research on this topic, and how we have been lagging behind best practices, that I have shared with Rep. Nosse and Rep. Prusak. But for the purposes of brevity I will simply share the effectiveness of one program Wellness in the Schools (WITS), a partnership with public schools. This research has proven very effective at improving health outcomes long-term, including physical fitness, shifting school cultures, and improving academic success. But unfortunately we have not been thoroughly implementing these types of programs in Oregon Public Schools. <https://www.nycfoodpolicy.or/wellness-in-the-schools-teaching-kids-healthy-habits-to-learn-and-live-better/>

Until we can say we are doing all we can for the preventative health of our youngest Oregonians, it will be much harder, and much more expensive to provide access to cost-effective health care, when preventative care in dental health, immunization health, emotional health, nutritional health, and physical health is not maintained in the one institution where all Oregonians come together.

I strongly believe that this concept of preventative health care education could easily be added to this Constitutional Amendment proposal, making the concept of "health care" more easily understood by our voters as well. And then when this Resolution becomes a part of our Constitution, we can all be proud to work together on educating and building on the concept of healthier children, that grow into healthier adults, with healthier habits.

Thank you,
Anne Nesse, SustainableEconomiesNW@gmail.com