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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:

I am reaching out to request your support on the live bill referenced above. As a dietitian, I strongly support this bill as an important measure to ensure healthful meals for patients, families, and employees in Oregon hospitals and long-term care facilities, and for people incarcerated in Oregon prisons. This bill ensures that all Oregonians in these facilities have access to foods that promote good health. The bill mandates plant-based options in all Oregon hospitals, prisons, and long-term care facilities, and while some are already offering this upon request, it would call for a step further, to have plant-based options for all meals, and have them listed on the menu.

As a dietitian, I see the power of nutrition in preventing and managing chronic disease. When institutions such as hospitals, long-term care facilities, and prisons provide plant-based meal options, they are doing more than just providing nutritious meal selections, they are teaching patients, employees, residents, and people incarcerated how to eat in ways that promote good health. The Academy of Nutrition and Dietetics Position Paper on Vegetarian Diets calls out it's support for plant-based diets, noting that adherents are at reduced risk of many chronic diseases, including obesity, heart disease, type 2 diabetes, hypertension and certain types of cancers. This bill is also a testament of the commitment from Oregon to its citizens, adhering to the American Medical Association's Healthy Food in Hospitals Resolution, and the American College of Cardiology's call to capture teachable moments in the fight against cancer and cardiovascular disease.

Enactment of House Bill 2348 means that every hospital patient, long-term care resident, and incarcerated person will have access to healthful plant-based foods, and that their respective institutions will be strong allies in preventing and managing chronic disease. Please support House Bill 2348.

Thank you for your consideration.

Karen A. Mills

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