

March 14, 2021

House Committee on Human Services
900 Court St. NE
Salem, Oregon 97301

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

As a physician practicing medicine in Eugene, **I strongly support Oregon House Bill 2348.** Having the option to eat a plant-based meal in hospitals, long-term care facilities, and in prisons will most certainly lead to better health outcomes for my patients and their families.

Heart disease, type 2 diabetes, and obesity are the most common conditions I treat within my patient practice. Many of these diseases are a result of poor diet and lifestyle. I explain to my patients that a healthy plant-based diet is the most optimal for reducing these conditions and that any change in this direction is a positive one. The evidence is solid. One meta-analysis that reviewed 39 studies found that plant-based diets were associated with lower systolic and diastolic blood pressures compared with diets that included more animal products. Research also shows that those who eat a more plant-based diet have better cholesterol levels. For patients who have suffered a heart attack, eating a diet high in fiber—which is found only in plant foods—can help reduce the risk of death from heart disease.

This important measure would offer the chance for Oregonians to select a plant-based meal to support their health goals. Thank you for your time and leadership, **I strongly urge your support of HB 2348.**

Sincerely,

Barry Jarvis, M.D.
jarbars@me.com