

Submitter: Nancy Whitson

House Committee On Behavioral Health and Health Care Measure,  
Regarding HB 2143

January 30, 2025

To Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the  
Committee:

My name is Nancy Whitson. I'm a Portland resident, currently receiving acupuncture. I'm also a retired health care provider with 40 years experience as a Pediatric Nurse Practitioner, Women's Health Nurse Practitioner, and Nurse Midwife.

I'm writing in support of HB 2143.

I wrote a testimony yesterday which somehow didn't get posted. It addressed more personally what access to acupuncture, and lack of access, has meant to me personally.

So I'm trying to post again, this time from my professional experience in Public Health.

Throughout my years as a healthcare provider, one lesson became the core for me in my work: Health care is most effective, with the strongest good outcomes, when the people themselves, and their communities, own and take agency over it. People strongly desire, and are capable of, taking the tools and knowledge for their own health into their own hands and using them to strengthen the well-being of themselves and their communities.

5NP is one of those tools, with immense potential to improve health and build communities in areas where other tools and resources are lacking.

The security, and the real wealth of our state, our nation, our globe rest on the health and strength of our communities.

We are at a time of great risks in our nation and our world, as we all feel in the many disruptions and threats we are experiencing to our systems and ecosystems. It's a time when we can make a critical difference and create better futures by paying attention to what really works and making choices that enable all of us to take care of ourselves and each other in the strongest way possible. The 5NP Protocol is a channel for doing just that.

I attended the Committee hearing on this bill on January 30, and appreciate also hearing all the testimony on the other bills brought that day, which together painted a stunning picture of the depth of unmet health care needs all over Oregon. I'm grateful that your committee exists and takes on the daunting work of trying to meet this need.

I urge you to pass this bill, HB 2143, as I am convinced it would provide a large measure of needed care for Oregonians, and strengthen the health of our communities.