
SENATE CONCURRENT RESOLUTION

URGING A TRANSITION TO A PLANT-BASED LIFESTYLE.

1 WHEREAS, a plant-based lifestyle that incorporates plant-
2 based nutrition and plant-based construction materials offers a
3 multitude of beneficial impacts to human health, animal welfare,
4 and the environment; and
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6 WHEREAS, a plant-based lifestyle also champions Aloha ‘Āina
7 by fostering a respectful and nurturing relationship with the
8 land, encouraging practices that protect and enhance the natural
9 environment, thereby ensuring the well-being of future
10 generations; and
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12 WHEREAS, a plant-based lifestyle aligns with traditional
13 Hawaiian dietary practices, enriching biodiversity through the
14 cultivation of endemic and canoe plants, supporting the
15 restoration of the Ahupua‘a system, aiding in the prevention and
16 mitigation of natural disasters, advancing food security, and
17 advocating for the use of sustainable building materials,
18 thereby fostering a holistic approach to environmental
19 stewardship, cultural preservation, and community well-being;
20 and
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22 WHEREAS, Dr. Kekuni Blaisdell found that the traditional
23 Native Hawaiian diet consisted of around 78% carbohydrates, 12%
24 protein, and 10% fat, with poi, ‘uala, ‘ulu, green leafy
25 vegetables, and seaweed making up most of the carbohydrates and
26 fish, chicken, and pork making up the proteins; and
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28 WHEREAS, plant-based nutrition consists primarily of
29 fruits, vegetables, whole grains, legumes, beans, nuts, and
30 seeds, while minimizing or eliminating animal products, such as
31 meat, poultry, fish, eggs, and dairy products; and
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1 WHEREAS, many health care associations advocate for a
2 plant-based diet including the Physicians Committee for
3 Responsible Medicine, American Heart Association, and MD
4 Anderson Cancer Center at the University of Texas; now,
5 therefore,
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7 BE IT RESOLVED by the Senate of the Thirty-second
8 Legislature of the State of Hawaii, Regular Session of 2024, the
9 House of Representatives concurring, that this body urges a
10 transition to a plant-based lifestyle; and
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12 BE IT FURTHER RESOLVED that certified copies of this Concurrent
13 Resolution be transmitted to the Governor, Comptroller, Director
14 of Health, Superintendent of Education, Chair of the Board of
15 Education, Director of the Department of Agriculture, Director
16 of the Office of Planning and Sustainable Development, and
17 mayors of each of the counties.

