

JOSH GREEN, M.D.
Governor

SYLVIA LUKE
Lt. Governor



SHARON HURD
Chairperson, Board of Agriculture

DEXTER KISHIDA
Deputy to the Chairperson

State of Hawai'i
DEPARTMENT OF AGRICULTURE
KA 'OIHANA MAHI'AI
1428 South King Street
Honolulu, Hawai'i 96814-2512
Phone: (808) 973-9600 FAX: (808) 973-9613

**TESTIMONY OF SHARON HURD
CHAIRPERSON, BOARD OF AGRICULTURE**

BEFORE THE HOUSE COMMITTEE ON AGRICULTURE & FOOD SYSTEMS

**FRIDAY, APRIL 12, 2024
10:00 AM
CONFERENCE ROOM 224 AND VIDEOCONFERENCE**

**SENATE CONCURRENT RESOLUTION 101
URGING A TRANSITION TO A PLANT-BASED LIFESTYLE**

Chair Gates, Vice Chair Kahaloa, and Members of the Committee:

Thank you for the opportunity to testify on SCR101. These resolutions urge a transition to a plant-based lifestyle. The Department of Agriculture (Department) respectfully offers supportive comments regarding plant-based construction materials and further commenting that the Department supports plant- and animal-based agriculture.

Plant-based building materials, grown in Hawaii, would replace building materials that are imported. Import replacement reduces the pathways for the introduction of invasive pests that include building materials. The caution with importing plants for plant-based building materials is the need to check with the Department for prior approvals to determine if the plant material is harmful to the state. Should these resolutions lead to further discussion regarding the use of sustainable building materials, the Department requests that Plant Quarantine Staff be included as well as an industrial hemp farmer, each with specialized expertise to enhance the discussion.

Regarding greenhouse gas production, the EPA reports that in 2021 all agricultural activities were responsible for only 9.4 percent of total gross U.S. greenhouse gas emissions. This includes combined plant- and animal-based



production. Research and development in Hawaii demonstrated that cattle feed additives from limu kohu can significantly reduce greenhouse gas methane emissions. The Department's Aquaculture Development program incorporated restorative aquaculture in its planning that combines aquatic plants and animals to benefit coastal ecosystems while providing economic development. Livestock producers assist with response to invasive species, stewarding pasture lands, and subsequent fire mitigation. These types of advances in science and land management activities indicate the important role animal agriculture contributes to Hawai'i food security while protecting natural resources.

Hawai'i has a diverse ethnic and cultural makeup that is reflected in our food that incorporates plant and animal proteins. Historically, Polynesians brought chickens and pigs to the islands and established loko i'a. Today, terrestrial and aquatic animals continue to be significant components of the state's food sources.

Respectfully, the Department comments that personal choice should direct everyone's lifestyle with regards to food.

Thank you for the opportunity to testify on this measure.

SCR-101

Submitted on: 4/9/2024 2:47:27 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Cathy Goeggel	Animal Rights Hawai'i	Support	Written Testimony Only

Comments:

Animal Rights Hawai'i strongly supports SCR101. The health benefits are obvious, and will support Hawai'i farmers who produce a stunning number of plant crops in our subtropical climate. Mahalo to Senator Gabbard for introducing this resolution and for his continuing support for local agriculture.

Cathy Goeggel

President, Animal Rights Hawai'i



To: The Honorable Chair Cedric Gates, the Honorable Vice Chair Kristin Kahaloa, and Members of the Agriculture and Food Systems Committee
From: Climate Protectors Hawai'i and Hawai'i Reef and Ocean Coalition (by Ted Bohlen)

Re: **Senate Concurrent Resolution 101 URGING A TRANSITION TO A PLANT-BASED LIFESTYLE**

Hearing: Friday, April 12 10:00 a.m., room 325

Aloha Chair Gates, Vice Chair Kristin Kahaloa, and Members of the Agriculture and Food Systems Committee!

The Hawai'i Reef and Ocean Coalition (HIROC) is a group of scientists, educators, filmmakers and environmental advocates who have been working since 2017 to protect Hawaii's coral reefs and ocean.

The Climate Protectors Hawai'i seeks to educate and engage the local community in climate change action, to help Hawai'i show the world the way back to a safe and stable climate.

The Climate Protectors Hawai'i and Hawai'i Reef and Ocean Coalition **STRONGLY SUPPORT SCR101!**

Transitioning to a plant-based lifestyle is critical in reducing climate heating from atmospheric greenhouse gases!

Regarding **food choices**, **worldwide phase-out of animal agriculture, combined with a global shift to a plant-based diet, would effectively halt the increase of atmospheric greenhouse gases for 30 years according to** a study by scientists at Stanford University and the University of California, Berkeley, **and use less land, energy, and water.** The transition also would hugely **benefit human health.**

Regarding **building materials**, there is a great opportunity to reduce greenhouse gas emissions by replacing carbon-intensive building materials such as timber, steel and cement with plant substitutes. Building construction has a huge impact on the climate. Production of building materials such as steel and cement involves some of the largest carbon emissions. Cutting mature trees for buildings involves a very large loss of carbon sequestration. **We need to decarbonize our building construction!**

Plants can provide structural building alternatives that are much less harmful for the climate.

For example, there are types of **clumping bamboo** that can grow very rapidly with sufficient water. They can be processed into wood building materials that are stronger, more flexible, and lighter than timber or steel. They can be treated so they are more fire and termite-resistant than wood. They sequester ten times as much carbon as trees!

“**Hempcrete**” developed from industrial hemp can substitute for building blocks.

“**Biocements**” produced from cyanobacteria (blue-green algae or “pond scum”) can substitute for Portland cement.

Hawaii’s year-round growing season and areas with ample water make it ideal for development of plant-based building materials.

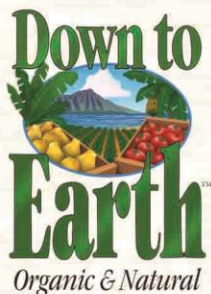
This may be a great opportunity for Hawai’i to lead in decarbonizing buildings while developing plant-based local industries!

Plant-based building materials have great potential to bring “green” jobs to Hawai’i!

Please pass these resolutions to mitigate the climate crisis by transitioning to a plant-based lifestyle!

Climate Protectors Hawai'i and Hawai'i Reef and Ocean Coalition (by Ted Bohlen)

Love Life!



SCR101/ SR83 URGING A TRANSITION TO A PLANT-BASED LIFESTYLE
House Committee on Agriculture and Food Systems
April 12, 2024, 10:00am State Capitol

Aloha Rep. Cedric Gates, Chair, Rep. Kirstin Kahaloa, Vice Chair, and Committee Members.

Down to Earth Organic and Natural testifies in support of SCR101.

Down to Earth Organic and Natural has six locations on Oahu and Maui. Since we opened in 1977, we have supported healthy lifestyles and preservation of the environment by selling local, fresh, organic and natural products, and by promoting a healthy, plant-based and vegetarian lifestyle.

We are strongly in support of SCR101 Urging a transition to a plant-based lifestyle.

Since 1977 Down to Earth has been encouraging our communities to adopt a plant-based way of eating. The single most important thing an individual can do for their health, for the environment, and for the sake of the innocent animals is to adopt a plant-based, vegetarian diet. Healthy vegetarian diets support a lifetime of good health and provide protection against numerous diseases, including our country's three biggest killers: heart disease, cancer, and stroke.

The American Dietetic Association states that vegetarians have "lower rates of death from ischemic heart disease; ... lower blood cholesterol levels, lower blood pressure, and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer" and that vegetarians are less likely than meat-eaters to be obese. Well-planned vegetarian diets provide us with all the nutrients we need, minus the saturated fat, cholesterol, and contaminants found in animal flesh and eggs.

What we choose to eat is one of the most significant factors in our personal impact on the environment and climate change. The United Nations and many leading environmental organizations—including the National Audubon Society, the WorldWatch Institute, the Sierra Club, and the Union of Concerned Scientists—recognize that raising animals for food damages the environment more than just about anything else. Urging our communities to adopt a plant-based meatless diet, or to at least begin the transition one day a week, is highly beneficial for the sustainability of our communities and the 'aina.

Thank you for the opportunity to comment on this resolution.

Alison Riggs
Public Policy & Government Relations Manager
Down to Earth

2525 S. King St., Suite 309
Honolulu, HI 96826
Phone (808) 824-3240
Fax (808) 951-8283
E-mail: alison.riggs@downtoearth.org

Corporate Office
P.O. Box 1166
Kailua, HI 96734
Phone: (808) 484-5890
Fax: (808) 484-5896
corporate@downtoearth.org

Oahu Locations

Honolulu
2525 South King Street
Honolulu, HI 96826
Phone: (808) 947-7678
Fax: (808) 943-8491
honolulu@downtoearth.org

Kailua
573 Kailua Road
Suite 101
Kailua, HI 96734
Phone: (808) 262-3838
Fax: (808) 263-3788
kailua@downtoearth.org

Pearlridge
98-211 Pali Momi Street
Suite 950
Aiea, Hawaii 96701
Phone: (808) 488-1375
Fax: (808) 488-4549
pearlridge@downtoearth.org

Kapolei
4460 Kapolei Parkway
Kapolei, Hawaii 96707
Phone: (808) 675-2300
Fax: (808) 675-2323
kapolei@downtoearth.org

Kakaako
500 Keawe St.
Honolulu, HI 96813
Phone: (808) 465-2512
Fax: (808) 465-2305
kakaako@downtoearth.org

Maui Location

Kahului
305 Dairy Road
Kahului, HI 96732
Phone: (808) 877-2661
Fax: (808) 877-7548
kahului@downtoearth.org

www.downtoearth.org

SCR-101

Submitted on: 4/11/2024 7:25:49 AM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lani Petrie	Kapapala Ranch	Oppose	Written Testimony Only

Comments:

I strongly oppose this measure. Diet is a personal choice and shouldn't involve the intervention of government.



Hawaii Cattlemen's Council, Inc.

COMMITTEE ON AGRICULTURE & FOOD SYSTEMS

Rep. Cedric Asuega Gates, Chair

Rep. Kirstin Kahaloa, Vice Chair

SCR101

URGING A TRANSITION TO A PLANT-BASED LIFESTYLE.

Friday, April 12, 2024, 10:00 AM
Conference Room 325 & Videoconference

Chair Gates, Vice Chair Kahaloa, and Members of the Committee,

The Hawaii Cattlemen's Council **opposes SCR101** which urges a transition to a plant-based lifestyle.

We are concerned about a State Resolution that includes disparaging comments about the cattle industry. In order to support Hawaii's agricultural production, we should focus on how to increase consumption of locally purchased products so that we keep funds in the state and continue to have access to fresh, healthy foods, including beef as a high-quality protein. Our goal is to ensure agricultural lands stay in agricultural production, especially rangelands that produce beef while also providing important ecosystem services (Bremer et al., 2021).

Advancing Food Security

With cattle consistently in the top 5 agricultural commodities in the state, beef is incredibly important to advancing Hawaii's food security. Hawaii's paniolo have endured generations of challenges, and while the pineapple and sugar industries faltered, the cattle industry continues to steward tracts of land and find innovative ways to stay in business. We encourage the State to look to Hawaii's ranchers as partners in increasing food security, such as continuing to provide beef for the Farm to School program and as a resource for reducing fire fuel loads.

Nutrition

The American Heart Association recognizes beef as a heart healthy protein and even provides recipes that include lean beef. Research by Roussell et al (2012) shows eating lean beef as part of a heart-healthy dietary pattern can help maintain normal cholesterol levels. Hawaii's locally grown beef provides 10 essential nutrients in a single 3 oz. serving. This includes high-quality protein, iron, zinc and B vitamins. The iron in beef is heme iron, which is more easily absorbed than nonheme iron, which is the main form of iron found in plant proteins. Iron is vital as it helps red blood cells carry oxygen to body tissue, but even further, it also plays an important role in cognitive health such as memory, learning, and reasoning.

Environmental Stewardship



If we encourage individuals not to choose beef, some of our most avid land stewards will suffer. Ranchers are stewards of the land and are key in removing invasive species, reducing fire fuel loads, and increasing carbon sequestration through rotational grazing. Beef raised in the US has one of the lowest carbon footprints in the world, and according to the Environmental Protection Agency, cattle are responsible for just 2% of greenhouse gas emissions in the US, with the full lifecycle of raising cattle accounting for 3.7% of greenhouse gas emissions (Rotz et al., 2019). This improvement in production is a result of research in genetics, the quality of cattle feeds, animal welfare and management techniques, and the inclusion of technology.

Since almost 20% of Hawaii's land is in pasture (with that number dropping each year due to conversions to other uses), we should not be discouraging the consumption of local beef. **We believe that a variety of diets can exist and that people can choose a plant-based lifestyle without the disparaging language towards cattle and beef.**

Thank you for the opportunity to testify on this matter. The Hawaii Cattlemen's Council (HCC) is the Statewide umbrella organization comprised of the four county-level Cattlemen's Associations. Our member ranchers represent over 60,000 head of beef cows; more than 75% of all the beef cows in the State. Ranchers are the stewards of over 750 thousand acres of land in Hawaii, or 20% of the State's total land mass. We represent the interests of Hawaii's cattle producers.

Nicole Galase
Hawaii Cattlemen's Council
Managing Director

Sources Cited

Bremer, L. L., Nathan, N., Trauernicht, C., Pascua, P., Krueger, N., Jokiel, J., Barton, J., & Daily, G. C. (2021). Maintaining the Many Societal Benefits of Rangelands: The Case of Hawai'i. *Land*, 10(7), Article 7.

<https://doi.org/10.3390/land10070764>

Rotz, C. A., Asem-Hiablíe, S., Place, S., & Thoma, G. (2019). Environmental footprints of beef cattle production in the United States. *Agricultural Systems*, 169, 1–13. <https://doi.org/10.1016/j.agsy.2018.11.005>

Roussell, M. A., Hill, A. M., Gaugler, T. L., West, S. G., Heuvel, J. P. V., Alaupovic, P., Gillies, P. J., & Kris-Etherton, P. M. (2012). Beef in an Optimal Lean Diet study: Effects on lipids, lipoproteins, and apolipoproteins. *The American Journal of Clinical Nutrition*, 95(1), 9–16. <https://doi.org/10.3945/ajcn.111.016261>

LATE

SCR-101

Submitted on: 4/11/2024 9:21:57 AM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lilia Kapuniai	SC Ranch	Oppose	Written Testimony Only

Comments:

Chair Gates, Vice Chair Kahaloa, and Members of the Committee,

The SC Ranch OPPOSES SCR101 which urges a transition to a plant-based lifestyle.

SC Ranch is a 7,700 acre cattle ranch, located in Pa‘auilo, on Hawai‘i island, and a member of the Hawaii Cattlemen’s Council. SC Ranch was established nearly 50 years ago, promoting sustainability, stewarding the State’s land, and feeding the people of Hawai‘i. SC Ranch’s contribution of 325,000+ lbs of beef annually, into Hawai‘i’s homes, promotes food security and provides a heart healthy protein.

We concur with the testimony of the Hawaii Cattlemen’s Council, and urge you to OPPOSE SCR101. There are a variety of diets that can exist and that people can choose a plant-based lifestyle without the disparaging language towards cattle and beef.

Mahalo for your continued support of our industry, and the opportunity to testify.



LATE

To: The House Committee on Agriculture & Food Systems (AGR)
From: Sherry Pollack, Co-Founder, 350Hawaii.org
Date: Friday, April 12, 2024, 10am

In support of SCR101

Aloha Chair Gates, Vice Chair Kahaloa, and AGR Committee members;

I am Co-Founder of the Hawaii chapter of 350.org, the largest international organization dedicated to fighting climate change. 350Hawaii.org **supports** SCR101 urging a transition to a more plant-based lifestyle.

Promoting healthy lifestyle choices provided by a more plant-based lifestyle leads to reduced risk for developing chronic diseases and improving overall health. Moreover, plant-based building materials, grown in Hawaii, would replace building materials that are imported, avoiding the greenhouse gases that would have been emitted from shipping, with the added benefit of stimulating our economy by creating local jobs.

Importantly, cement, a basic material for all types of construction, is responsible for up to 8% of the world's carbon dioxide emissions. The simple act of switching to a low-carbon concrete plant-based products such as industrial hempcrete and structural bamboo to replace carbon-intensive materials used today such as concrete and steel can make a huge difference in our efforts to lower carbon emissions.

Mahalo for the opportunity to testify in **support** of SCR101.

Sherry Pollack
Co-Founder, 350Hawaii.org

LATE

SCR-101

Submitted on: 4/11/2024 10:07:33 AM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Lorraine Sakaguchi	Vegan Society of Hawaii	Support	In Person

Comments:

Testimony in favor of SCR101 URGING a transition to a plant-based lifestyle

I am writing in support SCR101 as a representative of the Vegan Society of Hawaii, an all-volunteer nonprofit 501(c)(3) educational and advocacy organization, founded in 1990, with active chapters on Oahu, Maui, and Kauai. Our mission is to promote human health, animal rights, and protection of the environment by means of whole food, plant-based vegan education.

Growing up as a young child in Kalihi, I saw few people who were noticeably overweight. I also remember being horrified to see some of the other elementary school kids picking on and taunting those few children whom they called fat.

But nowadays, such children and adults, too, are no longer in a tiny minority. In fact, **many in Hawaii, including 49 percent of Native Hawaiians according to a study mentioned in a Star-Advertiser article in Feb. 11, 2021**, and elsewhere in the U.S. are coping with obesity and the debilitating health problems that come with poor food choices, much of it due to the increased availability of apparently affordable animal-based foods, which now mostly come from animals efficiently, but cruelly grown and processed.

In the 1950s, without today's factory farming, chicken in people's diets was less available. I think older people can still recall small feather quills sometimes poking out of the hand-cleaned chicken in their meals, an experience which would be extremely rare today with factory-farmed processed chicken. When people ate out at diners and such then, a sprig of green parsley on the plate was standard, and a meal would usually not be complete without some salad or other veggies. Now, at too many fast food places and diners, you'll rarely see a meal with that added plant color and nutrition; instead there'll be just the "good stuff" which is often far from good for people's health.

Happily, we the people of Hawaii can not only learn something from that somewhat healthier recent era in our history. We can take everything else we've learned, too, and ... **We can do better!**

The growing body of the results of many research studies, as well as experience, has shown us that an increasing reliance on animal agriculture and foods has contributed in a major way to the world's existential problems, including the negative effects of climate change and people's diet-driven debilitating chronic health problems.

It has also caused people generally to turn a blind eye to the cruelties, especially inherent in mass animal agriculture, which treats animals intended for food as unthinking, unfeeling commodities, not caring that these animals not only do understand what's happening to them, but can also feel affection, happiness, and loyalty, in addition to pain, dread, and hopelessness.

There are those who raise food animals in what they apparently sincerely believe, and hope others believe, too, is a sustainable, relatively less cruel but still necessary way, for Hawaii's food security and local economy. I'd like to acknowledge their sincerity and ask them to consider what humans have learned in the past decades about human health, the impact of animal agriculture on the 'aina, and so much more, as well as the stories of former cattle ranchers such as Howard Lyman in Montana, and Renee King-Sonnen in Texas.

Some may feel that the American Heart Association wholeheartedly approves of beef as a heart-healthy food. But currently, even the AHA website acknowledges otherwise : “The American Heart Association recommends choosing healthy sources of proteins, mostly from plant sources.” It goes on to say what types of animal protein to choose if they do consume them.

Happily, a vast body of research and experience has not only been showing us that raising and consuming animals is not necessary for our food security or economy, but also that by moving in a knowledgeable, peaceful way towards a healthy and compassionate whole food, plant-based diet and lifestyle, we can also help reverse or ameliorate many of the negative effects of climate change already upon us, enjoy a gentler, more sustainable relationship with our environment and our fellow sentient creatures on this earth, and generally enjoy better personal health, as well!

Thank you for reading this. Please support this resolution. It's an important beginning to helping move towards a brighter and happier future for the people and the 'aina of Hawaii.

Aloha,

Lorraine Sakaguchi
President
Vegan Society of Hawaii

HOUSE COMMITTEE ON AGRICULTURE & FOOD SYSTEMS
Hearing on April 12, 2024 at 10:00 am

SUPPORTING SCR 101

My name is John Kawamoto, and I support SCR 101.

A plant-based lifestyle would improve community health, make farming more efficient, reduce animal cruelty, and reduce greenhouse gases emitted by construction material.

The health benefits of a plant-based diet have been rigorously studied and documented. Research shows that Americans are suffering from a health crisis characterized by obesity, heart disease and stroke, type 2 diabetes, and cancer, all of which are the results of poor nutrition. A plant-based diet can improve the general health of Americans.

The farming of animals for food requires much more land than the farming of plants to yield an equal amount of nutrients. More and more forests are being cut down to grow feed for food animals. A plant-based lifestyle practiced extensively would result in farmland where animal food is grown being converted back to forests. The environmental benefits would be abundant.

Factory farms, where most food animals are raised, employ methods that are the least expensive because they are driven by the profit motive. Although unseen by the average person, factory farm methods are often associated with animal cruelty, which a plant-based lifestyle would eliminate.

Many common construction materials are associated with the emission of greenhouse gases. Plant-based construction materials can reduce greenhouse gas emissions and mitigate climate change.

Finally, a plant-based lifestyle is consistent with the native Hawaiian culture, which values sustainability through caring for the land and the ocean.

I urge the committee to pass SCR 101.

SCR-101

Submitted on: 4/10/2024 3:19:05 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Randy Cabral	Individual	Oppose	Written Testimony Only

Comments:

Strong opposition

SCR-101

Submitted on: 4/10/2024 3:52:05 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Gordon LaBedz, MD	Individual	Support	Written Testimony Only

Comments:

I am a retired Kaiser Permanente family physician and retired med school professor. Kaiser has been a leader in urging a whole food plant based diet for more than a decade. The US and Hawai'i have a heart disease and obesity pandemic. There is nothing more important than good health. Please vote YES.

SCR-101

Submitted on: 4/10/2024 5:22:02 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Woody Child	Individual	Oppose	Written Testimony Only

Comments:

I Strongly Oppose SCR101.

Stephanie Skow, MD

Board Certified Psychiatrist and Plant-Based Physician & Educator

4/10/24

Aloha everyone,

As a physician, I **support SCR101 and SR83**, Urging a Transition to a Plant-Based Lifestyle, to assist individuals with making **informed choices** for themselves and their families.

1. **Obesity: a Public Health Crisis:** (but solvable), with a plant-based diet.
2. **Type II Diabetes:** can be prevented and reversed with a plant-based diet.
3. **Heart Disease:** can be prevented and reversed with a plant-based diet.
4. **Cancer:** The World Health Organization has recognized meat and especially processed meat as carcinogens, cancer causing agents, with processed meat in the Group 1A category, the same category as cigarette smoking and asbestos. Plant based eating reduces your risk of cancer.
5. **Acne and asthma:** can improve with a plant-based diet.
6. **Erectile dysfunction:** can improve with a plant-based diet.
7. **Gut microbiome:** improves with a plant-based diet.
8. **Pollution:** improves with a plant-based diet.
9. **Greenhouse gas emissions:** improve with a plant-based diet.
10. **Land stewardship:** improves with plant-based eating.

The **American Heart Association** now recognizes the health benefits of eating plant-based: "Eating plant-based, meatless meals a few times a week can lower your cholesterol and improve your heart health. Meatless meals are better for your health, the planet, and your budget."

Heart.org, How does Plant-Forward (Plant-Based) Eating Benefit Your Health?

The American Heart Association goes on to say: "Meat is often loaded with cholesterol and saturated fat, which have starring roles in poor heart health."

I urge the committee to pass these resolutions.

Thank you,
Stephanie Skow, MD

Please see the attachment for supporting information.

ATTACHMENT

Benefits and nutrients in plant-based foods:

Essential nutrients found in plants include non-heme iron, all essential amino acids, the highest quality protein, since all protein originates from plants. Plants, which make protein, are packed with fiber and antioxidants. Meat, which is recycled protein, is packed with cholesterol and saturated fat. **All protein originates from plants.**

Plants also contain folate, potassium, Mg, Ca, and polyphenols, and antioxidants, and pre-biotics, pro-biotics, omega-3's, and vitamins, vit. A, B6, and B12 in nutritional yeast and supplemented in plant based milks; and plants contain vitamin C, which is not found in meat; and zinc, selenium, and iodine.

“Heme iron (found in meat) has been shown to be associated with many health outcomes such as diabetes, cardiovascular disease, fatal coronary heart disease, and cancer.” BMJ, British Medical Journal, 2017. “High heme intake is associated with increased risk of several cancers, including colorectal cancer, pancreatic cancer, and lung cancer.” *Nutrients*, 2014 Mar 13;6(3):1080-102.

In addition, forever chemicals that are found throughout the environment, such as dioxins, are stored in fatty tissues of animals, and thus humans who eat meat and dairy. These chemicals are known to cause disease.

Free range and regenerative grazing:

Grazing **increases** greenhouse gas emissions with the methane produced from the cow's burping. “Methane released directly into the atmosphere is [more than 80 times](#) more potent than CO₂ over a 20-year time horizon. However, as methane's atmospheric lifespan is relatively short – [10 to 12 years](#) – actions to cut methane emissions **can yield the most immediate reduction in the rate of warming**, while also delivering air quality benefits.” *UNEP Oct. 2021*

“Raising livestock for human consumption uses nearly 70% of agricultural land, contributing to deforestation, biodiversity loss and water pollution.” *University of CO, Boulder.*

Rewilding the cattle pastures and the crop lands used to grow animal feed will capture 8.1 billion metric tonnes of CO₂ each year, freeing up 76% of agriculture land on the planet.

It takes a lot less land to feed 8 billion humans vs. 88 billion land animals.

Environmental Stewardship:

Transitioning to plant-based eating leads to ultimate stewardship of our lands, with rewilding and/or growing foods which are native to the islands, and do not create pollution, disease, and animal waste.

Rewilding programs contribute fire mitigation by restoring ecosystems to their natural states, reducing flammable vegetation, and promoting interactions between species.

I support SCR101 and SR83: Urging a Transition to a Plant-Based Lifestyle, to assist individuals with making **informed choices** for themselves and their families.

1. **Obesity: a Public Health Crisis:** (but solvable), with a plant-based diet.
2. **Type II Diabetes:** can be prevented and reversed with a plant-based diet.
3. **Heart Disease:** can be prevented and reversed with a plant-based diet.
4. **Cancer:** The World Health Organization has recognized meat and especially processed meat as carcinogens, cancer causing agents, with processed meat in the Group 1A category, the same category as cigarette smoking and asbestos. Plant based eating reduces your risk of cancer.
5. **Acne and asthma:** can improve with a plant-based diet.
6. **Erectile dysfunction:** can improve with a plant-based diet.
7. **Gut microbiome:** improves with a plant-based diet.
8. **Pollution:** improves with a plant-based diet.
9. **Greenhouse gas emissions:** improve with a plant-based diet.
10. **Land stewardship:** improved with plant-based eating.

The **American Heart Association** now recognizes the health benefits of eating plant-based:

“Eating plant-based, meatless meals a few times a week can lower your cholesterol and improve your heart health. Meatless meals are better for your health, the planet, and your budget.”

The American Heart Association says: “Meat is often loaded with cholesterol and saturated fat, which have starring roles in poor heart health.”

I urge the committee to pass these resolutions.

Thank you,

Katherine Skow

Please see the following for supporting information.

Benefits and nutrients in plant-based foods:

Essential nutrients found in plants include non-heme iron, all essential amino acids, the highest quality protein, since all protein originates from plants. Plants, which make protein, are packed with fiber and antioxidants. Meat, which is recycled protein, is packed with cholesterol and saturated fat. **All protein originates from plants.**

Plants also contain folate, potassium, Mg, Ca, and polyphenols, and antioxidants, and pre-biotics, probiotics, omega-3's, and vitamins, vit. A, B6, and B12 in nutritional yeast and supplemented in plant based milks, and vitamin C, which is not found in meat; and zinc, selenium, and iodine.

"Heme iron (found in meat) has been shown to be associated with many health outcomes such as diabetes, cardiovascular disease, fatal coronary heart disease, and cancer." BMJ, British Medical Journal, 2017. "High heme intake is associated with increased risk of several cancers, including colorectal cancer, pancreatic cancer, and lung cancer." *Nutrients*, 2014 Mar 13;6(3):1080-102.

In addition, forever chemicals that are found throughout the environment, such as dioxins, are stored in fatty tissues of animals, and thus humans who eat meat and dairy. These chemicals are known to cause disease.

Free range and regenerative grazing:

Grazing **increases** greenhouse gas emissions with the methane produced from the cow's burping.

"Methane released directly into the atmosphere is [more than 80 times](#) more potent than CO₂ over a 20-year time horizon. However, as methane's atmospheric lifespan is relatively short – [10 to 12 years](#) – actions to cut methane emissions **can yield the most immediate reduction in the rate of warming**, while also delivering air quality benefits." *UNEP Oct. 2021*

"Raising livestock for human consumption uses nearly 70% of agricultural land, contributing to deforestation, biodiversity loss and water pollution." *University of CO, Boulder.*

Rewilding the cattle pastures and the crop lands used to grow animal feed will capture 8.1 billion metric tons of CO₂ each year, freeing up 76% of agriculture land on the planet.

It takes a lot less land to feed 8 billion humans vs. 88 billion land animals.

Environmental Stewardship:

Transitioning to plant-based eating leads to ultimate stewardship of our lands, with rewilding and/or growing foods which are native to the islands, and do not create pollution, disease, and animal waste.

Rewilding programs contribute fire mitigation by restoring ecosystems to their natural states, reducing flammable vegetation, and promoting interactions between species.

SCR-101

Submitted on: 4/10/2024 8:35:35 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Jason Moniz	Individual	Oppose	Written Testimony Only

Comments:

Chair Gates, Vice Chair Kahaloa and members for the House Agriculture Committee, thank you for your continued support of ALL agriculture! I am OPPOSING this resolution as it throws the livestock sector of the agriculture industry under the bus.

Although meat plays a smaller role in today's recommended human diet, it remains an excellent source of high-quality protein required for proper growth and development. In Hawaii where approximately 20% of the land mass is stewarded by cattle producers, they strive to improve the lands they manage, retain our valuable soils, and improve plant health to increase carbon sequestration.

I know you understand these points as you have spent time with us to understand and see what we do. I am disappointed to see a resolution like this come out of the Senate and as I said above sincerely appreciate your continued support.

SCR-101

Submitted on: 4/10/2024 9:25:36 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Kathy Shimata	Individual	Support	Written Testimony Only

Comments:

Aloha Committee members,

Both for our individual well-being & for the planet, I urge you to help move our food system toward a more plant-based diet. We know that animal agriculture consumes crops like corn & soy that people could eat. Animal agriculture creates enormous amounts of waste that contaminates neighboring properties. Vegetarians enjoy good health while saving animals from confinement & paying less at the market. With our moderate climate, we could grow more of the food that we consume here.

I urge you to support SCR101 & encourage more plant-based diets.

Mahalo,

Kathy Shimata

Honolulu. 96822

SCR-101

Submitted on: 4/10/2024 10:23:08 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
David Raatz	Individual	Support	Written Testimony Only

Comments:

Aloha e Chair Gates and Members of the Committee on Agriculture & Food Systems:

Please support this compelling resolution, which promotes compassion, environmental protection, and human health.

Mahalo,

David Raatz

Resident of Wailuku

SCR-101

Submitted on: 4/10/2024 11:04:13 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Victoria Anderson	Individual	Support	Written Testimony Only

Comments:

I write in strong support of SCR101. This resolution captures the triple-win for environmental survival, animal welfare, and human health that a widespread move to a plant-based lifestyle can achieve. Other supporting testifiers have mentioned the studies by Stanford, Oxford, UC Berkeley, and the United Nations Food and Agriculture Organization that show the decarbonizing (and demethanizing!) planetary effects a plant-based lifestyle would contribute to. On the human health side, supporting testifiers have mentioned that the Physicians Committee for Responsible Medicine, the American Heart Association, the MD Anderson Cancer Center, and the EAT-Lancet Commission on Food, Planet, and Health all detail the positive human health effects a plant-based lifestyle would support. Let me just add that the medical journal of Kaiser Permanente, one of our biggest HMOs in the state of Hawai'i, also encourages a whole-food plant-based lifestyle and discourages meat, dairy, and eggs. According to the authors, "Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity." (<https://www.thepermanentejournal.org/doi/full/10.7812/TPP/12-085>)

Please adopt this resolution. There are so many good reasons to do so.

Mahalo,

Victoria Anderson

SCR-101

Submitted on: 4/10/2024 11:21:19 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
P TIBBS	Individual	Support	Written Testimony Only

Comments:

Please pass this important resolution.

To: The Honorable Chair Mike Gabbard, the Honorable Vice Chair Tim Richards, III, and Members of the Agriculture and Environment Committee.

From: Reverend Catherine Burton, Ph.D.

I am writing this testimony as a member of the Vegan Society of Hawaii, as a retired Clinical Psychologist of 25 years, as a newly Licensed Minister teaching Health and Wellness Book Study Classes for the last two years, and as a former Adjunct Faculty member teaching Graduate level Psychology at Chaminade University and Undergraduate Psychology at University of Hawaii West Oahu.

I am submitting this written Testimony to advocate for a yes vote to the passing of Resolution SCR101 for transitioning to a plant-based lifestyle in Hawaii, primarily for one reason – it is the healthiest path that can assure the greatest Health for children, humanity, society, and the planet.

I offer this video from Colin Campbell in 2023 who was born on a dairy farm, started his research work in support of animal protein for humans until the research (he is author of over 300 research papers in the last 40 years), without exception, moved him in the direction of plant-based eating when the results showed again and again that animal protein was linked to higher cases of cancer in children and later in adults. The video goes through this research and shows that moving in the direction of plant-based protein was able to prevent and even help ameliorate or cure the cancer when animal protein was removed and a plant-based diet was present. Dr. Campbell, now 90 years old, and considered the Father of Nutritional Medicine from the Cornell University School of Nutrition, makes the strongest case for transitioning to whole food, plant-based eating.

[Why is Nutrition So Confusing For So Many? - T. Colin Campbell, PhD \(youtube.com\)](https://www.youtube.com/watch?v=...)

I would like to make clear that whole-food plant-based eating does not simply refer to eliminating animal products, but also moving in the direction of eliminating processed substances like sugar, trans fats, GMO based foods, highly processed grains, and foods, all of which have been implicated and shown to contribute to the almost epidemic levels of Type 2 diabetes, obesity, cardiovascular disease, inflammation, cancer, cognitive decline, and Alzheimer's.

In the Health and Wellness Book Studies I facilitated in the last two years, I want to mention the work of Dr. Teri Shintani – cofounder of the University of Hawaii

School of Alternative Medicine – and particularly his book *The Peace Diet* which specifically shows that humans were designed physiologically to eat a whole food, plant-based diet more than a meat-based diet, so that the body is at peace and not fighting foods and unwanted substances that often instigate a disease process.

We then reviewed *The Blue Zones Solution* by Dan Buettner published by National Geographic which reviewed the research on the five places with the longest living people on the planet and what they had in common. Putting all the research together, it turns out they have five things in common, namely: 1) daily physical activity, 2) eating wisely with a whole-food plant-based diet, 3) a right outlook including having a purpose that gives meaning to one's life and living a balanced lifestyle, 4) valuing community including belonging to a healthy social network, connecting with religion and prioritizing family, and 5) restful sleep. The single most important common factor, according to the research, was the whole-food plant-based diet which 95% of the world's longest living people subscribe to.

This was followed by *Reading UNDOIT!* written by Dr. Dean Ornish who is considered the Father of Lifestyle Medicine along with his wife Anne Ornish who heads the Prevention Program. Every page of the book is based on the findings of research studies reviewed by the authors. The overwhelming conclusion is that incorporating a plant-based diet into one's life-style is the healthiest things one can do. As evidenced by the cited research, a plant-based diet has even been able to reverse most, if not all, major diseases, especially if caught in the early stages.

Finally, we are reading Dr. Colbert's *Healthy Brain Zone* book which reviews major causes of Cognitive decline including 1) Alcohol, 2) Sugar, 3) Inflammation from diseases often based on processed foods, and 4) Head Injuries. Eliminating these factors and shifting to a whole food plant-based diet has been shown to help prevent and even reverse Alzheimer's and other forms of cognitive decline.

My education, my teaching and these books studies are all based on research and the converging scientific evidence about what causes disease and what leads to health and to a long life. By passing this resolution in support of transitioning to a plant-based diet, you are supporting the next generation in having a much healthier life based on much healthier food, while also supporting the health of the planet as well. Here is to our Health, individually and collectively, in Hawaii.

LATE

SCR-101

Submitted on: 4/11/2024 10:07:07 AM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Ann Pitcaithley	Individual	Support	Written Testimony Only

Comments:

Aloha Members of the Ag Committee,

My name is Ann Pitcaithley. I am a recently retired RN with a Masters in Advanced Public Health Nursing. The rate of Diabetes Type 2 in Native Hawaiians and Pacific Islands who reside in Hawaii is at an alarming epidemic rate. This was not historically the case. Adopting a more plant based diet is essential for health. Animal agriculture fuels green house gases. Sustainable agriculture and building materials should be considered. I see that more and more land that is zoned as ag land in Maui where I live is converted to urban or industrial development. We need more farming to provide nutrient rich food for our residents. Thank you for the opportunity to testify

LATE

SCR-101

Submitted on: 4/11/2024 1:52:34 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Grace O'Neil	Individual	Support	Written Testimony Only

Comments:

I am practicing emergency physician. I have noticed over the 20 years I have been practicing medicine, that chronic diseases are not generally cured with medications. I have also noted that chronic disease is often caused by our lifestyle and specifically by our diet. The Standard American Diet is not serving our population well, and it is definitely time for us to make the switch to supporting a plant-based diet instead. I have worked at the Ornish Reversal Program at Ekahi Health and seen patient reverse their hypertension, high cholesterol, and diabetes in 10 weeks on a plant-based diet. If we had a system that would support a plant-based lifestyle, we could prevent suffering from limb amputations due to diabetes,, heart attacks, strokes, and other chronic disease. We need to make a change, as the way we eat is not sustainable for our health. It has also been very detrimental to our environment as well. Our current fishing methods kill a lot of bycatch such as turtles, sharks, whales, seals, and other endangered marine creatures. It also creates a large amount of trash in our oceans as the fisherman just throw all their nets into the ocean, creating more plastic waste. Concentrated Animal Feeding Operations are not sustainable either as the large amount of manure created from these farms leaches into our waterways and pollutes our land. Please support this bill. We need this for Hawaii's future.

LATE

SCR-101

Submitted on: 4/11/2024 3:18:47 PM

Testimony for AGR on 4/12/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Jimmy Gomes	Individual	Oppose	Written Testimony Only

Comments:

I oppose SCR101

LATE

1521 Alexander St Apt 503

Honolulu, HI 96822

April 11, 2024

To: House Committee on Agriculture and Food Systems

Re: in support of SCR101

Dear Chair Gates, Vice Chair Kahaloa, and AGR members,

Thank you for this opportunity to write in FAVOR of SCR101. I think that persuading residents of Hawaii to adopt healthy, whole food, plant based (hWFPB) diets will benefit all of us in multiple ways.

First, let me make a necessary joke, that I am NOT urging people to live on beer and potato chips---no doubt that would be plant based but has many harmful effects.

To put it bluntly, each person who we convert to hWFPB eating lowers medical insurance cost for everyone else who might feel that he/she must eat animal-sourced products. hWFPB eaters suffer less from the widespread diseases that so disable way too many of us too early in life. Consequently, the hWFPB eaters are cheaper to insure and (give the logic of pools of insurance) lower the cost of health insurance for everyone.

To emphasize the previous paragraph, think of writing a modern litany from Catholic liturgy that might go like this, but about electric vehicles:

1. Blessed are those who drive electric vehicles because they make the air in Honolulu cleaner for everyone.
2. Blessed are those who drive electric vehicles because they lower the demand for gasoline/diesel and thus lower the cost of liquid vehicle fuels for everyone.

Of course, the astute among you will notice that this litany should go a wee bit further in its thinking: blessed are those who do not use cars/trucks, because they relieve incrementally the stress of traffic congestion for everyone!

Instead of the word blessed, let me simply express thank you for converting to hWFPB eating because:

1. Thank you because you lower food inflation for everyone. You do not compete for animal-based foods, hence lower the price for those who continue to eat animal products.
2. Thank you because you lower medical insurance costs for everyone (repeating the third paragraph above).
3. Thank you because the production of your food requires far less land, energy, and water. You are helping fight global warming. You reduce the economic pressure to deforest lands and force other species into ever smaller enclaves.
4. Thank you because you allow more of America's fantastic food production to reach large populations suffering from too little food.

5. Thank you for living longer with full vigor in mind and body. The tough lessons that you have learned in life enrich everyone by being more available. You help all of us with leadership, care, concern, even child rearing.
6. Thank you for having greater stamina and vigor. As the world throws up horrible challenges to us, you help all of us bounce back.

Mahalo nui loa!

Laurence Thomas (Tom) Ramsey