**PlantPure Communities Oasis Jumpstart Pilot Program**

THE ROLE OF THE HEALTHCARE RESOURCE PERSON

**The Oasis Jumpstart Program**: {Neighborhood name} is participating in the PlantPure Communities (PPC) Oasis Jumpstart Program, which offers participants the opportunity to learn about the benefits of a plant-based diet while enabling them to experience firsthand the powerful health impacts. Through the Oasis Program, healthy meals and nutrition education are provided over a 10-day “Jumpstart” period to participants, and biometric testing (consisting of blood pressure, weight and a lipid panel) is done before and after the 10 days. Numerous studies have shown that people can experience significant reductions in blood pressure and cholesterol levels and sometimes eliminate or reduce their need for diabetes and cholesterol medications, so participants taking medications for hypertension or diabetes must provide special written authorization from their healthcare provider.

**Scientific Basis**: The foundation for the Oasis Program is the research conducted by T. Colin Campbell PhD, Professor Emeritus of Nutritional Biochemistry at Cornell University. Dr. Campbell is co-author of the book, *The China Study,* the most comprehensive study of health and nutrition ever conducted. Dr. Campbell and other researchers were able to conclude that the closer people come to a whole food, plant-based diet, the lower their risk for chronic disease. The New York Times recognized the study as the “Grand Prix of epidemiology.” It is also worth noting that Kaiser Permanente, the nation’s largest HMO, stated in their 2013 Spring edition of The Permanente Journal: a peer-reviewed journal of medical science, social science in medicine, and medical humanities: “*Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity*.” The Oasis Program was created to empower people in underserved communities to take more responsibility for their wellness.

**The role of the Healthcare Resource Person**: is to offer general information and guidance on plant-based nutrition and the biomarker testing process to Oasis Program participants. The main task is to make a speech or presentation at the beginning of the 10-day Jumpstart. The speech should include, but not be limited to, the following:

1. Encourage all participants to consult with their own physicians, particularly if they are taking medications for diabetes, high cholesterol, or high blood pressure.
2. Make participants aware of the benefits of a whole food, plant-based (WFPB) lifestyle and how it can affect their health very quickly.
3. Offer an explanation of the biomarker data, and particularly,

* at what point is a person pre-diabetic?
* at what point is a person diabetic?
* at what point does a person need to consult with a physician for high blood pressure?
* at what point is a person considered to have high cholesterol?

1. Provide information of the importance of taking a Vitamin B-12 supplement.
2. Provide referrals to doctors who understand the benefits of a WFPB lifestyle for those who do not have a physician.
3. If the Healthcare Resource Person is open to new patients/clients, let participants know how they can become a patient/client.
4. Answer questions the participants may have.