Mission
The Physicians Committee for Responsible Medicine is dedicated to saving and improving human and animal lives through plant-based diets and ethical and effective scientific research.

Vision
Creating a healthier world through a new emphasis on plant-based nutrition and scientific research conducted ethically, without using animals.

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It takes all of us working together to save the lives of people and animals.
Ending Dog Labs in Advanced Medical Training

With billboards, federal complaints, demonstrations, and member e-mails and phone calls to decision-makers, the Physicians Committee continues working to ensure that human-relevant methods replace live animal use in advanced medical training.

“Don’t kill man’s best friend for medical training.” That was the Physicians Committee’s message to Cleveland Clinic South Pointe Hospital on billboards in August. The hospital’s emergency medicine residents were being trained on live dogs at Northeast Ohio Medical University. Within 24 hours of the billboards going up, the dog laboratory was halted.

Thank you to the Michelson Medical Research Foundation for sponsoring the billboards.

Cleveland Clinic and Northeast Ohio Medical University were not alone in ending animal use and switching to simulation. Following months of pressure from the Physicians Committee, the University of North Carolina at Chapel Hill announced that “residents will solely use simulation models for emergency medicine training.”

Montgomery County Hospital District in Texas followed suit when it announced an end to the use of live pigs in its paramedic training program at Baylor College of Medicine in Houston after the Physicians Committee filed a federal complaint citing violations of the Animal Welfare Act.

Following a year-long Physicians Committee campaign, Albert Einstein Medical Center in Philadelphia also stopped using live pigs to train emergency medicine residents.

Advanced medical training programs that ended live animal use:

South Pointe Hospital

Don’t Kill Man’s Best Friend for Medical Training

OhioDeservesBetter.com

Paid for by the Physicians Committee for Responsible Medicine

The Daily Tar Heel

“I’m really pleased that they looked at the evidence and saw that the training with simulators is just as good, if not better, and it doesn’t harm any animals.”

— Physicians Committee member Roberta Gray, M.D., in “UNC School of Medicine Will No Longer Use Animals for Training,” Feb. 10, 2017
Suing Schools Serving Students Carcinogens

Hot dogs, pepperoni, and other processed meat cause cancer. So why do schools feed them to children? In April, the Physicians Committee filed a lawsuit against the California Department of Education, the Los Angeles Unified School District, and Poway Unified School District to get processed meat out of the state’s school lunches.

In December, a California court ruled that schools can feed cancer-causing meat products to children because the state education code does not explicitly bar the practice. The Physicians Committee is fighting the decision.

In February, Physicians Committee billboards urged children’s hospitals in six cities to protect patients from cancer-causing hazardous hot dogs. University of Mississippi Medical Center and Arkansas Children’s Hospital in Little Rock both removed hot dogs from patient menus following the campaign. Two other hospitals, Stony Brook in New York and Frank R. Howard Memorial in Willets, Calif., have also agreed to remove processed meat from new patient menus.

Following testimony from Physicians Committee president Neal Barnard, M.D., and many other supportive physicians, the American Medical Association adopted a resolution in June calling on hospitals to provide plant-based meals and remove bacon, sausage, hot dogs, and other processed meat from menus.

Confronting Children’s Hospitals over Hazardous Hot Dogs

In February, Physicians Committee billboards urged children’s hospitals in six cities to protect patients from cancer-causing hazardous hot dogs. University of Mississippi Medical Center and Arkansas Children’s Hospital in Little Rock both removed hot dogs from patient menus following the campaign. Two other hospitals, Stony Brook in New York and Frank R. Howard Memorial in Willets, Calif., have also agreed to remove processed meat from new patient menus.

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“They’re breaking the law because it states that schools should be serving the best foods possible, and that is not processed meats.”

— Plaintiff Tracy Childs, a Physicians Committee Food for Life instructor, in “National Group Sues Poway, L.A. School Districts Over Hot Dogs, Bacon, Sausages, Bologna,” April 12, 2017

“Moderation, as a concept, applies to healthy things, not to carcinogens. And processed meats are indeed carcinogens.”

— Physicians Committee president Neal Barnard, M.D., in “Carcinogens Should not be Consumed, Even in Moderation,” June 9, 2017
Saving Patient Lives at the Barnard Medical Center

Since the Barnard Medical Center opened its doors in January 2016, more than 3,000 patients have been seen and treated by its dedicated staff. While the Barnard Medical Center provides state-of-the-art medical care, it also creates a new model for health care, provides a training ground for young physicians, fosters medical research, and educates the public about plant-based nutrition.

To accommodate its growing number of patients, the Barnard Medical Center expanded its space in 2017, and is gearing up to launch telehealth services for existing patients.

“Stop the Government from Hiding Animal Welfare Data

In February 2017, the U.S. Department of Agriculture shut down its online animal welfare database, which is crucial to the Physicians Committee’s work to end animal experiments and advance human-relevant medical research and training. In response, the Physicians Committee and a coalition of other organizations filed a lawsuit in federal court.

The USDA partially restored the database in August, thanks to thousands of Physicians Committee members and others contacting Congress and the USDA. The Physicians Committee is continuing its legal efforts until the database and its information is fully restored.

PCRM.org/Database

Advancing the Cause through Music: CarbonWorks

“I support the Barnard Medical Center because it uses the latest research to understand and treat the causes of many diseases. In doing so, the center provides a way for patients to break the cycle of sickness and medication, and guides them on a path to a more vibrant and healthy life.”

– Brian Wendel, founder and president, Forks Over Knives

Success Story: Betty Mizek

Like many health care providers, Betty was used to taking care of others and put her health last. In 2016, she suffered a heart attack. That is when she decided it was time to adopt a heart-healthy vegan diet. After she got out of the hospital, she jumped right in with a visit to the Barnard Medical Center. Since then, she has revolutionized her health—improved her cholesterol, lowered her blood pressure, and lost weight—by building meals around vegetables, fruits, whole grains, and legumes. Her motivation to keep going? Staying out of the hospital to watch her two young grandchildren grow up.

Crucial to Physicians Committee Campaigns

Harvard University’s New England Primate Research Center closes in 2015.
Federal government ends chimpanzee experiments in 2015.
University of Virginia ends use of cats for pediatrics training in 2013.
NASA cancels plans to irradiate monkeys in 2010.

Advancing the Cause through Music: CarbonWorks

Alec Baldwin and other special guests joined Dr. Barnard and his band to celebrate the release of CarbonWorks, a CD of music about animals and the human condition that Dr. Barnard composed. CarbonWorks events were held throughout the year to bring this message to as many people as possible.
Members and supporters play a key role, spreading our message far and wide.
Educating Physicians about ‘Prevention Over Pills’

The Physicians Committee educated hundreds of doctors about the importance of “Prevention Over Pills” at the Physicians Committee’s fifth annual International Conference on Nutrition in Medicine in Washington, D.C., on July 28-29, 2017.

The conference—co-hosted by the George Washington University School of Medicine and Health Sciences—empowered clinicians and future doctors to help patients treat, prevent, and, in some cases, reverse chronic disease with a plant-based dietary intervention.

“I have attended the International Conference on Nutrition in Medicine many times and always come away with fascinating, intelligent information. I believe strongly in the advantages of a plant-based diet personally, but it is good to back up this opinion with good science. That is what I get when I attend the conference. I would recommend the conference to anyone who would like to be educated by some of the best researchers and speakers in the world.”

– Deborah Wilson, M.D., Physicians Committee member

Presentations from an international group of doctors, researchers, and scientists included “The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers,” “Nutrition Essentials: What Every Clinician Needs to Know,” and “Heart-Healthy Nutrition in Practice.”

The presentations are available for continuing medical education credit on NutritionCME.org.

PCRM.org/ICNM and NutritionCME.org
Paving the Way for Human-Relevant Research

In December, the U.S. Food and Drug Administration released its Predictive Toxicology Roadmap, which incorporates Physicians Committee recommendations to ensure that high-tech methods such as organs-on-chips reduce and replace the use of animal tests to better predict the safety of FDA-regulated medical products.

Earlier in the year, Physicians Committee scientists trained more than 70 U.S. government toxicologists on a software program that quickly and accurately predicts chemical toxicity without the use of animals.

Kristie Sullivan, M.P.H., vice president of research policy for the Physicians Committee, accepted the 2017 Lush Prize, which was awarded to the Physicians Committee in November for successfully lobbying Congress to pass the Frank R. Launenberg Chemical Safety for the 21st Century Act. The law requires the U.S. Environmental Protection Agency to create a plan to replace and reduce animal tests with nonanimal alternatives.

Sullivan also recommended methods to reduce and replace animal use in toxicity testing in research papers published in the journals *Toxicology in Vitro*, *Applied In Vitro Technology*, and *Regulatory Toxicology and Pharmacology*.

10th World Congress on Alternatives and Animal Use in the Life Sciences

Ryan Merkley highlighted problems with institutional animal care and use committees (IACUCs) at facilities covered under the Animal Welfare Act.

Esther Haugabrooks, Ph.D., discussed her worldwide survey of LD50 tests, which measure the dose of a chemical that kills 50 percent of the exposed animals.

Elizabeth Baker, Esq., shared progress and plans for replacing animal use in pharmaceutical testing.

“Advancing modern technologies that are based on human biology is the best way for the FDA to achieve both speed and safety in drug testing, reduce animal testing, and protect human health.”

— Elizabeth Baker, Esq., in “FDA Drug Testing Doesn’t Have to Sacrifice Safety, or Animals, for Speed,” May 11, 2017

“The Physicians Committee’s tireless work to save lives by modernizing testing methods is changing the world for animals and humans alike. Because of their scientific credibility, they are uniquely suited to make progress in this area, and they have an incredible track record of victories to prove it.”

— Eric Howkins, Physicians Committee member
Influencing Dietary Change with Clinical Research

Research from the Physicians Committee’s clinical research team, led by Hana Kahleova, M.D., Ph.D., made worldwide headlines— influencing policymakers, physicians, and the public—with the evidence that plant-based diets help you lose weight, lower cholesterol, and improve heart health.

Weight Loss

“Vegetarian diets proved to be the most effective diets for weight loss,” Dr. Kahleova said in an interview with the Sydney Morning Herald about a study she presented at the American Diabetes Association’s 77th Scientific Sessions that was published in the Journal of the American College of Nutrition. The study found that a plant-based diet leads to twice as much weight loss as a more conventional diabetes diet.

Another of Dr. Kahleova’s weight-loss studies, published in the Journal of Nutrition, found that meal timing may aid weight management. “The message is very straightforward: Make breakfast your largest meal of the day, and eat dinner as your lightest meal of the day,” Dr. Kahleova told the New York Times in an article on the study.

Heart Health

Dr. Kahleova, along with Physicians Committee president Neal Barnard, M.D., and Physicians Committee director of nutrition education Susan Levin, M.S., R.D., published a report in the journal Nutrients, which concluded that vegan diets are effective for weight and glycemic control and provide metabolic and cardiovascular benefits. Dr. Barnard and Levin also published a review and meta-analysis in Nutrition Reviews, which found that vegan diets reduce cholesterol levels.

In “Trending Cardiovascular Nutrition Controversies,” published in the Journal of the American College of Cardiology, Dr. Barnard and 11 other nutrition experts analyzed evidence showing the dangers of animal protein and saturated fats and the benefits of plant-based diets for cardiovascular health.

Exposing Faulty Research

In August, JAMA published a commentary by Dr. Barnard and Harvard University’s Walter C. Willett, M.D., Dr.P.H., and Eric L. Ding, Sc.D., explaining how controversial headlines proclaiming “butter is back,” “cholesterol is safe,” and the like may be the product of faulty research that confuses the press and public.

“We’re big supporters of the Physicians Committee’s nutrition research because it demonstrates to the world that what is good for the animals and the environment is also good for people. We hope that this program will lead others to a greater understanding of how our choices impact our world.”

– Jody Rasch, Physicians Committee member

“Thank you and the entire Physicians Committee team for your tireless dedication and hard work in changing the lives of millions by saving lives through nutrition. You are a beacon of hope to all of us.”

– Vivek Rau, Physicians Committee member
Advocating for Improved Alzheimer’s Disease Research

By 2050, 16 million Americans could have Alzheimer’s disease, costing the nation $1 trillion. In 2017, Physicians Committee scientists continued advocating for a shift to human-relevant Alzheimer’s research, since decades of animal experiments have failed to produce a meaningful treatment or cure.

Ann Lam, Ph.D., chaired “Shifting Perspectives on Dementia, Science, and Health Policy,” a symposium at the American Association for the Advancement of Science’s Annual Meeting in February, where she said that population studies and other human-focused research suggest that the risk of developing Alzheimer’s and other dementias can be reduced with changes to diet and other modifiable lifestyle factors.

At a February meeting of the Advisory Council on Alzheimer’s Research, Care, and Services—which includes members from federal agencies who make recommendations to Congress—Feng-Yen Li, Ph.D., discussed how animal experiments are impeding scientists from finding an effective intervention to treat or prevent Alzheimer’s disease.

Dr. Li also attended the Alzheimer’s Association International Conference in July and the 10th Clinical Trials on Alzheimer’s Disease Conference in October, where she presented evidence for preventing and reversing Alzheimer’s disease with a plant-based diet.

“We believe the Physicians Committee’s breadth of knowledge, in-depth awareness of current research, and ability to evaluate the science of any proposed study will be invaluable in enabling us to find the best possible way to support future Alzheimer’s research.”

– Andy and Teri Goodman, Physicians Committee members
Getting the Meat and Cheese Out of SNAP

Modernizing the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, to provide only “Healthy Staples”—fruits, vegetables, grains, and legumes—could help the nation’s 44 million SNAP participants fight diabetes and heart disease, which disproportionately affect them.

It’s a plan Physicians Committee president Neal Barnard, M.D., recommended in a February 2017 supplement of the American Journal of Preventive Medicine that he edited with Yale University’s David Katz, M.D.

In June, following testimony by Dr. Barnard and other physician supporters, the American Medical Association adopted a resolution calling on the federal government to improve the healthfulness of SNAP.

PCRM.org/SNAP

“As a physician working with low-income individuals, I know the Physicians Committee is on the right path with their plan to reform SNAP. As a longtime member, I am thrilled that my contributions support these efforts.”

– Ana Negrón, M.D., Physicians Committee scientific advisory board member

Escaping the Cheese Trap

The Cheese Trap, the latest book by Physicians Committee president Neal Barnard, M.D., was published in late February. Since then he has toured the country, educating people about the health dangers of cheese and other dairy products.

PCRM.org/Cheese

“The Cheese Trap

How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy

Neal D. Barnard, MD, FACC

New York Times bestselling author

Recipes by Dreena Burton

“If one’s goal is to lose weight, there is something to be said for not teasing yourself with occasional doses of the very food that caused the problem in the first place. Better to end that bad love affair.”

– Physicians Committee president Neal Barnard, M.D., in “Doctor’s Book Presents the Case Against ‘Dairy Crack,’” Feb. 23, 2017

“The Washington Times

“If SNAP were refocused on the simple, healthful staples that are neglected in the standard American diet — vegetables, fruits, whole grains, and beans — it would provide much better nutrition, and each SNAP dollar would go much further.”

– Physicians Committee president Neal Barnard, M.D., in “A Smart Upgrade for SNAP,” Oct. 23, 2017
Empowering Native Americans to Heal Diabetes

Through ongoing partnerships with the Navajo Nation and the Eight Northern Pueblos of New Mexico, the Physicians Committee continued to empower Native Americans to use their own ancestral plant-based foods to treat, reverse, and prevent diabetes.

In a series of workshops in 2017, Caroline Trapp, D.N.P., C.D.E., Physicians Committee director of diabetes education and care, in collaboration with the Institute of American Indian Arts, taught diabetes educators and other community health professionals the Native Food for Life Diabetes Prevention curriculum, which they share with their clients, friends, and family.

At the Gathering of Nations, the Physicians Committee helped Native American volunteers distribute more than 10,000 Native Food for Life DVDs and booklets. The Physicians Committee also co-sponsored the Plant-based Prevention Of Disease conference, which was attended by hundreds of health professionals—including Navajo health educators. Navajo Nation vice president Jonathan Nez, himself a plant-based success story, was a featured speaker.

Encouraging Detroit Residents to Eat More Fruits and Vegetables

“Detroit: Eat more fruits and vegetables, cut the meat and dairy.” That was just one of the messages from Detroit-area health professionals who starred in billboards that promoted the Physicians Committee's Kickstart Your Health program, which provided residents with resources to get healthy and reduce the risk of nutrition-related diseases.

During the August program, Joel Kahn, M.D., Velonda Anderson, Ph.D., Paul Chatlin, Quiana “Que” Broden, and Kim and Marc Ramirez, invited the entire city to a free health fest offering screenings, nutrition and healthy lifestyle tips, a screening of Forks Over Knives, and cooking demos. Physicians Committee president Neal Barnard, M.D., also gave several lectures and discussed his book The Cheese Trap on Detroit's FOX affiliate.

The Detroit News

“After being sick for a decade, taking pills and getting worse, in 2 months, I’m off my insulin shots and all metformin pills and in three months, I lost 50 pounds.”

– Marc Ramirez in “Eat a Plant-Based Diet Lose Weight, Shed Medications and Get Healthy,” Aug. 8, 2017
Cycling Across China with Vegan Message

Cyclists led by the Physicians Committee’s Jia Xu, Ph.D., inspired people across China to learn about the health benefits of a vegan diet last fall. Dr. Xu, who frequently lectures about plant-based diets in China and manages the Physicians Committee’s Mandarin-language 21-Day Kickstart, led a team of cyclists from Shanghai to Lhasa—about 2,500 miles. In the last year, Dr. Xu has lectured to 30,000 people across China, including health professionals and policymakers, on the power of a plant-based diet to prevent and manage chronic disease. The Physicians Committee’s outreach in China is generously sponsored by the Greenbaum Foundation.

The Physicians Committee also launched a Mandarin-language app in 2017 for the 21-Day Kickstart program and published new Mandarin-language fact sheets including Cholesterol and Heart Disease, Health Concerns with Eggs, Red and Processed Meat Products: No Safe Amount, and Vegetarian Diets for Pregnancy.

Building a Healthy India

Forks Over Knives, the groundbreaking documentary that illustrates the power of plant-based diets to improve health and prevent disease, had its premieres in Delhi and Mumbai in November when the Physicians Committee hosted screenings in observance of World Diabetes Day. The events, which were sponsored by the Lisa Wendel Memorial Foundation, were introduced by Physicians Committee member Dr. Nandita Shah and hosted by the Physicians Committee’s Zeeshan Ali, Ph.D.

In May, the Physicians Committee’s Building a Healthy India tour empowered residents of Chennai, Secunderabad, Pune, Mumbai, and Bangalore with nutrition and cooking classes aimed at fighting diabetes with low-fat, dairy-free, plant-based staples of a traditional Indian diet.

BuildingAHealthyIndia.org

“The New York Times

“When KFC Came to Ghana” makes it clear that countries need regulations to intervene against Big Food. As a dietitian, I feel chills run down my spine as I read about nutrient-poor, foodlike products rising to fame in developing countries, including in Africa and Brazil.”

— The Physicians Committee’s Susan Levin, M.S., R.D., in “Fast Food in Ghana,” Oct. 10, 2017
Together, with determination, we continue our work to advance plant-based diets and effective scientific research. And that will improve the world we live in.
Switching to Simulation

After this year’s victories at Cleveland Clinic and other advanced medical training programs, the Physicians Committee continues working to replace live animal use with simulators in all programs.

Emergency Medicine

In May, the Physicians Committee filed a complaint with the U.S. Department of Agriculture against Dartmouth-Hitchcock Medical Center in New Hampshire for violating federal law by using live animals to train emergency medicine residents. The USDA’s follow-up report revealed inadequate oversight of animal training protocols by Dartmouth College’s Institutional Animal Care and Use Committee.

In June, billboards urged Hennepin County Medical Center in Minneapolis to end its use of live rabbits and sheep to practice emergency medical procedures.

Following a complaint filed earlier in the year, Physicians Committee member Kerry Foley, M.D., and Missouri residents were at the University of Missouri School of Medicine in November, for a demonstration calling for an end to the use of live pigs for emergency medicine training.

Advanced Trauma Life Support

Demonstrations led by Physicians Committee doctor members Matthew Clayton, M.D., and Marjorie Cramer, M.D., at North Dakota State University in April, and by Margaret Peppercorn, M.D., at Baystate Medical Center in Massachusetts in June, urged the institutions to replace live animal use with simulation in Advanced Trauma Life Support training.

In November, Physicians Committee ads placed in all 31 Fargo, N.D., city buses urged North Dakota State University and Sanford Health to end the use of live animals for Advanced Trauma Life Support training.

Pediatrics Training

In June, a French-language Physicians Committee billboard and government petition urged Laval University in Quebec, Canada, to end the use of live animals for pediatrics training. It is the only program in the United States and Canada known to use live animals for pediatrics training.

PCRM.org/Action

“The Republican.

“It’s cruel to the pigs, and it violates the Animal Welfare Act intent.”

— Physicians Committee member Margaret Peppercorn, M.D., in “Protesters Object to Use of Live Pigs in Baystate Medical Center Training Program,” June 29, 2017
Condemning Fast Food in Hospitals

“Your Heart’s Not Lovin’ Those Cheeseburgers. Ask your local hospital to go #FastFoodFree!” That was the message the Physicians Committee had on billboards and ads for residents living near Navicent Medical Center in Macon, Ga., John Peter Smith Hospital in Fort Worth, Texas, and Ben Taub Hospital in Houston, Texas. All three hospitals have contracts with the fast-food restaurant McDonald’s.

Physicians Committee member Bandana Chawla, M.D., and Physicians Committee dietitian Lee Crosby, R.D., also spoke before the boards of Ben Taub and Navicent, respectively, warning of the health dangers of meaty, cheesy fast foods high in saturated fat and cholesterol.

MakeHospitalsHealthy.org

Fighting Meat and Dairy Industry Lobbying

In July, the California State Senate held a hearing to consider doubling the amount of money that goes to a “checkoff” program to promote beef. Physicians Committee member Moby authored an op-ed against the bill in the Los Angeles Times and Jane Velez-Mitchell covered the issue in her popular Facebook newsfeed before the vote. Physicians Committee member e-mails and phone calls finally succeeded in killing the bill.

Los Angeles Times

“It’s unconscionable that our own government is actively working to promote foods that are among the least healthful you could eat.”

– Physicians Committee member Moby in “Sacramento Shouldn’t Be Trying to Get You to Eat More Beef,” July 11, 2017

Houston Press

“It just seems so counterintuitive to me that a place that’s here to provide health care to people is offering the worst food possible for them and making money off of it.”

– Physicians Committee member Bandana Chawla, M.D., in “Local Physicians Really Want McDonald’s Out of Ben Taub Hospital,” April 27, 2017
Leadership

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2017 Consolidated Fiscal Year Report

Expenses

Total Program Services 78.70%
- Research Advocacy, Clinical Research, Nutrition
- Education, Legal Advocacy, Publications,
- Education and Policy, Medical Services, Communications

Membership Development/Fundraising 15.00%

Operations 6.30%

Program Services
- Research Advocacy $3,322,623
- Clinical Research $777,945
- Nutrition Education $2,957,994
- Legal Advocacy $365,595
- Publications $806,890
- Education and Policy $482,496
- Medical Services $1,259,670
- Communications $1,574,315

Total Program Services $11,547,528
Operations $924,374
Membership Development/Fundraising $2,200,167
Total Expenses $14,672,069

Support and Revenue

Contributions and Donations 65.78%

Legacies and Bequests 18.21%

Grants 1.85%

Other Revenue 14.16%

Medical Services, Investment Income,
Merchandise Sales, Rental and Other Income

Contributions and Donations $9,572,429
Legacies and Bequests $2,649,363
Grants $268,900
Other Revenue $2,061,144
Total Support and Revenue $14,551,836

Net Assets, End of Year: $24,136,472
To support the Physicians Committee’s lifesaving work,

visit PCRM.org/Donate

or call us at 202-527-7304.

The Physicians Committee is a 501c3 organization and donations are tax-deductible by law.
Tax ID: 52-1394893