

Physicians Committee

for Responsible Medicine

2021
ANNUAL REPORT



SAVING PEOPLE, ANIMALS, AND THE PLANET

Mission

The Physicians Committee for Responsible Medicine is dedicated to saving human and animal lives by revolutionizing scientific research methods and nutrition practices.

Vision Statement

Creating a healthier world in which health and compassion are central values in science and medicine.

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**When it comes to
veterinary training,
you don't have to kill
one to save the other.**

ModernizeMedicalTraining.org



Ending Deadly Dog Experiments

2021 began with a victory for dogs when Tuskegee University College of Veterinary Medicine announced in January that it ended its use of healthy dogs in its fatal surgery laboratories. The Physicians Committee first began communicating with leadership at Tuskegee in 2019 and later placed billboards in Tuskegee and Montgomery, Ala., and filed a complaint with the U.S. Department of Agriculture in an effort to persuade the university to stop the deadly practice. We soon succeeded.

While working to end the deadly use of dogs at Tuskegee, we learned that Auburn University College of Veterinary Medicine was also using dogs in its surgery laboratories and killing them after the procedures.

Physicians Committee Director of Academic Affairs John Pippin, MD, began corresponding with officials at Auburn to provide evidence in support of humane training methods. In response, university officials assembled a task force to review its animal use and decided to join Tuskegee and other veterinary schools that have switched to humane training methods.



Saving Pigs From Lethal Medical Training

2021 also included hard-fought victories in ending animal use in advanced medical training for physicians and paramedics treating human patients.

In February, Vanderbilt University Medical Center contacted Dr. Pippin to let him know it was no longer using live pigs to train emergency medicine doctors, a change that we had fought for since 2013 with federal complaints, billboards, a petition to the university signed by more than 53,000 members and supporters, and on-site demonstrations.

The University of British Columbia in Vancouver stopped using live pigs to train family medicine physicians after the Physicians Committee contacted the university and suggested it switch to simulators.

In November, the University of Washington in Seattle confirmed that it stopped killing pigs to train paramedics. The victory followed a Physicians Committee campaign that lasted nearly a decade and included complaints, demonstrations, public transportation advertisements, emails from our members, and legislation that would have outlawed the use of animals for the training.

KATU 2abc



"If we really want to train people to practice competently and confidently in a time of crisis ... they need to practice on human-based, anatomically correct models."

– Cindy Coker, retired paramedic and Physicians Committee member, in Group of medical workers urge UW Medicine to end medical training on live pigs, June 10, 2021





Ending Animal Use in Advanced Medical Training

The Physicians Committee continues to work to end animal use in all medical training programs, including emergency medicine training, Advanced Trauma Life Support training, combat trauma training, paramedic training, and surgery training.

In May, we filed a complaint requesting that the USDA investigate Isler Genetics, an Ohio company selling live pigs without a license to the University of Cincinnati, which uses them to train general surgery residents. We also filed a complaint against UC for the use of the animals in its training program.

In August, we filed a federal complaint requesting an investigation into the use of live animals for training general surgery residents at Wake Forest School of Medicine.

THE ENQUIRER
Cincinnati.com

“Pigs are not at all built the way people are. And the procedures that they’re practicing on these pigs have to be learned all over again when they wind up taking care of patients and going to the operating room.”

— John Pippin, MD, Physicians Committee director of academic affairs, in USDA investigating University of Cincinnati’s use of live pigs for surgical training, May 25, 2021



In October, billboards and a demonstration led by Physicians Committee member John Lieberman, MD, called on the University of Colorado Anschutz Medical Campus to stop the use of live pigs in its surgery training program. The medical campus has already eliminated animal use in its medical student, pediatrics, anesthesiology, and ATLS programs.

Physicians Committee billboards and a letter signed by more than 250 physicians also called on Sanford Medical Center Fargo in North Dakota to stop performing invasive procedures on live animals in its ATLS program and switch to modern training methods. Sanford’s is the only accredited ATLS program in the United States and Canada still using animals. The American College of Surgeons, which developed and accredits ATLS courses, has endorsed the replacement of animals with simulation since 2001.

Help us end animal use in these programs at [PCRM.org/TakeAction](https://www.pcrm.org/takeaction).

WINSTON-SALEM JOURNAL



“This disservice to future patients, to surgical residents, and to the animals is completely avoidable, and the failure of Wake Forest’s oversight committee to prevent it is embarrassing.”

— Dr. Pippin in A nonprofit group of doctors files complaint against Wake Forest School of Medicine regarding its use live animals for training of its resident doctors, Aug. 19, 2021

Advancing Medicine With Plant-Based Clinical Research

The Physicians Committee's clinical research department, led by Hana Kahleova, MD, PhD, published the results of several groundbreaking studies showing the power of a plant-based diet to make lifesaving health improvements.

Research like this attracts widespread media attention and informs federal nutrition policy, like the Dietary Guidelines. It also influences recommendations health care professionals give to patients, and counters research paid for by the meat, dairy, and egg industries.

Vegan Diet Beats Mediterranean Diet for Weight Loss

Participants in a Physicians Committee study comparing a Mediterranean diet with a low-fat vegan diet lost an average of 13 pounds on the vegan diet, compared with no significant weight loss on the Mediterranean diet. The vegan diet also decreased total cholesterol by nearly 19 points, compared with only 3 points on the Mediterranean diet.

"The vegan diet was way better for me. I lost more weight—about a pound a week—and felt better," says Jenine, who was also able to stop taking medicines for cholesterol, blood pressure, and heartburn. "I think it was getting rid of all of the animal products and the dairy especially. And then eating low-fat, because on the Mediterranean diet you eat a lot of fat."

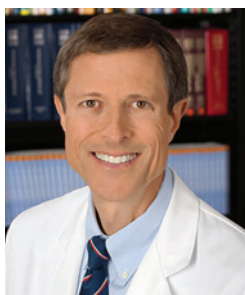
Barnard ND, Alwarith J, Rembert E, et al. A Mediterranean diet and low-fat vegan diet to improve body weight and cardiometabolic risk factors: a randomized, cross-over trial. *J Am Coll Nutr.* 2021;1-13. doi:10.1080/07315724.2020.1869625

Watch success story videos from the study at [PCRM.org/VegMed](https://www.pcrm.org/VegMed).

Keto Diet Is Disease-Promoting Disaster

In the most comprehensive analysis yet of ketogenic (keto) diets, a review co-authored by Dr. Barnard in *Frontiers in Nutrition* found that, for most people, the possible long-term risks of the keto diet, including heart disease, cancer, diabetes, and Alzheimer's disease, outweigh its possible benefits.

Crosby L, Davis B, Joshi S, et al. Ketogenic diets and chronic disease: weighing the benefits against the risks. *Front Nutr.* 2021;8:702802. doi:10.3389/fnut.2021.702802



"While many people think of the Mediterranean diet as one of the best ways to lose weight, the diet actually crashed and burned when we put it to the test."

— Neal Barnard, MD, Physicians Committee president, in *The best diet to lose weight isn't the Mediterranean diet*, study says, Feb. 8, 2021

Fighting Hot Flashes With Food

Physicians Committee member Betty MacEwen was having hot flashes associated with menopause, a common complaint. Then she read *Your Body in Balance* by Dr. Barnard, which describes the benefits of a plant-based diet that includes soy to minimize hot flashes. She was inspired and began eating soybeans every day. "It only took five days for my hot flashes to stop," she says.



At a member event, Betty shared her experience with Dr. Barnard, who decided to put the approach to a rigorous test, launching the Women's Study for the Alleviation of Vasomotor Symptoms (WAVS). The study found that a plant-based diet including soybeans reduced moderate to severe hot flashes by 84%, from nearly five per day to fewer than one per day. Nearly 60% of women became totally free of moderate to severe hot flashes. Overall hot flashes (including mild ones) decreased by 79%. Many study participants also reported improvements in sexual symptoms, mood, and overall energy.

"I've got my quality of life back. I'm not dealing with the hot flashes, which were really debilitating at one point. This was basically a lifesaver for me," says study participant Sherri.

Watch success story videos from the study at [PCRM.org/HotFlashes](https://www.pcrm.org/HotFlashes).

Barnard ND, Kahleova H, Holtz DN, et al. The Women's Study for the Alleviation of Vasomotor Symptoms (WAVS): a randomized, controlled trial of a plant-based diet and whole soybeans for postmenopausal women. *Menopause.* Published online July 12, 2021. doi:10.1097/GME.0000000000001812

Plant-Based Diet Helps Stressed Hospital Workers During COVID-19 Crisis

Drs. Kahleova and Barnard also published the results of a Physicians Committee study showing that a low-fat, plant-based diet helped hospital workers reduce body weight, blood pressure, cholesterol, and blood sugar, as well as improve their quality of life, during the COVID-19 pandemic.



Hana Kahleova, MD, PhD

"I started feeling really good, had more energy, and was sleeping better after just two weeks on a plant-based diet," says Katie, who took part in the study. She also improved her blood pressure, cholesterol, and blood sugar and lost 24 pounds during the study.

Kahleova H, Berrien-Lopez R, Holtz D, et al. Nutrition for hospital workers during a crisis: effect of a plant-based dietary intervention on cardiometabolic outcomes and quality of life in healthcare employees during the Covid-19 pandemic. *Am J Lifestyle Med.* Published online November 5, 2021. doi:10.1177/15598276211050339

Bringing Vegan Diets to New and Underserved Communities

Our nutrition experts continued to reach new and underserved communities, introducing people in the United States and across the world to vegan diets through new virtual classes taught by health care professionals and guest speakers. Many people reported health improvements during the courses, including weight loss, reduced blood pressure and cholesterol, and increased energy.



"I am one year into eating 100% plant-based thanks to the Physicians Committee's instructors and presenters. These courses saved my life. I lost 48 pounds eating healthy food—not dieting—and brought my hemoglobin A1c and blood pressure back to normal. The class resources, delicious recipes, step-by-step informative courses, and how-to videos helped change the rest of my life!"

— Kathleen Cole, who participated in a Physicians Committee Fight Diabetes With Food class series

The new Native Food for Life Online course, held in partnership with the American Indian Institute in Oklahoma, expanded longtime programming in the Southwest to Native people all across the country. The course teaches Native Americans how to use traditional plant foods to fight diabetes, which is at epidemic levels in Native communities.

Más Plantas, Más Salud, a live, online Spanish-language program featuring television presenter Marco Antonio Regil, health experts talking about the benefits of a plant-based diet, and cooking demonstrations, reached thousands of people from Mexico, Argentina, Ecuador, Puerto Rico, Bolivia, Colombia, Peru, Venezuela, and the United States.

Sign up for one of our upcoming nutrition classes at [PCRM.org/Events](https://www.pcrm.org/events).



Zeeshan Ali, PhD, Physicians Committee Kickstart India specialist, hosted an eight-week class series, in partnership with *Times of India*, that focused on eating plant-based to beat diabetes, one of the underlying conditions that make it more difficult to survive COVID-19. Diabetes affects approximately 77 million people in India. The high rate of the disease can be traced to a change from the traditional Indian diet to one higher in meat and dairy products.



Zeeshan Ali, PhD

Jia Xu, PhD, Physicians Committee Kickstart China specialist, greatly expanded our outreach in China. Posts on the Physicians Committee's Weibo account—a Chinese social media channel—reached 50,000 people daily, and our reach continues to grow. The Vegan Kickstart program that runs on WeChat welcomed more than 15,000 people, and attendees reported significant health improvements. In April, the second online International Conference on Nutrition and Lifestyle Medicine in partnership with the Chinese Society for Lifestyle Medicine focused on the prevention and reversal of cardiovascular diseases. With 12 Chinese speakers and three international speakers, including Dr. Barnard, the summit received 160,000 views on the event day, and many more afterward.



Jia Xu, PhD



The Let's Beat Breast Cancer campaign, now in its third year, reached more people than ever with the message of how a plant-based diet can reduce breast cancer risk. Breast cancer surgeon Dr. Kristi Funk kicked off the program on *Good Morning America* on Oct. 1, followed by appearances on *The Doctors*, *Rachael Ray*, and many other national shows. The message also reached millions of new people on social media and through partnerships with 70 other organizations.



Take the Let's Beat Breast Cancer pledge at [PCRM.org/LetsBeatBreastCancer](https://www.pcrm.org/LetsBeatBreastCancer).

Replacing Animals in Deadly Chemical and Drug Tests

International

In one of the most frequently performed tests, a chemical is applied to the bare skin of guinea pigs, mice, and other animals to determine its allergenic potential. The test is extremely painful and lasts for six days, and no pain killers are administered.

In June, the Physicians Committee's long campaign to replace this test resulted in 37 countries adopting a new test guideline that will replace most uses of the animal test with alternative methods, saving tens of thousands of animals a year.

Physicians Committee scientists also successfully persuaded the United States and Canada to end a separate pesticide skin test on animals, which will save the lives of hundreds of animals a year. Canada cited the Physicians Committee in its decision to end the test.

FDA

Pharmaceutical tests poison and kill countless animals, as drug manufacturers push their products through the approval process. The Physicians Committee is working to change that. Following a request by Physicians Committee experts, Congress asked the Food and Drug Administration to remove mandates for animal testing from its regulations and establish a mechanism to accept nonanimal methods. In 2021, our experts drafted language for a bill to include these goals, which was signed into law. In a major victory for our work to end drug testing on animals, the FDA established a program that allows companies to submit new test methods for approval, including those that do not use animals. We are also working to increase congressional funding for the program to be used exclusively for the review of nonanimal test methods.

Our scientists are also actively lobbying for the five-year reauthorization of another law, the Prescription Drug User Fee Act, to require the FDA to change its regulations to replace animal tests.



EPA

The Physicians Committee's work to end animal experiments for chemical exposures continues to make progress. In December, the U.S. Environmental Protection Agency made its first update to its formal work plan to reduce the use of animals in chemical testing and replace them with nonanimal methods. The update increases the EPA's efforts to reduce and replace testing beyond mammals to all vertebrates including fish, amphibians, and birds. The original work plan was released after the Physicians Committee participated in a historic ceremony committing the EPA to reduce, and eventually eliminate, tests on mammals. The ceremony followed years of work, led by Kristie Sullivan, MPH, vice president of research policy for the Physicians Committee, to persuade the agency to phase out animal testing.



Kristie Sullivan, MPH

Training Scientists on Cruelty-Free Testing Methods

In 2021, the Physicians Committee trained more than 5,000 scientists in nonanimal test methods and became an official trainer of the EPA on the use of nonanimal test methods.

Our New Approach Methodology Use for Regulatory Application (NURA) program offers trainings, seminars, and other events to promote the use of nonanimal tests.

In September and October 2021, Physicians Committee scientists hosted a five-week training program on strategies to replace six toxicology tests that kill about 50,000 animals every year in the most painful ways imaginable. The good news is that we persuaded the EPA to end most uses of one of the tests several years ago, which was designed to kill half of the animals exposed to a toxic substance on their skin. The agency has since agreed to end its few remaining uses. The series featured 17 speakers from industry and regulatory agencies and reached more than 600 scientists, regulators, and others from the United States, Brazil, India, Japan, and other countries.

Physicians Committee scientists also reached thousands of scientists and regulators through presentations at the annual Society of Toxicology meeting, which is the largest gathering of toxicologists, and the 11th World Congress on Alternatives and Animal Use in the Life Sciences, among other meetings.

Learn more about our programs that train scientists on nonanimal methods at PCRM.org/NURA.



Testing Vaccines Without Killing Animals

Horseshoe crab blood is used to test vaccine batches for fever-inducing contaminants. A synthetic nonanimal test, recombinant Factor C (rFC), has been shown to be scientifically superior, but regulatory policies in the United States make it burdensome to use it.

The Physicians Committee has called for the replacement of horseshoe crab blood with rFC for vaccine safety testing, and we have created a coalition of industry partners and others who have joined us in lobbying for its acceptance.

Our experts held two roundtable meetings with industry and the FDA to determine how to end the use of the animal test. We launched a media campaign, including billboards, to follow horseshoe crab spawning season, which peaks in June on the Atlantic coast. And we are working directly with Congress and regulatory agencies to ensure that, in time, all batches of injectable drugs and vaccines, including those against COVID-19, are tested using nonanimal methods, without horseshoe crab blood or rabbits—another species that has commonly been used for these tests.

Watch how vaccine safety testing hurts horseshoe crabs—and why it doesn't have to—at PCRM.org/HorseshoeCrab.



Many horseshoe crabs are *lethally injured* for vaccine safety testing.

The synthetic option is better!

- Scientifically Superior
- Safe and Effective
- Animal-Free
- Reliably Available

PCRM.org/HorseshoeCrab

PAID FOR BY THE PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

Cape Gazette



“Recombinant Factor C holds advantages over the horseshoe crab blood test that can help safeguard vaccine supply. It is time to bring policy in line with science by removing regulatory hurdles to its use.”

— Elizabeth Baker, Esq., regulatory policy director for the Physicians Committee, in Doctors press for nonanimal vaccine safety testing method, June 28, 2021

Suing University of California Over Deadly Monkey Experiments

The Physicians Committee filed a lawsuit against the University of California, Davis, in May for performing deadly brain experiments on monkeys under a contract with the company Neuralink, which is owned by Elon Musk.

In response to our public records request, UC Davis—which receives hundreds of millions of federal dollars each year— withheld almost all documents, claiming it was in the “public interest” to do so. We filed a lawsuit in May against the university for withholding information concerning the experiments.

The lawsuit pointed out that public employees working in publicly funded buildings cut open the animals’ skulls, implant electrodes in their brains, and eventually kill them. Yet UC Davis had suppressed information regarding its scientific justification, how the animals may suffer and die during the experiments, and even basic information about their veterinary care and housing.

Following the lawsuit, UC Davis turned over experiment details and veterinary records. But the university refused to release photos and claimed it could not turn over videos because they were saved on computers provided by Neuralink, which were removed by the company. UC Davis also refused to release animal ID numbers, which link the animals to records, like USDA inspection records or complaints.

Our legal team is continuing to litigate to obtain the information and evidence UC Davis is withholding.



FOX40
KTXL-TV SACRAMENTO STOCKTON MODESTO



“We can develop advanced human-relevant therapies without harming animals—by using human tissue, human volunteers, cadavers, computational models, cell cultures, and advanced noninvasive methods.”

— Ann Lam, PhD, Physicians Committee medical research program director, in Doctors file lawsuit against UC Davis over alleged invasive brain experiments on monkeys, May 27, 2021

Addressing the Climate Crisis

Meat and dairy products are fueling the climate crisis, but a plant-based diet can help protect the planet. In 2021, the Physicians Committee pushed the federal government and states to take urgent steps to help avert disaster.

On April 1, our virtual Plant-Based Climate Summit featured a dozen leading scientists, climate change experts, and plant-powered advocates who addressed the effects of diet on greenhouse gas emissions, water and air pollution, land use, infectious diseases, and more, while providing practical tips and resources.

Coinciding with the White House's Earth Day climate summit, Physicians Committee doctors and dietitians also demonstrated on the National Mall with an urgent Earth Day message: "Beans Not Beef." Research shows that swapping beef for beans could help the United States reach targeted greenhouse gas emission reductions. A report published in *The Lancet* found that "vegan and vegetarian diets were associated with the greatest reductions in greenhouse gas emissions."



The Physicians Committee also recommended to USDA Sec. Tom Vilsack specific policy changes that could help alleviate the climate crisis and improve human health by cutting animal agriculture and promoting a plant-based diet.

Watch the Plant-Based Climate Summit at [PCRM.org/Environment](https://www.pcrm.org/environment).



As the Atlantic hurricane season got underway in June, Physicians Committee billboards brought attention to the role of animal agriculture in climate change. Specifically, manure lagoons and cows' digestive processes release methane, a potent greenhouse gas that causes warmer temperatures that can lead to heavier rainfall, flooding, sea level rise, and more-intense storms and hurricanes. Our billboards urged South Carolina Gov. Henry McMaster and Georgia Sen. Raphael Warnock to provide incentives for farmers to convert from factory farms to crops to fight climate change. We also asked Minnesota Gov. Tim Walz to help fight climate change by assisting dairy farmers to convert from dairy to crops.

In August, our legal department petitioned the Federal Trade Commission, which regulates advertising, to stop the National Cattlemen's Beef Association from placing deceptive newspaper advertisements that downplayed the beef industry's impact on the climate crisis. A study that evaluated more than 5,800 foods found that beef actually has the largest carbon footprint. NCBA receives money from the Beef Checkoff, which is overseen by the USDA and is designed to stimulate beef sales and consumption.

WACH FOX 57



"A plant-based diet is one of the best things we can do as a community, not only to create a healthier environment, but to create a healthier population."

— Physicians Committee member Beth Motley, MD, in Several billboards across Columbia target Gov. McMaster, June 9, 2021



Educating Health Care Professionals

The Physicians Committee educates thousands of physicians, nurses, dietitians, and other health care professionals a year about the benefits of prescribing a plant-based diet to patients to fight heart disease, diabetes, cancer, and other diet-related chronic diseases.

More than 50,000 health care professionals and others have now accessed nutrition information from dozens of medical experts on our Nutrition Guide for Clinicians mobile app. Starting in 2021, physicians and physician assistants were able to earn continuing medical education credits free of charge through a partnership with the George Washington University School of Medicine and Health Sciences. Medical professionals can also earn free CME credits at NutritionCME.org, to become better equipped to provide nutrition counseling to their patients.

In July, we hosted the ninth annual International Conference on Nutrition in Medicine. The three-day virtual conference attracted more than 1,000 health care professionals from around the world to learn about the latest research from international nutrition experts. More than 30 speakers presented their findings on a wide range of topics, including the role of nutrition in the prevention of cancer, type 2 diabetes, and heart disease. 2021 was the first year we offered the Sherrill Scholarship to assist nurses and dietitians with registration fees. The presentations will soon be available on NutritionCME.org.

NutritionGuide.PCRM.org | NutritionCME.org | PCRM.org/ICNM

Getting Chicken Nuggets and Burgers out of Hospitals

Cheeseburgers, fried chicken, milkshakes, and other fast food loaded with cholesterol and saturated fat increase the risk of heart disease, diabetes, and cancer. That is why our doctors and dietitians are working to get fast food out of hospitals, where patients go to heal from these conditions.

A study published in the journal *Circulation* found that people who eat fast food once a week increase their risk of dying from heart disease by 20%. Two to three fast-food meals a week increase the risk of premature death by 50%. Four or more fast-food meals a week increase the risk of dying from heart disease by nearly 80%.



The McDonald's in the Children's Hospital of Georgia recently closed following a campaign the Physicians Committee began in 2014 after obtaining a contract that showed the company was permitted to provide patients "McDelivery," Happy Meals, birthday parties, and a snack menu that included ice cream and nacho chips with cheese.

The Burger King in University Hospital in Newark, N.J., also shut down following a demonstration led by Physicians Committee Director of Medical Education Saray Stancic, MD.

MakeHospitalsHealthy.org



The Washington Post

"As the Physicians Committee for Responsible Medicine, a Washington nonprofit organization that has led the charge to revamp hospital food, points out, more than 30 medical facilities still play host to a Chick-fil-A, McDonald's or Wendy's."

– July 7, 2021

Making Deadly Dog Experiments Illegal

The Physicians Committee continued to ramp up pressure on Wayne State University in Detroit, Mich., to end its deadly dog experiments. For 30 years, Wayne State has been conducting heart failure and hypertension studies, in which dogs undergo invasive surgeries to implant medical devices in their chests, in their hearts, and around major arteries. The dogs are then forced to run on a treadmill to induce heart failure. All eventually die. These experiments have added nothing to our medical knowledge of heart disease and have failed to help a single human patient.

In August, our billboards in Detroit featured dogs killed at Wayne State. One read: “Dog #2002: KILLED IN A DETROIT LAB WHEN HER CHEST CAVITY FILLED WITH BLOOD.” The report for dog #2002 revealed that a device implanted by Wayne State staff created a hole in her aorta, which caused blood to accumulate in her chest cavity resulting in a painful condition that was fatal.

Many nonanimal research methods provide human-relevant findings, including a functioning human heart model created by researchers at Michigan State University. Elsewhere, scientists use diseased hearts from patients undergoing transplants or hearts donated for research to collect human-relevant data. The Texas Heart Institute, which is dedicated solely to addressing cardiovascular disease, stopped using dogs in invasive research in 2015.

Dog #2002:

KILLED IN A DETROIT LAB

WHEN HER CHEST CAVITY FILLED WITH BLOOD

Sept. 23, 2019

EndDogExperiments.org





Sen. Paul Wojno Sen. Dayna Polehanki Rep. Matt Koleszar

We also persuaded Michigan legislators to introduce legislation in 2021 that would help stop the experiments at Wayne State.

In June, Sen. Paul Wojno introduced Senate Bill 582, which is co-sponsored by four Wayne County senators and would prohibit Wayne State and other publicly funded institutions from conducting painful experiments on dogs. In August, Sen. Dayna Polehanki, along with 10 other senators and representatives, sent a letter urging Wayne State to “finally end these fruitless experiments and instead focus on research that is human-relevant and that benefits the people of Michigan.” In September, Rep. Matt Koleszar introduced a resolution “to encourage Michigan’s public universities to eliminate painful experiments on dogs.”

The Physicians Committee awarded the lawmakers with the Legislative Leadership Award for their work to protect animals and improve research in the state.

EndDogExperiments.org



“For three decades, these experiments have failed to produce a single treatment for the millions of Michiganders suffering from heart disease while wasting millions of dollars in taxpayer money to literally run dogs to death.”
— Ryan Merkley, Physicians Committee director of research advocacy, in Campaign aims to end decades-long ‘painful experiments’ on dogs at Detroit’s Wayne State University, Aug. 26, 2021

Suing the USDA Over Discriminatory Dietary Guidelines

The 2020-2025 Dietary Guidelines for Americans put meat and dairy industry interests over the health interests of the U.S. population, especially people of color, alleges a lawsuit the Physicians Committee filed against the USDA in 2021. The lawsuit calls on the agency to eliminate deceptive language in the guidelines that hide the ill effects of consuming animal products.



Leading up to the release of the guidelines in December 2020, Physicians Committee doctors and dietitians protested outside the USDA, and nearly 500 health care professionals signed a letter arguing that the agency “preserves racially biased dairy-promoting guidelines, despite clear contributions to health problems that take a disproportionate toll in Black Americans and other demographic groups.”

In 2018, the American Medical Association passed a resolution, which several Physicians Committee members testified in support of, recognizing that lactose intolerance is common among many Americans, especially Black Americans, Asian Americans, and Native Americans, and recommending that the guidelines indicate that “meat and dairy products are optional.”

Ditch Dairy to



Protect Your Prostate

PCRM.org/ProstateCancer

Physicians Committee bus shelter advertisements in Washington, D.C., warned men to “Ditch Dairy to Protect Your Prostate.” D.C. has the highest prostate cancer mortality rate in the country, according to the Centers for Disease Control and Prevention. Research shows that milk, cheese, and other dairy products increase the risk of developing prostate cancer and of dying from it.

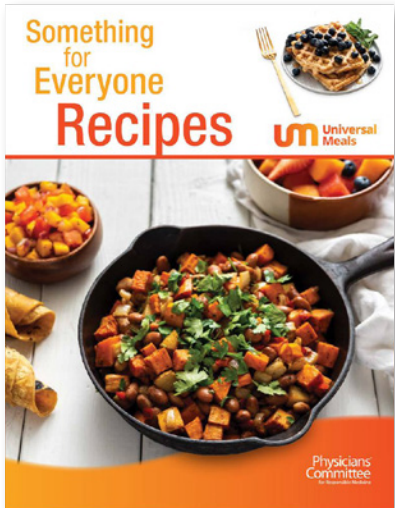
Bringing Universal Meals to Schools, Hospitals, and Other Institutions

More people than ever have a specific diet due to health reasons, environmental or humane concerns, allergies, or cultural or religious traditions, and the Physicians Committee’s plant-based Universal Meals program, created with partners including the Culinary Institute of America, was designed to meet these needs.

The free program—geared toward schools and colleges, hotels and businesses, restaurants, airlines, and hospitals—offers simple guidelines and entirely vegan recipes that are free of animal products, gluten-containing grains, nuts, alcohol, and other allergens to accommodate food preferences and common allergies.

The program debuted at the University of Miami, Dartmouth University, and the University of Notre Dame and is now being implemented at other sites.

Dustin Harder, the “Vegan Roadie” of TV’s Food Network and a culinary specialist with the Physicians Committee, joined the Universal Meals team to build and promote the program.



Learn more about Universal Meals at UniversalMeals.org.

We would like to thank our donors who make this project possible:



“The Universal Meals program demonstrates that creative vegan cuisine can satisfy any appetite, palate, or dietary restriction.”

– Jocie Antonelli, registered dietitian and nutrition services program director at the University of Notre Dame

Protecting People From Meat’s Risks

The World Health Organization has classified processed meat as “carcinogenic to humans.” Eating just one hot dog or a few strips of bacon a day increases colorectal cancer risk by 18%.

To alert baseball fans to this danger, the Physicians Committee placed a billboard that read, “Run From Sausage to Fight Colorectal Cancer,” outside the American Family Field stadium, home to the Milwaukee Brewers’ Famous Racing Sausages mascots. We also wrote to the Milwaukee Brewers owner and urged him to add a carrot dog to the lineup of racing sausages.

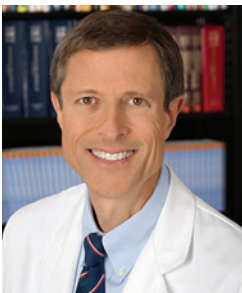
In May, the Superior Court of California ordered the state to answer a Physicians Committee lawsuit to require California to include processed meat on the state’s list of substances known to cause cancer, as required by Proposition 65.

And in Nebraska, a billboard and Physicians Committee doctor and nurse members urged Gov. Pete Ricketts to change Meat on the Menu Day to instead celebrate Nebraska crop farmers with Promote Plant Protein Day.

[PCRM.org/ProcessedMeat](https://www.pcrm.org/ProcessedMeat)



The Famous Racing Sausages are a tradition at Milwaukee Brewers’ home games.



“Just like the tobacco industry, a generation ago, was clearly linked to lung cancer, the meat industry is clearly linked to colorectal cancer, cardiovascular disease, and environmental damage.”

— Neal Barnard, MD, FACC, in ‘Meat on the Menu’ Day sparks debate over the future of the beef industry, March 20, 2021

Reaching Hundreds of Millions in the Media and Online

Our communications department maintains a daily presence in the media, pitching stories to journalists, submitting commentaries and letters to the editor, posting provocative billboards, and running advertisements in print and online media. Our doctors, dietitians, scientists, and other experts are frequently interviewed for their expert opinion on breaking news. In 2021, *The Washington Post*, *USA Today*, *POLITICO*, *National Geographic*, *TODAY*, and hundreds of other media outlets ran our stories.

More than 200 million people also saw messaging across our social media and online platforms, including Instagram, Facebook, and Twitter. In 2021, videos on the Physicians Committee’s YouTube were viewed millions of times.

Millions of people also listen to and watch The Exam Room podcast, hosted by Physicians Committee “Weight Loss Champion” Chuck Carroll. The podcast has now been downloaded more than 6 million times and has been the No. 1 nutrition podcast in 79 countries. Recent shows have covered the role of food in treating arthritis and cancer, food addictions, and advice for vegan athletes, among many others. The Exam Room is available on PCRM.org/Podcast, Facebook Live, YouTube, Google Play, Apple Podcasts, and Spotify.



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Affiliations are listed for identification only.

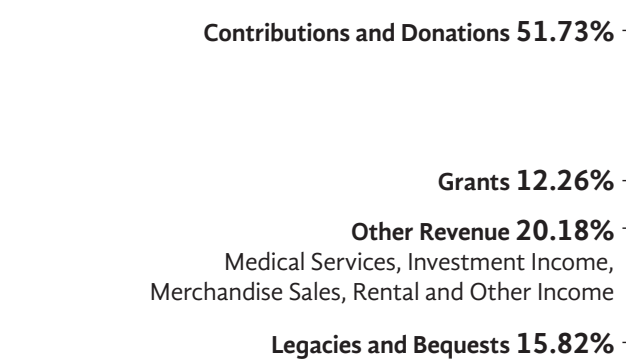
2021 Fiscal Year Report

Expenses



Program Services	
Research and Regulatory Affairs.....	\$ 4,245,714
Clinical Research.....	\$ 720,327
Nutrition Education.....	\$ 2,746,076
Legal Advocacy	\$ 513,844
Publications	\$ 801,962
Education and Policy	\$ 589,787
Medical Services.....	\$ 1,405,168
Communications.....	\$ 2,463,300
Total Program Services.....	\$ 13,486,178
Operations	\$ 1,555,758
Membership Development/Fundraising	\$ 1,907,993
Total Expenses	\$ 16,949,929

Support and Revenue



Contributions and Donations	\$ 12,188,814
Legacies and Bequests.....	\$ 3,727,455
Grants.....	\$ 2,889,422
Other Revenue.....	\$ 4,755,743
Total Support and Revenue	\$ 23,561,434

Net Assets, End of Year: \$ 31,989,856

PhysiciansCommittee

for Responsible Medicine

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visit [PCRM.org/Donate](https://www.pcrm.org/Donate) or call us at 202-527-7304.

To leave a legacy for the Physicians Committee's future,
visit [PCRM.PlanYourLegacy.org](https://www.pcrm.org/PlanYourLegacy) or call us at 202-621-5599.

Stay Connected

Mission Critical: Tune in every Friday at 2 p.m. ET for this 30-minute briefing. Dr. Neal Barnard is joined by different staff experts every week to bring the Physicians Committee's breaking news and priority campaign updates. Register at [PCRM.org/Events](https://www.pcrm.org/Events) to attend live or to receive the recorded briefings.

Events: Stay up to date on upcoming member events, nutrition classes, nonanimal training courses, and more. [PCRM.org/Events](https://www.pcrm.org/Events).

Social Media: Follow the Physicians Committee at [Facebook.com/PCRM.org](https://www.facebook.com/PCRM.org), [Twitter.com/PCRM](https://twitter.com/PCRM), and [Instagram.com/PhysiciansCommittee](https://www.instagram.com/PhysiciansCommittee). Follow Dr. Barnard at [Facebook.com/NealBarnardMD](https://www.facebook.com/NealBarnardMD) and [Instagram.com/DrNealBarnard](https://www.instagram.com/DrNealBarnard).

The Exam Room: Listen to and watch the Physicians Committee's The Exam Room podcast, hosted by "The Weight Loss Champion" Chuck Carroll, for interviews, nutrition tips, success stories, and more. [PCRM.org/Podcast](https://www.pcrm.org/Podcast) and [YouTube.com/PhysiciansCommittee](https://www.youtube.com/PhysiciansCommittee).

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