

PLANT-BASED
for the
PLANET

Physicians
Committee
for Responsible Medicine

2022
ANNUAL REPORT

PROTECTING ANIMALS, PEOPLE, 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.

TABLE OF CONTENTS

- 3 Stopping Deadly Animal Use in Medical Training
- 5 Improving Lives With Plant-Based Clinical Research
- 7 Suing to Stop Elon Musk’s Deadly Monkey Experiments
- 9 ‘Beating the Drum’ for Breast Cancer Prevention
- 10 Striking Out Meat and Dairy to Fight Cancer
- 11 Securing Funding for Federal Agencies to Replace Animal Tests
- 12 Forcing NIH to Reveal the Number of Animals Used in Experiments
- 13 Targeting Hospital Fast Food
- 14 Giving Everyone a Seat at the Table With Universal Meals
- 15 Training Scientists to Replace Animal Tests
- 16 Replacing Animal Tests With Human-Relevant Approaches
- 17 Curtailing Climate Change
- 18 Protecting Animals From Slaughterhouses and Factory Farms
- 19 Holding Animal Experimenters Accountable
- 20 Halting Funding for Notorious Animal Experimentation Facility
- 21 Transforming Health Care With Plant-Based Nutrition Education
- 23 Promoting a Plant-Based Diet Across the Planet
- 25 Leadership
- 26 Financials

Stopping Deadly Animal Use in Medical Training

With the dedicated support of our members, the Physicians Committee brought an end to animal use in medical training at all U.S. and Canadian medical schools, the last in 2016. Two years later, we did the same in pediatrics residencies. Since then, we have continued to push other advanced medical training programs, as well as veterinary schools, to modernize, too.

In 2022, after nearly a decade of pressure, the University of Toledo stopped using pigs in emergency medicine training. Over the years, the Physicians Committee’s campaign included a complaint in cooperation with the Toledo police department, demonstrations, billboards, petitions, and newspaper ads.

The Medical University of South Carolina switched from pigs to simulators for surgery training last year, two years after the Physicians Committee filed a federal complaint against the university, posted billboards, and sent a letter signed by physicians across the Southeast. The University of Washington in Seattle also ended animal use in surgery training in 2022 in response to Physicians Committee staff providing the university with evidence of the benefits of methods based on human anatomy.

And after two years of our advocacy and negotiations, Colorado State University’s veterinary school ended cruel, deadly surgeries on otherwise healthy horses, pigs, and sheep.

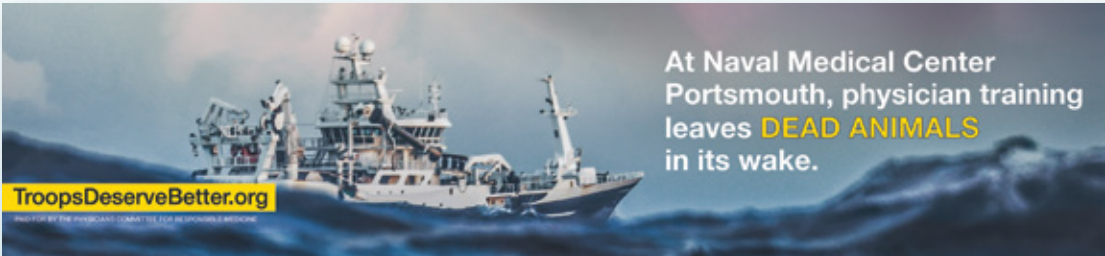


We are still working to stop animal use in one last holdout in Advanced Trauma Life Support (ATLS) training, as well as in a few emergency medicine, paramedic, and surgery training programs.

Physicians Committee member Kerry Foley, MD, led a demonstration outside Sanford Health’s headquarters in Sioux Falls, S.D., in June, and billboards surrounded the headquarters. Sanford hosts the only remaining ATLS course in the country that has not transitioned away from animals. The course is run by Sanford Medical Center Fargo and is conducted at North Dakota State University.



In February, Dr. Foley and concerned citizens protested animal use in surgery training at the University of Arizona, where five billboards surrounded the campus. Angie Eakin, MD, joined a demonstration in March against University of Cincinnati’s surgery program, and bus bench ads across the city urged, “UC: Stop Killing Animals to Teach Human Medicine.” Three billboards and a letter sent to the president of the University of Colorado in October, as well as a protest led by Haley Burke, MD, confronted the use of live animals for training surgeons at the University of Colorado Anschutz Medical Campus.



During a demonstration in April led by Army veteran Robert DeMuth, MD, who trained Army medics and was deployed twice to Iraq, the Physicians Committee called on Naval Medical Center Portsmouth to end its lethal use of animals in a medical training course.

In October, Margaret Peppercorn, MD, led dozens of protesters calling on Brown University and Rhode Island Hospital’s joint emergency medicine residency program to replace live pigs with human-relevant training. Five nearby billboards read, “Do They Think You’re a Pig? Stop Killing Animals to Train Doctors. RhodeIslandDeservesBetter.org.”



“It’s very soul-sucking for student doctors to be in a situation where they are involved in the death of a living creature for their training.”

– Physicians Committee member Margaret Peppercorn, MD, in *The Physicians Committee for Responsible Medicine* protests use of live pigs in residency training, Oct. 13, 2022

Improving Lives With Plant-Based Clinical Research

The Physicians Committee’s clinical research team, led by Hana Kahleova, MD, PhD, published results of studies in 2022 showing the benefits of a vegan diet for rheumatoid arthritis, weight loss, diabetes, heart disease, and menopausal symptoms. These studies—and the inspirational stories of study participants who revolutionized their health with a vegan diet—encourage doctors, the public, and the media to put plant-based nutrition to work.



Hana Kahleova, MD, PhD

Reducing Menopausal Symptoms

Margo LaMarsh had been experiencing hot flashes for 10 years and was having “extreme” ones several times a day. Medications did not help. Then she joined a Physicians Committee research study, the second phase of a two-part trial, looking at the effects of a plant-based diet on menopause symptoms. She noticed improvements within 10 days.

“The hot flashes were less frequent, and they were also less intense,” says LaMarsh. “I no longer had to change pajamas in the middle of the night due to sweating. The diet made me feel so much better. I have so much more energy, my skin is clearer, and I lost 20 pounds in 12 weeks.”



Watch Margo share her story at PCRM.org/Menopause.

The study, which included 84 postmenopausal women reporting two or more hot flashes per day, found that a plant-based diet rich in soy reduced moderate to severe hot flashes by 88% and helped women lose, on average, 8 pounds in 12 weeks. The Physicians Committee is promoting the study results far and wide.

Barnard ND, Kahleova H, Holtz DN, et al. A dietary intervention for vasomotor symptoms of menopause: a randomized, controlled trial. *Menopause*. Published online October 18, 2022. doi:10.1097/GME.0000000000002080

Improving Diet Quality, Boosting Weight Loss

Physicians Committee research also found that swapping meat and dairy products for a plant-based diet improves overall diet quality, reduces harmful dietary compounds that cause inflammation linked to type 2 diabetes and heart disease, and leads to an average weight loss of about 14 pounds in 16 weeks.

Crosby L, Rembert E, Levin S, et al. Changes in food and nutrient intake and diet quality on a low-fat vegan diet are associated with changes in body weight, body composition, and insulin sensitivity in overweight adults: a randomized clinical trial. *J Acad Nutr Diet*. 2022;122(10):1922-1939.e0. doi:10.1016/j.jand.2022.04.008

Kahleova H, Znayenko-Miller T, Uribarri J, Holubkov R, Barnard ND. Dietary advanced glycation products and their associations with insulin sensitivity and body weight: a 16-week randomized clinical trial. *Obes Sci Pract*. Published online October 17, 2022. doi:10.1002/osp4.646

Relieving Rheumatoid Arthritis

“The symptoms of my rheumatoid arthritis went away completely,” says Jane, who participated in a Physicians Committee study that found a low-fat vegan diet, without fasting or calorie restrictions, improves joint pain in patients with RA. “The aches in my shoulders are gone. I used to have them every night. In fact, all of my body ached at night, always. That’s gone.”



Watch Jane share her story at PCRM.org/RA.

During the study, 44 adults previously diagnosed with RA were assigned to either a vegan diet or an unrestricted diet for 16 weeks. Then the groups switched diets for 16 weeks. In addition to reductions in pain and swelling, body weight decreased by about 14 pounds on average on the vegan diet, compared with a gain of about 2 pounds on the placebo diet. There were also greater reductions in total and LDL cholesterol during the vegan phase.



“Some of our study participants, when they entered the study, were not even able to tie their shoelaces. And just a few weeks into the study, they were able to do everyday activities (as someone without RA would). So, that was a huge improvement in the quality of their life.”

– Dr. Kahleova in *Can a plant-based diet help with rheumatoid arthritis?*, Oct. 27, 2022

Barnard ND, Levin S, Crosby L, Flores R, Holubkov R, Kahleova H. A randomized, crossover trial of a nutritional intervention for rheumatoid arthritis. *Am J Lifestyle Med*. 2022;0(0). doi:10.1177/15598276221081819

Combating COVID-19

As life expectancy in America continued to decline in 2022, in large part due to COVID-19, commentaries by Drs. Kahleova and Barnard published in the *American Journal of Lifestyle Medicine* and the *European Journal of Clinical Nutrition* cited research showing the benefits of a plant-based diet for reducing the risk of severe COVID-19 and mortality.



Kahleova H, Barnard ND. The role of nutrition in COVID-19: taking a lesson from the 1918 H1N1 pandemic. *Am J Lifestyle Med*. 2022;15598276221097621. doi:10.1177/15598276221097621

Kahleova H, Barnard ND. Can a plant-based diet help mitigate Covid-19? *Eur J Clin Nutr*. 2022;76:911-912. doi:10.1038/s41430-022-01082-w



“We do not fully understand yet why this combination works, but it seems that these three elements are key—avoiding animal products, reducing fat, and adding a serving of soybeans.”

– Physicians Committee President Neal Barnard, MD, in *Eat your way past hot flashes?*, Nov. 2, 2022



Suing to Stop Elon Musk’s Deadly Monkey Experiments

With a lawsuit and federal complaint that received worldwide media coverage throughout 2022, the Physicians Committee is calling on Elon Musk and his company Neuralink to end their horrific brain experiments on monkeys.

Between 2017 and 2020, Neuralink paid the University of California, Davis, \$1.4 million to use the university’s facilities and animals. According to veterinary records obtained by the Physicians Committee after suing UC Davis in 2021, Neuralink experimenters cut holes in monkeys’ skulls to implant electrodes in the animals’ brains as part of the company’s work on a “brain-machine interface.” On Feb. 10, 2022, the Physicians Committee filed a complaint with the U.S. Department of Agriculture against UC Davis for violations of the Animal Welfare Act.

The more than 600 pages of records obtained through the lawsuit showed monkeys suffering from chronic infections, seizures, paralysis, and painful side effects following experiments by Neuralink. In two separate incidents, experimenters used an adhesive called BioGlue to fill holes in the animals’ skulls, which seeped through to the monkeys’ brains. In one monkey, the use of BioGlue caused bleeding in her brain, and she vomited so much from the resulting side effects that she developed open sores in her esophagus.

The Physicians Committee is in ongoing litigation against UC Davis for refusing to release photographs and videos of the experiments. The university revealed in September 2022 that it possesses 371 photographs related to the experiments conducted at the university. In December 2022, Neuralink intervened as a party in the lawsuit, aiming to block public scrutiny of the experiments.

“The Physicians Committee is a much-needed authority on issues affecting animals and human health. I’m proud to support them and help amplify their voice.”

– Mary Crowe



“When I first read about the Physicians Committee and their comprehensive approach to liberating the world from the tragedy of animal exploitation and all its attendant horrors, I felt I had found my surrogate family. Now, over a decade later, I celebrate all of their achievements in passing legislation, instituting superior compassionate technology, and educating and treating others throughout the world. The Physicians Committee is the vanguard—the standard-bearer for how all of us different earthlings can studiously and joyously move this planet forward!”



– Robert Schlaudecker, PhD

In late 2022, the USDA, spurred by the Department of Justice and the Physicians Committee’s February 2022 complaint, began investigating Neuralink for violations of the Animal Welfare Act.



Following the announcement of the investigation, U.S. Reps. Earl Blumenauer, of Oregon, and Adam Schiff, of California, called for further investigation of Neuralink by the USDA. The USDA’s animal care unit is also being scrutinized by federal investigators for failing to act on violations at other organizations.

In December 2022, the Physicians Committee also asked the Food and Drug Administration to investigate Neuralink for possible violations of “good laboratory practices” regulations.

Neuralink now conducts experiments at its facilities in California and Texas. In August, at a Physicians Committee demonstration in Austin, Texas, timed to coincide with Tesla’s annual shareholder meeting, protesters held signs reading, “Elon Musk: Release the Videos! What Are You Hiding?” Ads inside 400 buses in the city carried the same message throughout August.

The Physicians Committee is encouraging Musk and Neuralink to pursue noninvasive brain-machine interface research, which can be readily conducted in humans.

NeuralinkShowAndTell.org

The Washington Post

“When it comes to Neuralink, Elon Musk is just a modern-day P.T. Barnum. He’s a showman who makes big promises while hiding the grisly details from the public.”

–Ryan Merkley, director of research advocacy for the Physicians Committee, in *Elon Musk wants to put chips in human brains. That could take a while.*, Dec. 1, 2022



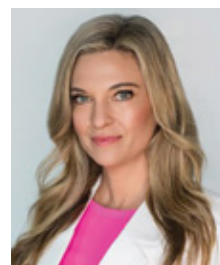


‘Beating the Drum’ for Breast Cancer Prevention

Our Let’s Beat Breast Cancer campaign continued to raise awareness about plant-based diets and cancer prevention—everywhere from the White House to national TV.

Community advocates and breast cancer survivors joined experts from the Physicians Committee, along with percussionists from four D.C.-area bands, in front of the White House in October to “beat the drum” for breast cancer prevention during Breast Cancer Awareness Month. The event’s message was simple: Eating a plant-based diet can be powerful preventive medicine for breast cancer.

The Physicians Committee’s Let’s Beat Breast Cancer campaign, including a monthlong online class that reached more than 10,000 participants and their families, encourages people to reduce breast cancer risk by following the four-pronged approach of eating a whole food, plant-based diet, exercising regularly, limiting alcohol, and maintaining a healthy weight.



Kristi Funk, MD

Let’s Beat Breast Cancer was developed with renowned breast cancer surgeon Kristi Funk, MD, who co-founded the Pink Lotus Breast Center in Los Angeles. While Dr. Funk was writing the national bestseller *Breasts: The Owner’s Manual*, her research inspired her entire family to ditch animal products for good.

In October, Dr. Funk brought the Let’s Beat Breast Cancer campaign’s message to *Good Morning America* and the *Rachael Ray Show*, among other media appearances.

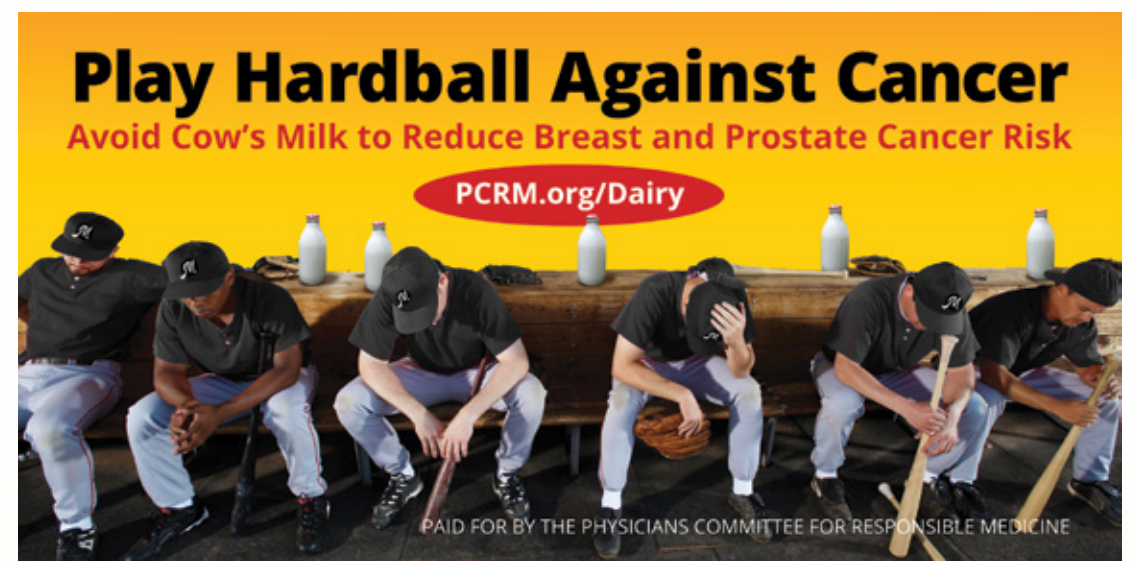
The Let’s Beat Breast Cancer campaign is expanding its reach—events are planned across the country in 2023, raising awareness for prevention and providing lifesaving education.

LetsBeatBreastCancer.org

“I wish I’d known much earlier how healthy lifestyle choices can significantly impact preventing breast cancer—not just help to treat breast cancer after it manifests. The Physicians Committee’s Let’s Beat Breast Cancer campaign hits all the right marks. Anyone concerned about breast cancer would do well to follow this amazing plan of action.”

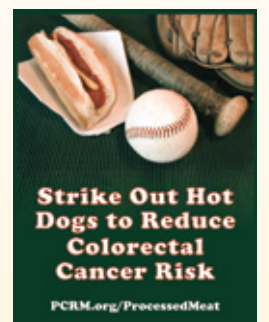


– Rev. Karen Crisp, breast cancer survivor and co-author with E. Darrell Crisp, MD, of *BANISH BREAST CANCER: How We Used Lifestyle Medicine to Help Obliterate Breast Cancer*



Striking Out Meat and Dairy to Fight Cancer

“Strike Out Hot Dogs to Reduce Colorectal Cancer Risk,” said bus shelter ads the Physicians Committee placed in Chicago in July to warn fans of the Chicago Dogs baseball team, which has a hot dog logo, about the dangers of processed meat. Anna Herby, DHSc, RD, CDCES, nutrition education program manager for the Physicians Committee, also wrote to the owner, urging him to change the team’s logo and replace “Wiener Wednesdays” with “Meat-Free Fridays.” Just 50 grams of processed meat—about one hot dog—consumed daily increases colorectal cancer risk by 18%.



The Physicians Committee also called on the Milwaukee Milkmen, a Wisconsin baseball team, to find a new name that reflected the health consequences of consuming milk and other dairy products. A billboard also warned fans against the dangers of dairy.

During Prostate Cancer Awareness Month, in September, Physicians Committee billboards in Mississippi, New Hampshire, Utah, and Wisconsin—states with high prostate cancer death rates—warned viewers to ditch dairy to protect against prostate cancer. Letters also called on the governors and health departments of those states to warn residents that dairy products increase prostate cancer risk and to recommend a plant-based diet, which can be protective against prostate cancer.



Standard-Examiner

“Dairy products clearly contribute in a major way to prostate cancer risk.”

– Dr. Barnard in *Billboard in Ogden to spotlight dairy’s cancer risk*, Sept. 2, 2022

Securing Funding for Federal Agencies to Replace Animal Tests

Physicians Committee scientists and policy experts succeeded at getting Congress to allocate millions of dollars to the Environmental Protection Agency and the Food and Drug Administration to develop and approve nonanimal testing methods that will better protect human health and spare the lives of countless animals.

The final omnibus spending bill provides \$5 million for a New Alternative Methods Program, specifically to expand efforts for developing, evaluating, and implementing nonanimal test methods. The program will apply to all facets of FDA regulation, not limited to drug approvals. An additional \$3 million was authorized to integrate other modern testing approaches that can predict toxicity without experimenting on animals.



"It's time to close the gap in policy that exempts these intelligent creatures from basic protections already afforded to vertebrates used in research."

– Catharine E. Krebs, PhD, medical research specialist with the Physicians Committee in Booker, Whitehouse Lead Colleagues in Urging HHS and NIH to Extend Humane Care Handling Standards to Cephalopods, Nov. 17, 2022

Protecting Cephalopods

The Physicians Committee engaged Congress to further push for federal research protections for cephalopods—octopuses, squid, cuttlefish, and nautilus—in 2022.

Because cephalopods—sentient invertebrates—are not currently considered “animals” by federal policy, they are allowed to be bred and sold for laboratory studies at all stages of their lives with no federally mandated requirements for their care and handling.

In 2020, the Physicians Committee and a coalition of scientists and public interest groups sent a petition to the National

Institutes of Health and the Department of Health and Human Services asking for the establishment of federal research protections for cephalopods.

Thanks to leadership by Rep. Seth Moulton and Sens. Cory Booker and Sheldon Whitehouse, both the House and the Senate addressed this gap in welfare policies by sending letters to the NIH and HHS reiterating the requests in our original petition.



Forcing NIH to Reveal the Number of Animals Used in Experiments

The Physicians Committee is working to require the National Institutes of Health to accurately count and publicly report the number of animals used in agency-funded experiments. We successfully lobbied Congress to add language to the NIH appropriations bill that would include this as a mandate.

In 2021, as a result of our efforts, Congress directed the NIH to produce a plan related to the counting of animals. However, the language was missing important elements, so we lobbied Congress to require the NIH to produce a more detailed report. In April 2022, 20 members of the House submitted a formal request for our language.

The final appropriations bill encourages NIH to provide a draft form for collecting data on animal use in NIH-funded research annually and include details on how it will address incomplete reporting.



Leading Global Policy Changes to Spare Animals

The Draize test requires experimenters to drip chemicals into the eyes of rabbits and, after 24 hours, assess the irritation and damage that follow. Now, rabbits could be spared from the painful test thanks to two new international guidelines for assessing chemical eye hazards that the Physicians Committee pushed the Organisation for Economic Co-operation and Development (OECD) to adopt. The OECD establishes internationally accepted testing guidelines

for chemicals, cosmetics, and other products. If these tests are accepted by the 37 nations of the OECD, the Draize test would end in most of the world. The Physicians Committee, along with other members of the International Council on Animal Protection in OECD Programs, participates in expert groups that help facilitate the adoption of human-relevant methods for chemical testing.



Targeting Hospital Fast Food

To show that meaty, cheesy fast food has no place in health care, we continue to urge hospitals to provide healthy plant-based options for patients, staff, and visitors.

In January 2022, a billboard that parodied McDonald's targeted the fast-food restaurant in Tampa General Hospital. We also wrote to the hospital's CEO and chief of staff, urging them to improve the hospital's food environment when the McDonald's contract will likely end in 2023.

A doctor-led demonstration in October outside John Peter Smith Hospital in Fort Worth, Texas, took issue with the McDonald's in the hospital. According to documents obtained by the Physicians Committee, the McDonald's lease may be terminated at any time for any reason by either party with 180 days' notice.

"Hospitals are working against themselves and against their patients by selling this type of food," John J. Pippin, MD, FACC, a Dallas-based cardiologist and director of academic affairs for the Physicians Committee, told the *Dallas Morning News* newspaper.

Dr. Pippin, Anna Herby, DHSc, RD, CDE, nutrition education program manager for the Physicians Committee, and Rizwan Bukhari, MD, a Physicians Committee member, led the protest and testified before the hospital's board.

MakeHospitalsHealthy.org



"The idea is to guide people to what's good for them, particularly in a hospital, which is a sanctuary for health."

– Physicians Committee member Yves Homsy, MD, in *Doctors' group billboard ad blasts TGH for having McDonald's location in hospital*, Jan. 21, 2022

Giving Everyone a Seat at the Table With Universal Meals

More people than ever follow specific diets due to health reasons, environmental or humane concerns, allergies, or cultural or religious traditions, and the Physicians Committee's Universal Meals program was designed to meet all these needs at the same time, with delicious vegan recipes free of the top nine allergens.



Dustin Harder

Universal Meals—which is geared toward schools and colleges, hotels and businesses, airports, hospitals and long-term care facilities, restaurants, and other venues—continued to reach new audiences in 2022 with the help of Chef Dustin Harder, culinary specialist with the Physicians Committee, who has expanded the program's offerings to more than 150 recipes.

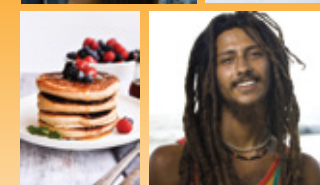
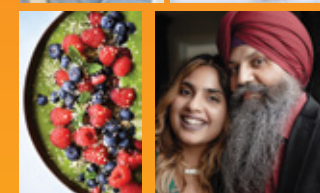
At the International Conference on Nutrition in Medicine in August, hundreds of attendees learned about Universal Meals from Chef Harder and had a chance to taste test several of the recipes throughout the conference.

In the fall, Chef Harder's Universal Meals tour included stops at North Carolina State University, the University of Miami in Florida, Georgia State University and Emory University Hospital in Atlanta, Washington State University in Pullman, Wash., and Notre Dame University in South Bend, Ind., where he spoke with more than 6,000 students. He also made a stop at the San Jose Convention Center in California to implement Universal Meals recipes through a culinary staff training. The recipes were later served at the GreenBiz VERGE conference to more than 4,000 attendees.

Physicians Committee members Alicia and Alan Sirkin helped launch and expand the Universal Meals program and initiated the collaboration with the University of Miami for the first pilot program, which continues to expand.

Chef Harder also collaborated with the culinary team of Meals on Wheels Atlanta on Universal Meals that were sent to clients last fall and winter.

UniversalMeals.org.





Training Scientists to Replace Animal Tests

With monthly seminars and free in-person and virtual workshops, Physicians Committee experts taught more than 5,000 scientists from industry, government, and academia how to avoid animal testing by using alternative approaches.

As the official trainer of the Environmental Protection Agency, we instructed 450 agency staff on the use of nonanimal test methods to prepare them to implement the EPA's plan to phase out animal testing. And last February, the federal entity charged with developing and evaluating nonanimal test methods requested our help to create a customized two-day virtual training for approximately 250 attendees.

We also trained Food and Drug Administration staff on how to replace the animal tests used on every new batch of a vaccine or injectable drug. Our goal is FDA acceptance of the nonanimal test methods in place of those currently approved, which use horseshoe crabs and rabbits.

In addition to training established scientists, we are also shaping the next generation of scientists by reaching students and early-career researchers. Last June, young scientists from all over the world, including Argentina, Brazil, Cameroon, Canada, Colombia, Germany, India, and Ireland, attended the four-day Summer School on Innovative Approaches in Science to learn about innovative methods to reduce and replace animal tests in toxicology and biomedical science. The next Summer School is planned for 2024.



STAT

"Pharmaceutical development is currently misled by outdated methods of assessment, methods that cannot reliably model human outcomes because they are conducted on mice, rats, rabbits, dogs, pigs, and monkeys."

– Elizabeth Baker, Esq., regulatory policy director for the Physicians Committee, and Eryn Slankster-Schmierer, regulatory testing specialist for the Physicians Committee, in *Welcome back to the FDA, Robert Califf. Let's get to work on your big idea.*, Feb. 15, 2022

Replacing Animal Tests With Human-Relevant Approaches

The oral lethal dose (LD) 50 test determines the dose of a substance that kills half of the animals exposed. Before they die, these animals suffer miserably. Exposure may result in convulsions, seizures, paralysis, and other health effects. No painkillers are provided. The Physicians Committee is leading several collaborations to replace this test with nonanimal methods. In 2022, in collaboration with RTI International, we published a novel computerized approach to ending the use of the oral LD50.

Our scientists also made progress in replacing the inhalation LD50 test, which is designed to kill half of the animals exposed through forced inhalation of a toxic substance. Our case study describing an alternative test method was endorsed by the OECD. We are now working to expand its use for testing additional chemicals.

Physicians Committee scientists are also leading a coalition of immunologists, chemists, and regulators to identify a nonanimal testing approach to serve as the standard, approved method to determine which substances might cause occupational asthma, which affects almost 11 million people in the United States. As a first step, our scientists developed and published the most comprehensive database of known respiratory sensitizers in the world gathered from existing human data. Using this database, we are now testing a new *in vitro* human lung model.

In a study published in *Regulatory Toxicology and Pharmacology* last year, Physicians Committee research revealed that carcinogenicity studies submitted to the FDA often ignored previous international recommendations that, combined with new recommendations, could reduce the use of animals by nearly a half. In total, more than 65,000 animals were used in the carcinogenicity studies Physicians Committee scientists examined. Their analysis showed that fully implementing new international testing recommendations—along with previous recommendations that often were not followed—could reduce this number by approximately 30,000 animals.

Edwards SW, Nelms M, Hench VK, Ponder J, Sullivan K. Mapping mechanistic pathways of acute oral systemic toxicity using chemical structure and bioactivity measurements. *Front. Toxicol.* 2022;4. doi:10.3389/ftox.2022.824094

Ponder J, Rajagopal R, Singal M, et al. "In litero" screening: retrospective evaluation of clinical evidence to establish a reference list of human chemical respiratory sensitizers. *Front Toxicol.* 2022;4:916370. doi:10.3389/ftox.2022.916370

Manuppello J, Slankster-Schmierer E, Baker E, Sullivan K. Animal use and opportunities for reduction in carcinogenicity studies supporting approved new drug applications. *Regul Toxicol Pharmacol.* 2023;137. doi:10.1016/j.yrtph.2022.105289

Pressuring NIH to Shift Away From Animal Use

After mounting pressure from the Physicians Committee, the National Institutes of Health announced in December 2022 that it is forming a working group to recommend high-priority areas for investment in nonanimal methods. The Novel Alternative Methods Working Group plans to release its final report in December 2023 and in the meantime is soliciting input from stakeholders like the Physicians Committee.

Curtailing Climate Change

Swapping meat and dairy products for a vegan diet is critical in the fight against the climate crisis. We took that message to the White House and cities across the United States in 2022.

“Ditch the Meat to Fight the Heat,” urged billboards in Sault Ste. Marie, Mich., and Akron and Toledo, Ohio, which were among the U.S. cities that recorded their warmest year on record in 2021. The United States is among the countries leading greenhouse gas emissions from animal-based foods, with beef contributing the most in the United States, according to one study. We also wrote to the mayors and asked them to encourage residents to go vegan.

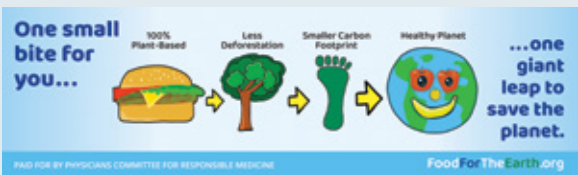
In April, Physicians Committee member Brooke Bussard, MD, sponsored a contest for students to design a billboard to honor Earth Month. The winning billboard in downtown Baltimore encouraged viewers to go “100% plant-based.”

As wildfire season got underway in May, Physicians Committee billboards in Helena, Mont., urged Montana Gov. Greg Gianforte to reduce wildfire risk by phasing out factory farms, which use large amounts of water and produce methane, a potent planet-warming gas.



“One easy way that Texans can address climate change is to shift to a plant-based diet. And a plant-based diet can also help people prevent, and even reverse, diabetes and high blood pressure, among other benefits.”

– Physicians Committee member Bandana Chawla, MD, in *Plant-based diet can help reverse climate change*, Aug. 25, 2022



Protecting Animals From Slaughterhouses and Factory Farms

A Physicians Committee billboard confronted Tennessee State Sen. Frank Niceley in 2022 over his support of a proposed slaughterhouse in his state. In July 2021, the Jefferson County commissioners voted against the slaughterhouse in Strawberry Plains, Tenn., and the community spoke out against it. But Sen. Niceley’s daughter, a cattle rancher, was in favor of the slaughterhouse. Sen. Niceley introduced a bill to reverse the county commissioners’ ruling, but the bill did not pass before the 2022 Tennessee General Assembly session adjourned.

“As a board-certified lifestyle medicine physician, I assure you that red meat, the end product of a slaughterhouse, is the last thing we should be consuming if we want to improve the health of Tennesseans,” wrote Physicians Committee member Suzannah Bozzone, MD, in an op-ed published in the *Tennessean* as the bill was being considered.

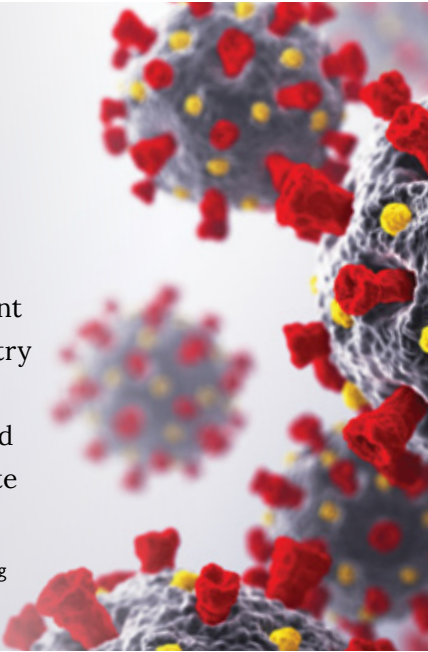
Physicians Committee supporters also helped stop a bill in the Utah Legislature in 2022 that would have made factory farms and animal laboratories exempt from local humane regulations. Our members flooded their elected officials with phone calls and emails, asking them to vote “no” on HB 476. A local member helped facilitate a rally on the steps of the Utah capitol, where more than 100 Utah residents showed up at a moment’s notice to urge the legislature to stop this dangerous bill. Because of these actions, the 2022 General Session of the Utah Legislature formally adjourned without HB 476 ever coming up for a vote in the Senate—officially killing the bill.



Warning About Coronaviruses on Meat

Coronaviruses, the family of viruses that includes SARS-CoV-2, can survive on beef, pork, chicken, and salmon for extended periods of time at both refrigerated and frozen temperatures, found a study funded in part by the Physicians Committee. A Physicians Committee lawsuit would compel the U.S. Department of Agriculture to require slaughterhouses to test meat and poultry for SARS-CoV-2 prior to sale and to distribute notices warning consumers of the potential presence of SARS-CoV-2 on meat and poultry products. The lawsuit is still under consideration, despite the USDA asking a federal court to dismiss it.

Bailey ES, Curcic M, Sobsey MD. Persistence of coronavirus surrogates on meat and fish products during long-term storage. *Appl Environ Microbiol.* 2022;88(12):e0050422. doi:10.1128/aem.00504-22



Holding Animal Experimenters Accountable

To expand our ability to end animal experiments, we launched the Research Compliance Division in 2022. This program expands our ability to end animal experiments by holding accountable the experimenters who use animals, the institutions that sponsor unethical experiments, the entities that fund the research, and the journals that publish bad science.

Last summer, more than 800 doctors and other health care professionals, scientists, and researchers signed on to a Physicians Committee letter calling on the journal *Nutrients* to cease publication of animal studies that violate the journal's own guidelines that require the "replacement of animals by alternatives wherever possible." An estimated 36,000 animals suffered and died in experiments that were published in *Nutrients* in just one year.

The Research Compliance Division also filed federal complaints against Wake Forest University School of Medicine, the University of Arkansas for Medical Sciences, and the U.S. Department of Agriculture for their deadly animal experiments.



The Research Compliance Division was launched with a generous donation from longtime member Skip Trimble. Skip's dedication to ending animal experiments made him an integral partner in the Physicians Committee's work. In 2010, we awarded him the Art of Compassion award. His leadership and conviction have inspired us and so many others to continue the fight until all animals are safe.

Skip Trimble,
1940-2022

Denouncing Deadly Dog Experiments at Wayne State

In remembrance of 136 dogs killed in heart failure experiments at Wayne State University, Physicians Committee members placed 136 dog beds, each topped with a collar and name tag, outside the building where they died. Jennifer Giordano, DO, represented the Physicians Committee during the demonstration, alongside state lawmakers Sen. Dayna Polehanki and Rep. Matt Koleszar and 60 local citizens.


Details on the dogs, including the date each was killed, were obtained by the Physicians Committee through Freedom of Information Act requests. They represent only the



Halting Funding for Notorious Animal Experimentation Facility

The Physicians Committee learned in December 2021 that San Antonio officials planned to use \$11 million in municipal bonds to fund the expansion of the Texas Biomedical Research Institute, a notorious animal experimentation facility that houses 3,000 nonhuman primates and has a long history of neglect and abuse of animals. We rallied San Antonio residents to voice their opposition and reached out to local media to expose the deal the company had privately struck with the mayor and City Council. As a result, the plan was defeated—but only temporarily.

In January 2022, Texas Biomedical requested \$10 million in federal American Rescue Plan Act funds—COVID-19 relief money—to fund the project. We again rallied local citizens, launched a media campaign, and filed a formal complaint with federal agencies, but the City Council approved the funding request in February. However, in August, the director of Texas Biomed's primate facility was exposed for serious scientific misconduct. He admitted to falsifying data in a now-retracted research paper and in two federal grant applications. We learned that the funding contract between the city and Texas Biomed has not yet been finalized, so we have again mobilized our members and local allies to halt its approval.

Arkansas Democrat  Gazette

"I would like Wayne State to put an end to this failed 31-year experiment."

– Michigan State Sen. Dayna Polehanki in *Lawmaker seeks AG opinion on whether dog research at Wayne State is humane*, March 31, 2022

animals killed in the experiments since 2009. It is unclear how many dogs in total have died in the experiments since they began in 1991.

Following the demonstration, in May, Michigan Attorney General Dana Nessel issued a formal opinion that could pave the way for greater state oversight of animal experiments, more than 40 years after the state legislature created the authority to do so. Working with the Physicians Committee, Rep. Koleszar requested the opinion in September 2021.

We continue to push Wayne State to end the dog experiments.





Transforming Health Care With Plant-Based Nutrition Education

Our medical education programs—designed and led by doctors and dietitians—educated thousands of health care professionals on how plant-based diets can help save patient lives.

More than two dozen experts presented to hundreds of health care professionals at the 10th annual International Conference on Nutrition in Medicine when it returned in person on Aug. 18-20 in Washington, D.C. Congressman Jamie Raskin and Rita Redberg, MD, MS, editor-in-chief of *JAMA Internal Medicine*, kicked off the conference, which included three days of presentations on topics including nutrition’s role in type 1 diabetes, COVID-19, women’s health, and gut health, as well as presentations on health equity, healthy hospitals, and nutrition policy.

A scholarship, generously funded by Physicians Committee members Clint and Mary Sherrill, made it possible for 71 nurses, dietitians, and related health professionals with financial need to attend the conference and obtain life-changing resources to share with their patients.



Neal Barnard, MD, and Kim Williams, MD



“With life expectancy in the U.S. dropping for the second year in a row due to conditions including COVID-19 and heart disease, both of which are impacted by diet, continuing medical education in nutrition for physicians is direly needed.”

– Physicians Committee members Ted D. Barnett, MD, Kerry Graff, MD, and Susan Friedman MD, in *Physicians need better training in nutrition*, Oct. 11, 2022



Presentations from the conference, which was jointly provided by the Physicians Committee and the George Washington University School of Medicine and Health Sciences, are now available for continuing medical education credits at [NutritionCME.org](https://www.nutritioncme.org).

NutritionCME.org, a Physicians Committee website that provides free continuing education to health care professionals on the role of nutrition in brain health, heart health, diabetes, obesity, and more, now has more than 27,000 registered users, with more than 1,800 added in 2022. With your help, Physicians Committee doctors have also made great strides in reaching physicians in training at medical schools across the country. Through offering lunch-and-learn lectures, screening educational documentaries, and educating faculty, students, and administrators, we are spreading the word about the power of plant-based nutrition to prevent, treat, and reverse disease.

In 2022, Dr. Barnard, Brooke Bussard, MD, Bandana Chawla, MD, Munish Chawla, MD, Neil Cooper, MD, Daniel Elchediak, MD, Jill Jennings, MD, Jamie Kane, MD, and Saray Stancic, MD, were among the physicians who presented in person or online to 1,300 students at 27 medical schools in the United States.

A commentary by Dr. Barnard published in the *American Journal of Lifestyle Medicine* said that all clinicians should know the benefits of a plant-based diet for weight loss, heart disease, cancer, diabetes, Alzheimer’s disease, and COVID-19.

Stancic S, Cullimore J, Barnard N. Six applications of plant based diets for health promotion. *Am J Lifestyle Med*. Published online May 26, 2022. doi:10.1177/15598276221104023



“As physicians, we support the Physicians Committee because of the powerful positive impact of their ethical and science-based approach to medicine, backed up by a remarkable track record of research, advocacy, and education. As animal lovers, we wholeheartedly support the Physicians Committee’s work to truly incorporate compassion as a foundational value in providing health care.” – Brian Nagai, MD, and Robert Daroff Jr., MD

Promoting a Plant-Based Diet Across the Planet

We continue to expand our global nutrition outreach, educating people around the world about the benefits of a vegan diet for good health.

The Physicians Committee's revolutionary One Healthy World online series—with classes in English, French, Mandarin, and Spanish, plus a special English-language program for the Indian subcontinent—reached participants in 182 countries when it launched in 2022. The free program is hosted by nutrition experts, doctors, culinary specialists, and other renowned guest speakers from many different countries.

In China, Jia Xu, PhD, a Physicians Committee nutrition program specialist, continued his focus on plant-based nutrition outreach, which includes lectures to thousands of people each year and cycling tours of the country that have led to extensive media coverage. In 2022, Dr. Xu and a group of vegan cyclists rode more than 1,200 miles at an average altitude of 13,000 feet across the Tibetan Plateau for three weeks to draw attention to the benefits of eating a plant-based diet.

Dr. Xu, along with Mei-Chun Lai, PhD, also helps organize the International Conference on Nutrition and Lifestyle Medicine, which is co-sponsored by the Physicians Committee. The online conference, which is in Mandarin, attracted more than 550,000 livestreaming views in 2022. In addition to ICNLM conferences, weekly livestreams, and cycling adventures, a staple of the Physicians Committee's program in China is the Vegan Kickstart. The Chinese version, on WeChat, has been completely modified for a Chinese audience. Through these efforts, the Physicians Committee has reached people in all 34 Chinese provinces and 74% of all cities in China.

In addition to our Chinese and Spanish social media channels, the Physicians Committee added French social media channels in 2022, which have already reached tens of thousands of people.



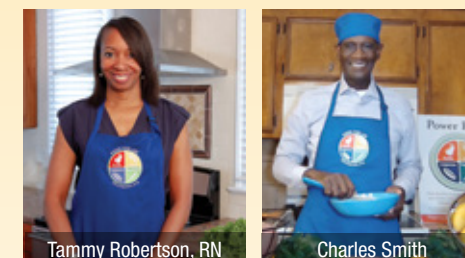
Jia Xu, PhD



The Physicians Committee's Food for Life plant-based nutrition and cooking class program reached more people than ever in 2022: 332 instructors in 32 countries and 47 U.S. states taught 1,370 classes to more than 12,000 participants. Food for Life also expanded its global reach in 2022 with 68 new instructors and institutions in locations across the globe, including Hong Kong, Tunisia, New Zealand, South Africa, Australia, Ireland, and India. The new instructors speak 13 different languages.

The Food for Life program also expanded its curriculum in 2022 with the launch of the African American Culinary Heritage course, which is designed to honor and explore the history of African American culinary traditions. The course also helps participants seeking to prevent or overcome high blood pressure, heart disease, type 2 diabetes, and other health conditions that disproportionately affect African Americans.

We're also educating and entertaining millions of people through our Exam Room podcast and social media channels. The Exam Room podcast, hosted by Chuck Carroll, reached 10 million downloads in 2022 and has become an educational powerhouse for plant-based nutrition. Our Facebook, Instagram, Twitter, and YouTube channels continued to gain followers, reaching more than 100 million views in 2022.



"I feel fortunate to have an organization like the Physicians Committee whose goals are to provide information about a healthy, nutritious diet that is gentle on the planet and improve the welfare of all living creatures."

– Dan Schwartz



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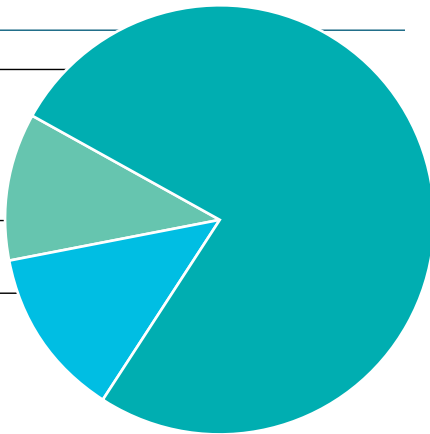
2022 Fiscal Year Report

Expenses

Total Program Services 76.25%
Research and Regulatory Affairs, Clinical Research,
Nutrition Education, Legal Advocacy, Publications,
Education and Policy, Medical Services, Communications

Operations 10.91%

Membership Development/Fundraising 12.84%



Program Services	
Research and Regulatory Affairs.....	\$ 4,446,493
Clinical Research.....	\$ 844,623
Nutrition Education	\$ 2,854,210
Legal Advocacy	\$ 608,742
Publications	\$ 754,561
Education and Policy	\$ 630,571
Medical Services.....	\$ 1,433,597
Communications.....	\$ 2,519,131
Total Program Services.....	\$ 14,091,928
Operations	\$ 2,017,061
Membership Development/Fundraising	\$ 2,372,200
Total Expenses	\$ 18,481,189

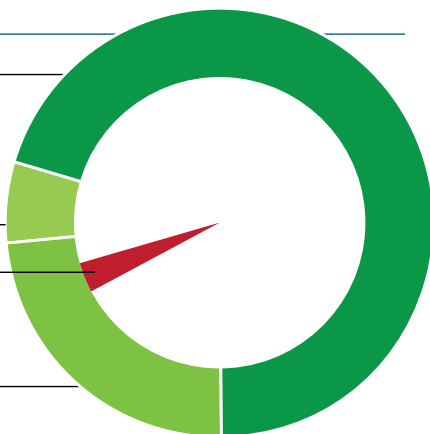
Support and Revenue

Contributions and Donations 71.49%

Grants 7.05%

Other Revenue -3.46%
Medical Services, Investment Income,
Merchandise Sales, Rental and Other Income

Legacies and Bequests 24.92%



Contributions and Donations	\$ 11,525,781
Legacies and Bequests.....	\$ 4,017,423
Grants.....	\$ 1,136,013
Other Revenue.....	\$ (557,393)
Total Support and Revenue	\$ 16,121,824

Net Assets, End of Year: \$ 29,630,491



To support the Physicians Committee's lifesaving work now,
visit PCRM.org/Donate or call us at 202-527-7304.

To leave a legacy for the Physicians Committee's future,
visit PCRM.PlanYourLegacy.org or call us at 202-527-7370.

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 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.

Social Media: Follow the Physicians Committee at Facebook.com/PCRM.org, Twitter.com/PCRM, and Instagram.com/PhysiciansCommittee. Follow Dr. Barnard at Facebook.com/NealBarnardMD and 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 and YouTube.com/PhysiciansCommittee.

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