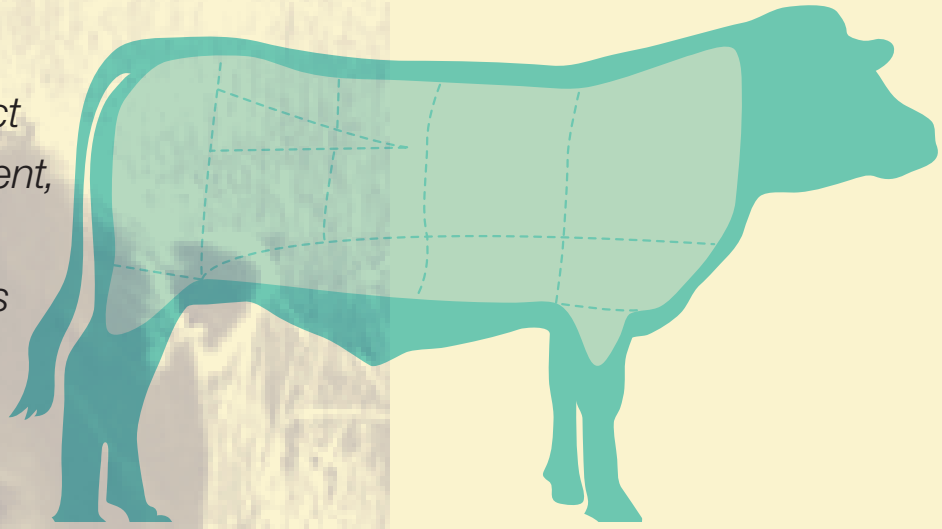
What Are The Steps Towards Sustainability?

While there are many problems with the current meat system that negatively impact health, the environment, and animal welfare, there are many steps consumers can take to help address these issues:



Reduce your meat consumption:
Move meat off the center of your plate, reduce you portion sizes, or go meatless one day a week.

Vote with your dollars:
Look for sustainability labels like organic, Food Alliance certified, or raised without antibiotics.

Weigh in on the issues:
Contact Congress, your state legislature, and government agencies when bills or rules on sustainable meat production are being reviewed.

For more information visit www.oregonpsr.org and click on the Campaign for Safe Food.

OREGON PSR PHYSICIANS FOR SOCIAL RESPONSIBILITY

Oregon Physicians for Social Responsibility

812 SW Washington St.
Suite 1050
Portland, OR 97205

Phone: 503-274-2720
Fax: 503-222-5348
E-mail: info@oregonpsr.org
Website: www.oregonpsr.org

TOWARDS A SUSTAINABLE FUTURE:

Improving Meat Production.

IMPROVING OUR WORLD.

Oregon Physicians for Social Responsibility

CAMPAIGN FOR SAFE FOOD:
PROTECTING THE SAFETY OF OUR FOOD

Impacts of Meat Production on Health, Environment, and Animal Welfare

Oregon Physicians for Social Responsibility (PSR) seeks to eliminate the gravest threats to human health and survival. We work to prevent the use and spread of nuclear weapons, stop the toxic degradation of our environment, guarantee safe and sustainable foods, and slow, stop and reverse global warming.

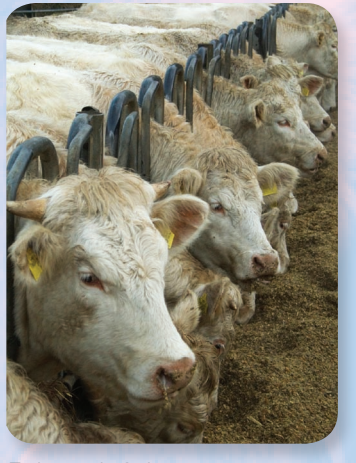
Oregon PSR's Campaign for Safe Food works to advance a sustainable agriculture system that does not use genetically-engineered (GE) organisms. Livestock production is one of the main issues addressed under this program.

Do you know how your meat is produced?

We aim to raise awareness about meat production, support alternative production methods and encourage individuals, institutions, and businesses to support a healthier, more humane, and sustainable livestock system.

Health

Unsustainable meat production is linked to some of society's most pressing health problems such as antibiotic resistance, diet related disease, and harmful consequences from novel biotechnology and hormone use.



Eating grain-fed meat may create health issues.

Antibiotics used for growth promotion and disease prevention in livestock production account for more than 70% of all antibiotics used in the U.S., contributing to antibiotic resistance.

According to USDA recommendations, Americans eat too much meat resulting in increases in heart disease, obesity, Type 2 diabetes, and cancer.

Genetically engineered animals carry potential risks from novel allergens and toxins as well as bioactive proteins.

Growth hormones, used to increase feed efficiency and promote rapid growth, may contribute to increased rates of cancer, antibiotic resistance, and early onset puberty in humans.

Environment

Livestock production is one of the biggest contributors to environmental destruction. Global warming, water pollution, land degradation, and loss of biodiversity are all issues associated with the current system.

The United Nations estimates that livestock production accounts for 18% of global greenhouse gas emissions—more than all forms of transportation combined.

At least 35,000 river miles have been contaminated, drinking water polluted, and aquatic life killed from mismanaged manure.

Unsustainable grazing practices have led to erosion that permanently reduces soil fertility.

GE animals and crops grown for feed threaten biodiversity, can create "super weeds," and contaminate nearby non-GE fields

Animal Welfare

At least 50% of meat comes from large confined animal feeding operations (CAFOs), which are harmful to animals. Because of confinement stress, animals are often unable to act out innate behavior or mate naturally which leads to aggressive behavior eliciting extreme measures taken by farm operators, such as cutting off tails and beaks (docking).

GE and cloned animals also present welfare issues:
90% prenatal failure rate in clones
Higher rates of diabetes, heart damage, and parasites
Increased infertility and developmental defects