

Hello Committee Members, my name is Jocelyn Backman and I am submitting this written testimony IN SUPPORT of HB1328 relating to Vitamin D screening and testing and to self-Insurance health plans.

I recently went into see my Family Practice physician for an Annual exam. Since I am over 40, she wanted several panels of bloodwork just to get a snapshot of my general health since it's been a few years since I've done a full medical examination. What I found was quite shocking, especially during a Global Pandemic, is that she didn't feel the need to check my Vitamin D level. I of course convinced her of the importance of Vitamin D levels so she agreed to have mine drawn. I have read several articles that strongly suggest low Vitamin D levels can increase your chances of a Severe Covid 19 infection.



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healthline

- Several studies have linked vitamin D deficiency to coronavirus infection and more severe COVID-19.
- Experts are now investigating if taking vitamin D may help protect against severe COVID-19 symptoms.
- Even before these studies are finished, there are good reasons to consider taking a vitamin D supplement.

<https://www.healthline.com/health-news/what-to-know-about-vitamin-d-and-covid-19>



Images

- **New studies conclude that vitamin D can reduce your risk of developing COVID-19 as well as decrease the severity of the illness.**
- **Experts say vitamin D boosts the immune system, which can help fight off ailments such as COVID-19.**
- **The best way to get vitamin D is through sunshine and healthy meals, but supplements can also be used.**

All data and statistics are based on publicly available data at the time of publication. Some information may be out of date. Visit our [coronavirus hub](#) and follow our [live updates page](#) for the most recent information on the COVID-19 pandemic.

Vitamin D is a well-known immune booster.

<https://www.healthline.com/health-news/vitamin-d-can-help-reduce-covid19-risks>

Vitamin D deficiency can cause a wide variety of issues and most of the time people are not even aware that they are deficient.

HOME | WELLBEING



Symptoms Of Vitamin D Deficiency That Most People Ignore

Vitamin D isn't a magic panacea, but it has been implicated as one factor in many serious health conditions.



BY STAFF WRITER

DECEMBER 20, 2016

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What does vitamin D deficiency look like? In its most extreme form, prolonged and severe vitamin D deficiency during childhood, known as rickets, can delay growth and lead to visible skeletal deformities.

Today, rickets is relatively rare, but that doesn't mean that vitamin D deficiency is—**more than 40 percent of Americans are deficient.** The potential health consequences of this epidemic are serious, as vitamin D deficiency is linked to osteoporosis, heart disease, diabetes, autoimmune diseases, high blood pressure, and poor pregnancy outcomes

<https://www.healthyway.com/content/symptoms-of-vitamin-d-deficiency-that-most-people-ignore/>

Instead of always seeming to be playing defense when illnesses emerge, it's time we start being proactive on our health and getting our bodies in shape for any type of virus or bacteria that emerges.

I greatly appreciate you taking the time to read my written testimony.