

**Sixty-ninth Legislative Assembly of North Dakota
In Regular Session Commencing Tuesday, January 7, 2025**

HOUSE CONCURRENT RESOLUTION NO. 3014
(Representatives Rohr, K. Anderson, Dobervich, Frelich, McLeod, Meier, M. Ruby)
(Senators Dwyer, Hogue, Myrdal)

A concurrent resolution urging public health, health care systems, and health care providers to prioritize primary prevention in addressing vitamin D deficiency through multifaceted precision public health and medicine approaches.

WHEREAS, vitamin D is generated primarily from the sun and research demonstrates the need for regional sun exposure and vitamin D recommendations to offset individual and population health risk factors for disease; and

WHEREAS, North Dakota is located at a latitude of 48 degrees and has an ultraviolet index of less than three for up to 6 months of the year due to the solar zenith, from October to April, which limits the vitamin D generating potential from sun exposure; and

WHEREAS, this environmental determinant of health puts all residents of the state at risk for vitamin D deficiency and insufficiency compared to citizens of the United States in southern latitudes, potentially leading to suboptimal health outcomes and increased health care costs for residents; and

WHEREAS, research indicates it is difficult to achieve the daily recommended intake of vitamin D from foods alone and there is a causal relationship between vitamin D deficiency and all cause mortality, cardiovascular disease, dementia, multiple sclerosis, diabetes, and many types of cancer, including breast, pancreatic, and colorectal cancers; and

WHEREAS, research indicates an association between vitamin D deficiency and emotional regulation, mental health conditions including Alzheimer's disease and other types of dementia, suicide and suicidal ideation, depression, and opioid addiction; and

WHEREAS, research indicates an association between vitamin D deficiency and autoimmune disease, myocardial infarction, and stroke;

WHEREAS, research indicates adequate vitamin D intake results in improved prenatal and neonatal outcomes, including reducing the risk for pre-eclampsia, gestational diabetes, and preterm birth; and

WHEREAS, research indicates women with 25(OH)D serum concentrations equal to or greater than 60 nanograms per milliliter had an 80 percent lower risk of breast cancer than women with concentrations of less than 20 nanograms per milliliter; and

WHEREAS, research indicates vitamin D supplementation and sensible sun exposure safely and effectively increase vitamin D serum concentrations; and

WHEREAS, the Legislative Assembly advocates for statewide educational campaigns aimed at increasing awareness of vitamin D deficiency; its risks; the importance of adequate vitamin D levels, particularly for pregnant individuals, children, and those with mental health concerns; and other heightened risk factors for the public and health care professionals;

NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF NORTH DAKOTA, THE SENATE CONCURRING THEREIN:

That the Sixty-ninth Legislative Assembly urges North Dakota public health, health care systems, and health care providers to prioritize primary prevention in addressing vitamin D deficiency through multifaceted precision public health and medicine approaches that recognize both regional and

individual determinants of health in diverse populations across the lifespan to improve patient outcomes, population health, and decrease overall health care costs; and

BE IT FURTHER RESOLVED, that the Sixty-ninth Legislative Assembly urges the State Health Officer to publish this resolution on the official website of the department of health and human services; and

BE IT FURTHER RESOLVED, that the Secretary of State forward copies of this resolution to the State Health Officer, North Dakota public health units, American Hospital Association, North Dakota Long Term Care Association, North Dakota Medical Association, North Dakota Nurses Association, North Dakota Nurse Practitioner Association, North Dakota University System institutions of higher education, North Dakota private universities, and the North Dakota Department of Public Instruction.

Speaker of the House

President of the Senate

Chief Clerk of the House

Secretary of the Senate

Filed in this office this _____ day of _____, 2025,
at _____ o'clock _____ M.

Secretary of State