

January 24, 2021

Chairman Weisz and Members of the House Human Services Committee:

As a member of the North Dakota Academy of Nutrition and Dietetics and being a registered dietitian in the state of North Dakota, I am in full support of HB 1328 relating to vitamin D deficiency screening and testing and I would like to share those reasons with you and how this could have a positive impact on our beloved state of North Dakota.

Vitamin D is involved in many of the important processes and mechanisms in our bodies and most Americans do not get enough vitamin D with diet alone. The 2015–2016 National Health and Nutrition Examination Survey (NHANES) found that **adults on average took in 5.1 mcg (204 IU) of vitamin D from food and beverages**. To put that into perspective, the recommended dietary allowance for vitamin D **to maintain adequate levels to function properly in the body is 15 mcg (600 IUs daily)**. The other way to ensure you are getting adequate vitamin D is to be in the sun without sunscreen for 5-15 minutes between the hours of 10am and 4pm. For a lot of people, that is hard to do when they may be working inside all day, reside in a nursing home and don't get outside a lot, have disabilities and can't take themselves outside, or for all of us during these hard winter months where even if we stayed outside all day, the UV rays are not strong enough to increase our vitamin D levels.

To bring this topic closer to home, the American Diabetes Association released an article February of 2020 indicating that **North Dakota spends \$660 million dollars every year on diabetes related costs and each year, there are 3,000 more North Dakotans diagnosed with diabetes**. A study published in 2019 did show a **63% lower incidence on the development of diabetes for participants who started the study deficient in vitamin D and were given supplementation over the placebo group who did not get the supplementation**. This could indicate a strong argument for the need of screening and testing for those who are deficient as it could help lower the incidence of type two diabetes diagnosis in the long run.

Along with type two diabetes, vitamin D plays a role in CVD incidence, immune function, depression, bone health, infections and an assortment of other conditions. The screening for and treatment of vitamin D deficiency could not only save money for North Dakota, but it could also impact the quality of life and wellbeing for our fellow North Dakotans. As a proud North Dakotan registered dietitian, I want you to fully consider this bill and the positive implications it could have for our community and our wellbeing.

Thank you for your time and consideration,

Sierra Kolle RD, LRD