

February 9, 2025

Representative Karen M. Rohr  
Representative - District 31  
Mandan, ND  
Email: [kmrohr@ndlegis.gov](mailto:kmrohr@ndlegis.gov)

Dear Representative Rohr,

Thank you for the opportunity to express my support for the proposed House Concurrent Resolution No. 3014 introduced by: Representatives Rohr, K. Anderson, Dobervich, Frelich, McLeod, Meier, M. Ruby and Senators Dwyer, Hogue and Myrdal. This resolution urges public health, healthcare systems and healthcare providers to prioritize primary prevention in addressing Vitamin D deficiency through multifaceted precision public health and medicine approaches. As the Chair of the North Dakota Maternal Mortality Review Committee, the health and wellbeing of North Dakota's female population and especially our preconceptual, prenatal and postpartum patients is our primary focus.

It is well-appreciated that the benefits of Vitamin D supplementation, providing for adequate blood levels, is important in many facets of our health. Although we can naturally produce Vitamin D, it is directly dependent upon adequate sun exposure which, by the nature of our North Dakota climate, is very often a challenge. There exists a large body of research, done over the last two decades, that associates adequate Vitamin D levels with improved health in several facets of disease prevention and medical care.

A very nice summary of the Endocrine Society's Clinical Practice Guidelines on Vitamin D blood levels and supplementation is reviewed in the following article: M.F. Holick, Revisiting Vitamin D Guidelines: A Critical Appraisal of the Literature, Endocrine Practice, <https://doi.org/10.1016/j.eprac.2024.10.011>. Although bone health has long been known to be improved with Vitamin D supplementation many other areas also appear to benefit. These include reduction in preeclampsia during pregnancy, a decline in premature births and a decrease in cesarean section rates. Supplementation certainly is noted to decrease dental caries in children and reduce the diagnosis of diabetes in adults along with increasing the likelihood of glucose level regression to normal in a significant percentage of diabetic patients. There was noted to be a decreased mortality rate in cardiovascular patients, a lessened risk of respiratory tract infections in children and adolescents and a reduced risk of developing autoimmune disease. Research over the past four decades has revealed the multifaceted actions of Vitamin D in maintaining cellular health, which in turn, may play a role in decreasing cancer incidence. And finally, there is an association between Vitamin D deficiency and disorders such as Alzheimer's disease, dementia and mental health conditions such as depression and addiction.

As can be appreciated by these research supported associations between adequate Vitamin D levels and the maintenance and improvement in many aspects of our health, the recommendation for evaluating Vitamin D levels, prescribing supplementation as indicated and continuing to evaluate outcomes is essential. Therefore, I unreservedly support passage of this resolution.

Thank you again for the opportunity to support this important legislation. It has the potential to improve the health and wellbeing of a large percentage of our North Dakota citizens.

Sincerely,

**Thomas F. Arnold, MD, FACOG, FACS**  
Chair-North Dakota Maternal Mortality Review Committee