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1515 Burnt Boat Drive  
Suite C #325  
Bismarck, ND 58503  
701-335-6376

**House Human Services Committee  
Representative Matthew Ruby, Chair  
Testimony in Support of HCR 3014  
Wednesday, February 12, 2025**

Good morning, Chairman Ruby, Vice Chairman Frelich, and Members of the House Human Services Committee. My name is Sherri Miller, and I've been a registered nurse in North Dakota for nearly 26 years. I am also the Executive Director of the North Dakota Nurses Association (NDNA).

Thank you for the opportunity to testify in **support of HCR 3014**.

As the only professional organization representing all North Dakota nurses, NDNA is a leading voice for our state's nursing professionals. Our organization strongly supports this concurrent resolution, recognizing its focus on the vital connection between vitamin D and mental health, and the importance of this essential nutrient for overall well-being.

Vitamin D deficiency has been linked to various mental health conditions, including depression and anxiety. Nurses who are deficient in vitamin D may experience reduced cognitive function, mental clarity, and physical reaction time, potentially impacting their ability to respond quickly and strategically in critical situations. Research also suggests that low vitamin D may be a risk factor for psychiatric and neurocognitive disorders, with longitudinal studies demonstrating a link between low vitamin D and increased cognitive decline, depression, and dementia. Importantly, some studies have shown cognitive improvements, particularly in executive functions and information processing speed, after just four weeks of vitamin D supplementation. Overall, vitamin D supplementation may benefit nurses by improving cognitive function, mental and physical health, and sleep quality.

Vitamin D status can influence nurses' job performance, and it can also reduce risk of injury and contribute to fewer sick days. Just as NDNA is deeply invested in supporting the nursing workforce through recruitment and retention initiatives, we are committed to keeping our nurses healthy and able to provide care for the citizens of North Dakota. This is one way we can do that.

NDNA's mission is to advance the nursing profession by promoting nurses' professional development, fostering high standards of nursing practice, promoting workplace safety and well-being, and advocating health care issues affecting nurses and the public. We believe HCR 3014 will not only improve the quality of life for North Dakotans but also support our nurses in continuing their vital work caring for their patients.

We respectfully ask you to consider voting **YES** on HCR 3014. Thank you for the opportunity to present our support for this bill.

Sherri Miller, BS, BSN, RN  
[director@ndna.org](mailto:director@ndna.org)  
Executive Director  
North Dakota Nurses Association