

Testimony in Support of HCR 3014

Dear Chairman Ruby and Members of the Human Services Committee:

The North Dakota Academy of Nutrition & Dietetics (NDAND) supports HCR 3014, a concurrent resolution aimed at raising public and professional awareness of vitamin D deficiency and promoting primary prevention through comprehensive health strategies.

NDAND represents Registered Dietitian Nutritionists (RDNs) in North Dakota, and we recognize the importance of this resolution for the health and well being of our state's residents. As nutrition professionals, we educate individuals on the importance of consuming adequate vitamin D, recognizing that vitamin D needs vary throughout the lifecycle. Vitamin D deficiency is a recognized risk factor for several health conditions, including cardiovascular disease, diabetes, and mental health conditions. The scientific evidence clearly demonstrates that vitamin D plays a "pivotal role in maintaining bone and muscle health, immune function, and regulating multiple metabolic pathways." (1)

NDAND supports initiatives to increase awareness among the public and healthcare professionals about vitamin D and safe practices to prevent deficiency. Preventing vitamin D deficiency is a cost-effective approach that can significantly reduce the burden of disease and improve quality of life for North Dakotans.

We appreciate your consideration of HCR 3014.

Sincerely,
The North Dakota Academy of Nutrition & Dietetics

1. Copied from <https://pmc.ncbi.nlm.nih.gov/articles/PMC10254656/> 2/9/25.