

Testimony
Senate Bill No. 2401
Joint Policy Committee
Senator Judy Lee and Representative Matthew Ruby, Co-Chairman

January 21, 2026

Chairman Lee and Chairman Ruby, and members of the Joint Policy Committee, I am Krista Fremming, Interim Director of Medical Services with the Department of Health and Human Services. I appear before you in support of Senate Bill No. 2401, which was introduced as part of North Dakota's Rural Health Transformation Program, requiring physicians to complete continuing education on nutrition and metabolic health.

Nutrition is foundational to health and well-being, playing a critical role in preventing and managing chronic diseases such as diabetes, cardiovascular disease, and obesity. Physicians are often the first point of contact for patients seeking guidance on health, and their ability to understand evidence-based nutrition and provide appropriate advice and referrals is essential for improving patient outcomes.

This bill ensures that every physician licensed in North Dakota will benefit from a better understanding of nutrition and metabolic health, which in turn benefits patients and communities across our state. By requiring at least one hour of continuing education on nutrition and metabolic health each renewal cycle, we are taking a meaningful step toward improving the quality of care and promoting preventative healthcare.

It is important to note that this initiative was supported by the interim Rural Health Transformation Committee and incorporated into North Dakota's Rural Health Transformation Program application. The state was awarded points and approximately \$17.5 million for the 5-year grant based on the intention to pass this requirement. Following through on this commitment is critical to advance the goals of rural health transformation and retain awarded funds.

I urge the legislative assembly to support Senate Bill No. 2401 to ensure that North Dakota physicians are equipped with the knowledge necessary to guide patients toward healthier lives. Thank you for your consideration and for your commitment to improving health outcomes in our state.

This concludes my testimony. I would be happy to try to answer any questions the committee may have.