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February 1, 2021

Chair Robin Weisz
House Human Services Committee
State Capitol
Bismarck, ND 58505

RE: HB 1472 (Representatives Ertelt, Schauer, Toman), relating to consumer access to complementary and alternative health care.

Dear Chair Weisz and Members of the House Human Services Committee:

Thank you for the opportunity to submit testimony in support of HB 1472. CrossFit, LLC is the largest gym chain in the country, and is affiliated with more than 15 gyms across the state. Our affiliated gyms are locally-owned and -operated small businesses which provide employment to their owners and trainers, and make their communities healthier. North Dakota's CrossFit gyms play an integral role in fighting the nationwide epidemic of chronic disease, including type 2 diabetes, heart disease, obesity and more. Their prevention of these diseases diminishes overall health care costs and improves quality of life for hundreds, if not thousands, of North Dakotans.

HB 1472 provides clarity on permitted actions performed by those who do not hold themselves out to be medical professionals. As written, it would protect CrossFit trainers who provide individualized nutrition guidance from being considered dietitians or nutritionists if they do not hold themselves out as such. As a fitness method, CrossFit promotes "*Eat[ing] meat and vegetables, nuts and seeds, some fruit, little starch and no sugar,*" as fundamental for maintaining one's health and fitness. HB 1472, if enacted, will protect CrossFit trainers' ability to provide this and other individualized, effective advice.

North Dakota has not escaped the nationwide epidemic of chronic disease. One in eight adults in North Dakota suffers from diabetes.¹ More than one in three adults is obese.² Chronic diseases reduce quality of life for tens of thousands of North Dakotans, but more importantly,

¹ United States Diabetes Surveillance System: <https://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html#>

² CDC, Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019: <https://www.cdc.gov/obesity/data/prevalence-maps.html>

chronic diseases take the lives of thousands of North Dakotans each year. CrossFit affiliates are some of the only places in the state where people are preventing these chronic conditions with positive social reinforcement. The state should encourage its residents to become fitter and healthier, not discourage them. It should allow these locally-owned small businesses to improve their communities.

For the reasons stated above CrossFit, LLC supports HB 1472, and respectfully requests that it be considered by the Committee and reported favorably.

cc:

Vice Chair Karen M. Rohr

Rep. Mike Beltz

Rep. Chuck Damschen

Rep. Bill Devlin

Rep. Clayton Fegley

Rep. Dwight Kiefert

Rep. Todd Porter

Rep. Matthew Ruby

Rep. Kathy Skroch

Rep. Bill Tveit

Rep. Greg Westlind

Rep. Gretchen Dobervich

Rep. Mary Schneider