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March 10, 2025

The Honorable Senator Judy Lee
Chair, Senate Human Services Committee
State Capitol Building, Fort Lincoln Room
600 E. Boulevard Avenue
Bismarck, ND 58505

Re: HCR 3014 - urging public health, health care systems, and health care providers to prioritize primary prevention in addressing vitamin D deficiency.

Dear Chairwoman Lee,

On behalf of the Consumer Healthcare Products Association (CHPA), the Washington, D.C. based national trade organization representing the leading manufacturers of over-the-counter (OTC) medicines, dietary supplements, and OTC medical devices, I'm writing to express support for House Concurrent Resolution 3014. This resolution would encourage health officials to prioritize primary prevention in addressing vitamin D deficiency through varied approaches.

Vitamin D, like many nutrients, has a profound impact on health, and in states like North Dakota, which have limited sunlight during most of the year, residents are often at increased risk of deficiency. This is especially concerning given the multitude of health issues that are associated with inadequate vitamin D levels, including risks of cardiovascular disease, autoimmune diseases, infectious diseases, and some common cancers.¹

Addressing this issue proactively through initiatives like public health education, sensible sun exposure, and use of dietary supplements including vitamin D is essential for improving the overall health of North Dakotans. Promoting these habits and recognizing the unique challenges posed by the state's geographic location could help to reduce future health disparities and ultimately lower healthcare costs for communities by focusing on preventative self-care. Moreover, a focus on self-care and the importance of vitamin D supplementation may contribute to a healthier, more productive population, supporting economic and social progress.

By investing and focusing on preventative measures now, North Dakota can reduce the long-term burden of chronic diseases that are associated with low vitamin D levels. I urge the Senate Human Services committee to support HCR 3014 and help the state lead the way in proactive, preventative healthcare measures.

Thank you for your consideration and feel free to contact me directly if I can provide additional perspective.

Respectfully submitted,

A handwritten signature in blue ink that reads 'Carlos P. Gutierrez'.

¹ <https://pubmed.ncbi.nlm.nih.gov/18400738/>

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cc: Senate Human Services Committee
The Honorable Senator Kent Weston, Vice Chair