Regular Session, 2012 **ENROLLED**

SENATE RESOLUTION NO. 22

BY SENATOR MILLS

A RESOLUTION

To urge and request the Department of Health and Hospitals to establish prevention of disease as a primary model of health care; to increase awareness of vitamin D deficiency and vitamin D blood testing; and to promote awareness of the potential long-term health benefits of and increased chances of cancer survival with sufficient levels of vitamin D.

WHEREAS, the nutrient and pre-hormone vitamin D is manufactured in the skin during exposure to ultraviolet B light from high-angle sunshine; and

WHEREAS, the American Academy of Pediatrics recommends in a 2008 clinical report, "Prevention of Rickets and Vitamin D Deficiency in Infants, Children, and Adolescents", that all children receive 400 IU a day of vitamin D, beginning in the first few days of life; and

WHEREAS, a 2010 article published in the *American Journal of Clinical Nutrition* reported that a study of a group of Japanese school children who received 1,200 IU of vitamin D a day showed a fifty percent reduction in the incidence of influenza compared to other school children; and

WHEREAS, a 2010 article published in the *Journal of Alternative and Complementary Medicine* reported that a study in Egypt found that children without autism had blood serum levels of vitamin D averaging 40.1 ng/ml, and children with autism had significantly lower blood serum levels of vitamin D, averaging 28.5 ng/ml; and

WHEREAS, Sara B. Arnaud, MD, found that infants and children with blood serum levels of vitamin D of at least 18 ng/ml have a ninety-nine percent prevention rate of the bone disease rickets; and

WHEREAS, a 2001 study published in *The Lancet* found that children in Finland who received 2,000 IU a day of vitamin D for the first year of life were eighty percent less likely to develop type I diabetes by the age of thirty compared to children receiving 400 IU

a day of vitamin D; and

WHEREAS, a 2007 study published in *The Journal of Clinical Endocrinology and Metabolism* found that females who received regular vitamin D supplementation during the first years of life are fifty percent less likely to develop preeclampsia in their first pregnancy; and

WHEREAS, a 2009 article published in *The Journal of Clinical Endocrinology and Metabolism* found that pregnant women with low blood serum levels of vitamin D were nearly four times more likely to deliver by Caesarean section than women with blood serum levels of vitamin D of at least 15 ng/ml; and

WHEREAS, a 2009 study at the Medical University of South Carolina found that pregnant women who took 4,000 IU a day of vitamin D during pregnancy had a fifty percent reduction in the rate of premature births and delivered fewer babies with low birth weight than women who took 400 IU a day of vitamin D; and

WHEREAS, a 2007 article published in the *American Journal of Clinical Nutrition* reported that a study that compared cancer rates of a group of postmenopausal women taking 1,100 IU of vitamin D supplements in combination with calcium, to cancer rates of a group taking a placebo, found the risk of developing any cancer after four years sixty percent lower in the group taking vitamin D supplements; and

WHEREAS, a study presented at the 2008 annual meeting of the American Association for Cancer Research found that blood serum levels of vitamin D of at least 50 ng/ml were associated with an eighty-three percent reduction in the incidence of breast cancer compared to blood serum levels of vitamin D of 25 ng/ml; and

WHEREAS, a 2007 article published in the *American Journal of Preventative Medicine* reported that a study found that a group with blood serum levels of vitamin D of at least 42 ng/ml had a sixty percent reduction in the incidence of colorectal cancer compared to a group with blood serum levels of vitamin D of 25 ng/ml; and

WHEREAS, a study referenced by Michael F. Holick, PhD, MD, in *The Vitamin D Solution* found that men with prostate cancer who received 2,000 IU of vitamin D a day for two years had a fifty percent reduction in the rise of prostate-specific antigen, an indicator of prostate cancer activity; and

WHEREAS, a study published in *The Lancet* found that a group with blood serum levels of vitamin D of 52 ng/ml had a sixty-six percent reduction in the incidence of type 1 diabetes compared to a group with blood serum levels of vitamin D of 25 ng/ml; and

WHEREAS, a 2006 study published in *Diabetes Care* found that taking 800 IU of vitamin D in combination with calcium resulted in a thirty-three percent reduction in the risk of type 2 diabetes; and

WHEREAS, a 2010 article in *The Lancet* reported that the risk of multiple sclerosis increases with latitude and with low blood serum levels of vitamin D; and

WHEREAS, elderly persons are at high risk for vitamin D deficiency because of indoor lifestyle and the reduced ability of aging skin to manufacture vitamin D; and

WHEREAS, a 2005 article published in the *Journal of the American Medical Association* reported that elderly persons who had blood serum levels of vitamin D of at least 45 ng/ml experienced a fifty percent reduction of fractures, and a 2007 article in the *Journal of the American Geriatrics Society* reported that elderly persons who had blood serum levels of vitamin D of at least 30 ng/ml experienced a seventy-two percent reduction in falls compared to those who had blood serum levels of vitamin D below 25 ng/ml; and

WHEREAS, a 2009 article published in the *Journal of Alzheimer's Disease* reported that vitamin D reduces the risk of several types of diseases that have been identified as risk factors for or precursors to dementia; and

WHEREAS, a 2007 article published in the *Journal of Photochemistry and Photobiology* estimated that the United States economic burden due to vitamin D deficiency from inadequate exposure to ultraviolet B light, inadequate diet, and lack of supplements was estimated at forty billion dollars to fifty-six billion dollars in 2004; and

WHEREAS, a 2010 article published in *Molecular Nutrition and Food Research* regarding the rate of premature death and the economic burden in Canada found that annual deaths could be reduced by thirty-seven thousand, and the economic burden reduced by nearly seven percent or fourteen billion four hundred million dollars if blood serum levels of vitamin D of the population were adequate; and

WHEREAS, part of the budget of the state is used to treat illnesses that could potentially be prevented with adequate blood serum levels of vitamin D; and

WHEREAS, the above-referenced studies and findings, taken in aggregate, provide significant evidence for the health benefits of vitamin D supplements; and

WHEREAS, vitamin D supplementation is relativelyinexpensive and cost-beneficial.

THEREFORE, BE IT RESOLVED that the Senate of the Legislature of Louisiana does hereby urge and request the Department of Health and Hospitals to establish prevention of disease as a primary model of health care, to increase awareness of vitamin D deficiency and vitamin D blood testing, and to promote awareness of the potential long-term health benefits of and increased chances of cancer survival with sufficient levels of vitamin D.

BE IT FURTHER RESOLVED that the Senate of the Legislature of Louisiana does hereby urge and request the Department of Health and Hospitals to promote vitamin D supplementation for pregnant women and infants to prevent pregnancy complications, preterm births, type 1 diabetes, and rickets.

BE IT FURTHER RESOLVED that the Senate of the Legislature of Louisiana does hereby urge and request the Department of Health and Hospitals to promote vitamin D supplements for elderly persons to prevent bone loss, falls, fractures, and other age-related health problems.

BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to the secretary of the Department of Health and Hospitals.

PRESIDENT OF THE SENATE