

THE COUNCIL OF STATE GOVERNMENTS

RESOLUTION RELATING TO PREVENTION OF DISEASE AND TO 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;

WHEREAS, the American Academy of Pediatrics (AAP) 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;

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 50 percent reduction in the incidence of influenza compared to other school children;

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;

WHEREAS, Sara B. Arnaud, M.D., found that infants and children with blood serum levels of vitamin D of at least 18 ng/ml have a 99 percent prevention rate of the bone disease rickets;

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 80 percent less likely to develop type 1 diabetes by age 30 compared to children receiving 400 IU a day of vitamin D;

WHEREAS, a 2007 study published in *The Journal of Clinical Endocrinology and Metabolism* (The is used below in this publication) found that females who received regular vitamin D supplementation during the first year of life are 50 percent less likely to develop preeclampsia in their first pregnancy;

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 cesarean section than women with blood serum levels of vitamin D of at least 15 ng/ml;

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 50 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;

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 was 60 percent lower in the group taking vitamin D supplements;

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 83 percent reduction in the incidence of breast cancer compared to blood serum levels of vitamin D of 25 ng/ml;

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 60 percent reduction in the incidence of colorectal cancer compared to a group with blood serum levels of vitamin D of 25 ng/ml;

WHEREAS, a study referenced by Michael F. Holick, Ph.D., M.D., 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 50 percent reduction in the rise of prostate-specific antigen, an indicator of prostate cancer activity;

WHEREAS, a 2001 study published in *The Lancet* found that a group with blood serum levels of vitamin D of 52 ng/ml had a 66 percent reduction in the incidence of type 1 diabetes compared to a group with blood serum levels of vitamin D of 25 ng/ml;

WHEREAS, a 2006 study published in *Diabetes Care* found that taking 800 IU of vitamin D in combination with calcium resulted in a 33 percent reduction in the risk of type 2 diabetes;

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;

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;

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 50 percent reduction of fractures, and a 2007 article published 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 72 percent reduction in falls compared to those who had blood serum levels of vitamin D below 25ng/ml;

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;

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 \$40,000,000,000 - 56,000,000,000 in 2004;

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 37,000, and the economic burden reduced by 6.9 percent or \$14,400,000,000. if blood serum levels of vitamin D of the population were adequate;

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

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

WHEREAS, vitamin D supplementation is relatively inexpensive and cost-beneficial.

NOW, THEREFORE BE IT RESOLVED, that The Council of State Governments encourages states to establish prevention of disease as a primary model of health care, to increase awareness to 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 Council of State Governments encourages the states to promote vitamin D supplementation for pregnant women and infants to prevent pregnancy complications, preterm births, type 1 diabetes, and rickets; and

BE IT FURTHER RESOLVED, that The Council of State Governments encourages the states to promote vitamin D supplements for elderly persons potentially to prevent bone loss, falls, fractures, and other age-related health problems.

Approved on October 23, 2011 at CSG's National Conference in Bellevue, Washington.