

**House File 236 - Introduced**

HOUSE FILE 236

BY SHIPLEY

**A BILL FOR**

1 An Act relating to a vitamin and mineral sufficiency public  
2 awareness program.

3 BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF IOWA:

1 Section 1. NEW SECTION. 135.39F Vitamin and mineral  
2 sufficiency public awareness program — vitamin “D”  
3 supplementation.

4 1. The department shall develop and implement an  
5 evidence-based vitamin and mineral sufficiency public awareness  
6 program to provide an integrated approach to vitamin and  
7 mineral sufficiency in the population. The program shall do  
8 all of the following:

9 a. Educate the general public about the science and benefits  
10 of adequate levels of vitamins and minerals. The department  
11 shall publish guidelines that specify the risk factors  
12 associated with specific vitamin and mineral deficiencies,  
13 how specific deficiencies manifest in various populations,  
14 the symptoms and health risks associated with specific  
15 deficiencies, the recommended dietary allowance for each  
16 vitamin and mineral, and food and other sources of the specific  
17 vitamin or mineral.

18 b. Provide for the evaluation of members of the public for  
19 vitamin and mineral deficiencies at no cost to the public.

20 c. Provide access to members of the public to vitamin “D”  
21 supplementation from September 21 through March 21, annually,  
22 at no cost to the public. The department shall provide  
23 information to the public regarding the importance of vitamin  
24 “D” sufficiency to immune health and the role of vitamin “D”  
25 sufficiency in reducing mortality and hospitalization resulting  
26 from COVID-19 and respiratory illnesses.

27 2. The department shall establish outcome measures to  
28 determine if the program results in a decreased prevalence  
29 of vitamin and mineral deficiencies in the population and if  
30 adjustments should be made to the program. The department  
31 shall submit a report regarding the outcomes and any  
32 recommendations for program adjustments to the governor and the  
33 general assembly, annually, by January 15.

34 EXPLANATION

35 The inclusion of this explanation does not constitute agreement with

1           the explanation's substance by the members of the general assembly.

2       This bill directs the department of health and human  
3 services (HHS or the department) to develop and implement an  
4 evidence-based vitamin and mineral sufficiency public awareness  
5 program to provide an integrated approach to vitamin and  
6 mineral sufficiency in Iowa. The elements of the program  
7 include: educating the general public about the science and  
8 benefits of adequate levels of vitamins and minerals; providing  
9 for the evaluation of members of the public for vitamin and  
10 mineral deficiencies at no cost to the public; and providing  
11 vitamin D supplementation from September 21 through March 21,  
12 annually, to the public at no cost, as well as information  
13 regarding the importance of vitamin D sufficiency to immune  
14 health and its role in reducing mortality and hospitalization  
15 resulting from COVID-19 and respiratory illnesses.

16       The department shall establish outcome measures to determine  
17 if the program results in a decreased prevalence of vitamin  
18 and mineral deficiencies in the population and if adjustments  
19 should be made to the program, and shall submit an annual  
20 report regarding the outcomes and any recommendations for  
21 program adjustments to the governor and the general assembly.