

## **Beth Sanford, DNP, RN**

A Call to Vitamin D Public Health Action for North Dakota

### **Bio:**

Dr. Sanford completed her DNP in Public Health and Policy, focusing on vitamin D, and a post-graduate certificate in Applied Clinical Nutrition. Beth is the President-Elect of the NDNA and enjoys serving vulnerable populations at home and abroad.

### **Description of Presentation:**

Highlighting preliminary data from the ND Vitamin D project, this presentation promises to offer valuable insights into the significance of sunshine exposure and vitamin D in shaping the health narrative for North Dakotans across the lifespan.

### **Learning Objectives:**

1. Participants will understand the implications of the ND Vitamin D project data concerning current research.
2. Participants will identify population risk factors for VDD.
3. Participants will be equipped with knowledge and tools to improve patient outcomes and population and reduce overall healthcare costs for patients and systems