Senate Resolution No. 92

BY: Senator PERSAUD

MEMORIALIZING Governor Kathy Hochul to proclaim November 2, 2025, as Vitamin D Day in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of serious health issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Kathy Hochul to proclaim November 2, 2025, as Vitamin D Day in the State of New York, in conjunction with the observance of World Vitamin D Day; and

WHEREAS, People around the world are losing their battle against vitamin D deficiency and more and more are becoming vitamin D deficient; and

WHEREAS, It is estimated that more than one billion people throughout the world have low vitamin D levels; this occurs because we are living, working, and spending more time indoors than ever before; and

WHEREAS, We are now told to apply sunscreens every day, year round, which if applied properly prevents vitamin D production; with up to 90% of our vitamin D coming from sunlight, without unprotected sun exposure our bodies cannot make vitamin D naturally; and

WHEREAS, World Vitamin D Day, now in its 16th year, is celebrated annually on November 2nd as part of Vitamin D Awareness Month to warn the public of vitamin D deficiency and to increase the public's ability to take action and increase their vitamin D intake; and

WHEREAS, A new World Vitamin D Day website has been developed to help inform people on the importance of maintaining optimal vitamin D blood levels of between 40-60 ng/ml; and

WHEREAS, Vitamin D helps reduce your risk of cancers, autoimmune diseases and heart problems, and strengthens your bones and muscles, helping you live longer; according to Dr. William B. Grant, maintaining optimal vitamin D blood levels may increase your life expectancy by two years; and

WHEREAS, Research has found that optimal vitamin D levels reduces your risk of many major diseases; it controls the switches that guide cellular life in your body and tells your genes and DNA what to do; and

WHEREAS, To stop vitamin D deficiency, adults will need a vitamin D intake of approximately 4,000 IU or 100 mcg a day; and

WHEREAS, Furthermore, to increase your vitamin D intake through the winter when sunshine is diminished and the UV index is below three, consider using indoor sources such as UVB emitting sunbeds or sunlamps as a surrogate for summer sunshine; you can also add more fatty fish to your diet or take a daily D3 supplement; and

WHEREAS, It is imperative that there be greater awareness of this serious health issue, and more must be done to increase activity at the local, State and National levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim November 2, 2025, as Vitamin D Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.