

County Health Officer Quarterly Report to the State Board of Health

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County: Lander

Report for: fourth quarter of 2025

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County Board of Health Updates

There are no changes in the Board of Health.

There were no Board of Health meetings in the fourth quarter.

General Updates

The county's vitamin D deficiency screening and treatment program has tested 162 individuals, identified 68% as being deficient (less than 30ng/dL), and has offered oral vitamin D treatment to all of those individuals.

The mean vitamin D level for the cohort is 22 ng/dL.

Ongoing testing is being offered. The effort to improve the vitamin D status of individuals matters in public health. Here is how deficiency is related to the top 10 chronic diseases in our population:

Hypertension - Vitamin D deficiency is linked to higher blood pressure and endothelial dysfunction. Low levels are associated with increased hypertension risk and may worsen vascular health.

Obesity - Deficiency correlates with higher BMI and adiposity; it may promote inflammation and insulin resistance, worsening obesity-related complications.

Hyperlipidemia - Low vitamin D is linked to unfavorable lipid profiles and atherosclerosis progression, potentially exacerbating cardiovascular risk.

Arthritis - Deficiency associated with increased inflammation, joint pain, and worse disease activity in inflammatory types and may accelerate cartilage loss.

Cardiovascular Disease —Deficiency strongly associated with higher CVD risk, events, and mortality. Mechanisms include inflammation, vascular calcification, and poorer heart function.

Diabetes (primarily Type 2) —Low vitamin D links to insulin resistance, beta-cell dysfunction, and higher risk/progression of type 2 diabetes; it may worsen glycemic control.

Cancer — Deficiency is associated with increased risk and worse prognosis for some cancers (e.g., colorectal, breast); it may impair immune surveillance and promote progression.

(COPD) / Respiratory Diseases - Low levels linked to worse lung function and inflammation in airways.

Chronic Kidney Disease — Vitamin D deficiency is common and may accelerate progression via inflammation, proteinuria, and vascular effects.

Depression / Mental Health Disorders - Low vitamin D is associated with higher depression risk and severity. It may influence brain inflammation and neurotransmitter function.