



About GrassrootsHealth

by Carole Baggerly
Founder and Director, GrassrootsHealth
Moving Research into Practice

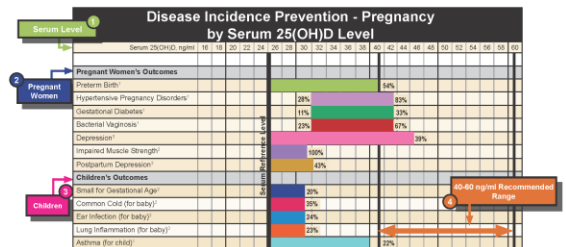
In February, 2007, I was researching what could be done to prevent the treatment for breast cancer, having just endured this experience. On the 13th, I was told that I had osteopenia, very likely a result of vitamin D deficiency. I went home from my doctor's office, back to my research desk, and later that afternoon, keyed in 'vitamin D and cancer' and up popped a new article titled [Vitamin D and prevention of breast cancer: pooled analysis](#) by Cedric Garland et al., showing that 50% of breast cancer could likely be prevented with a vitamin D serum level of 52 ng/ml.

I was shaking. Tears ran down my face. I couldn't believe this. I called a friend at UCSD and asked 'Is this guy a flake???' She said, "No, Carole, he's not a flake. As a matter of fact, he's quite discouraged now. He's been studying breast cancer and vitamin D for almost 30 years and feels like nobody is listening." My instantaneous response was "I'm listening!" I then attended my first vitamin D seminar, Vitamin D & Cancer, at the National Cancer Institute in Bethesda, Maryland. At that time, the overwhelming need was to address the enormous gap between research about vitamin D and its public implementation.

GrassrootsHealth was formed in 2007 to address this gap – to move research into practice, with the specific goal to change public health guidelines. We work with a panel of 48 world-renown vitamin D researchers, including Dr. Garland.

Two fundamental documents that have been at the core of what we do since our formation are

- [Scientists' call to action](#) – which calls for a change in standard of care, to test and maintain vitamin D blood levels of 40-60 ng/ml (100-150 nmol/L).
- [Disease incidence prevention chart](#) – a single tool which shows the preventive benefits of having a vitamin D blood level within the range of 40-60 ng/ml (100-150 nmol/L).



GrassrootsHealth started advocacy and research by creating the [D*action](#) population intervention program, which is now over 10,000 participants strong. Since its inception we have added programs looking at the entire population as well as targeted programs for breast cancer prevention and a [Protect Our Children NOW!](#) program to reduce the complications of vitamin D deficiency encountered during pregnancy and childhood. These projects are the basis for our research information for the participants and for the publication of several peer-reviewed research papers on vitamin D.

Going forward, GrassrootsHealth will

1. Provide individual consumers, all over the world, with laboratory testing not only of vitamin D but of other nutrients, and expand our [D*action](#), [Breast Cancer Prevention](#), and [Protect our Children NOW!](#) project groups. Our primary goal is to provide consumers with complete education and materials to make informed choices, to enable them to take charge of their nutrient health.
2. Move research into medical practice, hospitals, clinics and public health groups using special projects with insurers, governments, and other health agencies.
3. Report health outcomes research to nutrient groups in order to help them create solid health recommendations to their users about specific nutrients and various combinations of nutrients.