

A RESOLUTION recognizing February 2015 as Self-care Month in Kentucky.

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner, and knowing when it is appropriate to self-treat conditions; and

WHEREAS, the United States Food and Drug Administration deems over-the-counter medicines as safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies, and other conditions that impact large segments of the population; and

WHEREAS, over-the-counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

WHEREAS, over-the-counter nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores, and online; and

WHEREAS, every dollar spent on over-the-counter medicines saves the United States healthcare system six to seven dollars resulting in a savings of \$102 billion annually; and

WHEREAS, nonprescription medicines help to ease the burden on healthcare practitioners by eliminating unnecessary medical examinations that could be avoided with appropriate self-care; and

WHEREAS, Kentucky benefits when its citizens are empowered by the improved mental and physical health that results from appropriate self-care; and

WHEREAS, Kentucky encourages its citizens to take advantage of the potential for self-care to improve personal and public health, save personal and state funds, and strengthen the sustainability of Kentucky's healthcare system; and

WHEREAS, achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers, and regulators;

NOW, THEREFORE,

*Be it resolved by the House of Representatives of the General Assembly of the Commonwealth of Kentucky:*

➔Section 1. This honorable body recognizes February 2015 as Self-care Month in Kentucky to increase public awareness of the importance of self-care and the value it represents to the citizens of Kentucky, to support increased consumer empowerment through the development of new nonprescription medicines and the appropriate switch of certain prescription medicines to nonprescription, to acknowledge that over-the-counter medicines can greatly improve and reduce costs to the public health system, and to encourage consumers, healthcare practitioners, policymakers, and regulators to communicate the benefits of self-care to the public.