

1 A RESOLUTION recognizing February 2018 as Self-Care Month.

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

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

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

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

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

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

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

22 WHEREAS, Kentucky citizens should be encouraged to take advantage of the  
23 potential for self-care to improve personal and public health, save personal and state  
24 funds, and strengthen the sustainability of Kentucky's healthcare system; and

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

27 NOW, THEREFORE,

1 *Be it resolved by the Senate of the General Assembly of the Commonwealth of*  
2 *Kentucky:*

3       ➔Section 1. This honorable body recognizes February 2018 as Self-Care Month  
4 to increase public awareness of the importance of self-care and the value it represents to  
5 the citizens of Kentucky, to support increased consumer empowerment through the  
6 development of new nonprescription medicines and the appropriate switch of certain  
7 prescription medicines to nonprescription, to acknowledge that over-the-counter  
8 medicines can greatly improve and reduce costs to the public health system, and to  
9 encourage consumers, healthcare practitioners, policymakers, and regulators to  
10 communicate the benefits of self-care to the public.