

1 HJR78
2 189815-2
3 By Representative Johnson (R)
4 RFD: Rules
5 First Read: 18-JAN-18

1
2 ENROLLED, House Joint Resolution,
3 RECOGNIZING MARCH 2018 AS SELF-CARE AWARENESS MONTH.
4

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

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

17 WHEREAS, OTC medicines are either developed as new
18 nonprescription medicines or switched from existing
19 prescription medicines; and

20 WHEREAS, OTC nonprescription medicines are self-care
21 products that consumers purchase in pharmacies, supermarkets,
22 retail stores, and online; and

23 WHEREAS, every dollar spent on over-the-counter
24 medicines saves the United States health care system 6 to 7

1 dollars each year totalling \$102 billion in annual savings; and

2 WHEREAS, nonprescription medicines help to ease the
3 burden on health care practitioners, eliminating unnecessary
4 medical examinations that could be avoided with appropriate
5 self-care; and

6 WHEREAS, Alabama benefits when its citizens practice
7 appropriate self-care, do not unnecessarily visit health care
8 practitioners, and are empowered by higher self-esteem,
9 improved health, and reduced use of health care services; and

10 WHEREAS, Alabama encourages its citizens to take
11 advantage of self-care's potential to improve personal and
12 public health, save personal and public treasury, and
13 strengthen the sustainability of Alabama's health care system;
14 and

15 WHEREAS, achieving self-care's potential is a shared
16 opportunity for consumers, health care practitioners,
17 policymakers, and regulators; now therefore,

18 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH
19 HOUSES THEREOF CONCURRING, That we recognize the importance of
20 improving awareness of self-care and the value it represents
21 to the citizens of Alabama and support increased consumer
22 empowerment through the development of new nonprescription
23 medicines and the appropriate switch of certain prescription
24 medicines to nonprescription.

1 BE IT FURTHER RESOLVED, That we acknowledge
2 over-the-counter medicines can greatly improve and reduce
3 costs to the public health system.

4 RESOLVED FURTHER, That we encourage consumers,
5 health care practitioners, policymakers, and regulators to
6 communicate the benefits of self-care and recognize March 2018
7 as Self-Care Awareness Month in Alabama.

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17

Speaker of the House of Representatives

President and Presiding Officer of the Senate

House of Representatives

I hereby certify that the within Act originated in
and was adopted by the House 23-JAN-18.

Jeff Woodard
Clerk

Senate

13-FEB-18

Adopted