

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

8 RECOGNIZING MARCH 2018 AS SELF-CARE AWARENESS MONTH.  
9

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

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

22 WHEREAS, OTC medicines are either developed as new  
23 nonprescription medicines or switched from existing  
24 prescription medicines; and

25 WHEREAS, OTC nonprescription medicines are self-care  
26 products that consumers purchase in pharmacies, supermarkets,  
27 retail stores, and online; and

1           WHEREAS, every dollar spent on over-the-counter  
2 medicines saves the United States health care system 6 to 7  
3 dollars each year totalling \$102 billion in annual savings;  
4 and

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

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

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

18           WHEREAS, achieving self-care's potential is a shared  
19 opportunity for consumers, health care practitioners,  
20 policymakers, and regulators; now therefore,

21           BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH  
22 HOUSES THEREOF CONCURRING, That we recognize the importance of  
23 improving awareness of self-care and the value it represents  
24 to the citizens of Alabama and support increased consumer  
25 empowerment through the development of new nonprescription  
26 medicines and the appropriate switch of certain prescription  
27 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.