

1 HJR55
2 173893-1
3 By Representative Johnson (R)
4 RFD: Rules
5 First Read: 17-FEB-16

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8 RECOGNIZING MARCH 2016 AS SELF-CARE AWARENESS MONTH.
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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

1 WHEREAS, OTC nonprescription medicines are self-care
2 products that consumers purchase in pharmacies, supermarkets,
3 retail stores, and online; and

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

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

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

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

21 WHEREAS, achieving self-care's potential is a shared
22 opportunity for consumers, health care practitioners,
23 policymakers, and regulators; now therefore,

24 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH
25 HOUSES THEREOF CONCURRING, That we recognize the importance of
26 improving awareness of self-care and the value it represents

1 to the citizens of Alabama and support increased consumer
2 empowerment through the development of new nonprescription
3 medicines and the appropriate switch of certain prescription
4 medicines to nonprescription.

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

8 RESOLVED FURTHER, That we encourage consumers,
9 health care practitioners, policymakers, and regulators to
10 communicate the benefits of self-care and recognize March 2016
11 as Self-Care Awareness Month in Alabama.