

1 HJR4

2 181632-1

3 By Representative Johnson (R)

4 RFD: Rules

5 First Read: 07-FEB-17

8 RECOGNIZING FEBRUARY 2017 AS SELF-CARE AWARENESS  
9 MONTH.

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

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

23 WHEREAS, OTC medicines are either developed as new  
24 nonprescription medicines or switched from existing  
25 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  
27 to the citizens of Alabama and support increased consumer

1 empowerment through the development of new nonprescription  
2 medicines and the appropriate switch of certain prescription  
3 medicines to nonprescription.

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

7 RESOLVED FURTHER, That we encourage consumers,  
8 health care practitioners, policymakers, and regulators to  
9 communicate the benefits of self-care and recognize February  
10 2017 as Self-Care Awareness Month in Alabama.