

## House Resolution 111

By: Representatives Cooper of the 43<sup>rd</sup>, Jasperse of the 11<sup>th</sup>, Silcox of the 52<sup>nd</sup>, Paris of the 142<sup>nd</sup>, and Newton of the 123<sup>rd</sup>

## A RESOLUTION

- 1 Recognizing February, 2017, as Self-Care Month; and for other purposes.
- 2 WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene  
3 practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for  
4 signs and symptoms of changes in health, knowing when to consult a health care practitioner,  
5 and knowing when it is appropriate to self-treat conditions; and
- 6 WHEREAS, the United States Food and Drug Administration deems over-the-counter  
7 medicines safe and effective for the self-care treatment of minor, acute, and chronic health  
8 conditions and symptoms such as pain, the common cold, allergies, and other conditions that  
9 impact large segments of the population; and
- 10 WHEREAS, over-the-counter medicines are either developed as new nonprescription  
11 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 States health  
15 care system \$6-7 each year, totaling \$102 billion in annual savings; and
- 16 WHEREAS, nonprescription medicines help to ease the burden on health care practitioners,  
17 eliminating unnecessary medical examinations that could be avoided with appropriate  
18 self-care; and
- 19 WHEREAS, Georgia benefits when its citizens practice appropriate self-care; do not  
20 unnecessarily visit health care practitioners; and are empowered by higher self-esteem,  
21 improved health, and reduced use of health care services; and

22 WHEREAS, Georgia encourages its citizens to take advantage of self-care's potential to  
23 improve personal and public health, save personal and public treasury, and strengthen the  
24 sustainability of Georgia's health care system; and

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

27 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
28 the members of this body recognize February, 2017, as Self-Care Month, recognize the  
29 importance of improving awareness of self-care and the value it represents to the citizens of  
30 Georgia, support increased consumer empowerment through the development of new  
31 nonprescription medicines and the appropriate switch of certain prescription medicines to  
32 nonprescription, acknowledge that over-the-counter medicines can greatly improve and  
33 reduce costs to the public health system, and encourage consumers, health care practitioners,  
34 policymakers, and regulators to communicate the benefits of self-care.

35 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
36 and directed to make appropriate copies of this resolution available for distribution to the  
37 public and the press.