

## Senate Resolution 63

By: Senators Watson of the 1st, Burke of the 11th, Walker III of the 20th, Kirk of the 13th, Hufstetler of the 52nd and others

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

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