

1 HJR23  
2 197484-2  
3 By Representative Johnson  
4 RFD: Rules  
5 First Read: 19-MAR-19

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8 RECOGNIZING APRIL 2019 AS SELF-CARE AWARENESS MONTH.

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10 WHEREAS, the observance of Self-Care Awareness Month  
11 in April 2019 reminds citizens to pay attention to their  
12 health; and

13 WHEREAS, self-care is a lifelong daily habit of  
14 healthy lifestyle choices that encompasses good hygiene  
15 practices, awareness of bodily changes, a healthy diet,  
16 regular exercise, symptom monitoring, and the prevention of  
17 infection and illness; self-care requires knowing when it is  
18 appropriate to self-treat conditions and when to seek  
19 professional assistance from a health care practitioner; and

20 WHEREAS, consumers today have access to a wide range  
21 of over-the-counter (OTC) medications, which may have been  
22 developed as such or which may have previously required a  
23 prescription; the United States Food and Drug Administration  
24 permits the sale of OTC medicine for the treatment of pain and  
25 minor health conditions, including colds and allergies;  
26 according to a Booz and Company study, every dollar spent on

1 these medicines saved the health care system as much as \$7.00  
2 resulting in a \$102 billion annual savings; and

3 WHEREAS, self-care can reduce unnecessary visits to  
4 health care practitioners, saving consumers and government  
5 money while allowing doctors and nurses to spend more time  
6 with patients who require their special expertise; and

7 WHEREAS, Alabama benefits when its citizens practice  
8 appropriate self-care, and the citizens are empowered by  
9 higher self-esteem, improved health, and reduced use of health  
10 care services; now therefore,

11 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH  
12 HOUSES THEREOF CONCURRING, That we encourage consumers, health  
13 care practitioners, policymakers, and regulators to  
14 communicate the benefits of self-care and recognize April 2019  
15 as Self-Care Awareness Month in Alabama.