

## House Resolution 606

By: Representatives Cooper of the 43<sup>rd</sup>, Smith of the 70<sup>th</sup>, Jones of the 53<sup>rd</sup>, Tankersley of the 160<sup>th</sup>, and Taylor of the 173<sup>rd</sup>

## A RESOLUTION

1 Recognizing February 2022 as Self-Care Awareness Month; and for other purposes.

2 WHEREAS, self-care is the lifelong daily habit of healthy choices for overall wellness,  
3 including good hygiene practices; healthy diet; regular exercise; personal healthcare for  
4 prevention, diagnosis, and treatment; management of infections, injuries, and illness; as well  
5 as knowing when to seek assistance from health care professionals; and

6 WHEREAS, self-care is a cornerstone of helping reduce the overall cost of health care in  
7 Georgia and the country; and

8 WHEREAS, self-care includes making responsible use of over-the-counter and prescription  
9 medications, dietary supplements, and medical devices; and

10 WHEREAS, the United States Food and Drug Administration deems over-the-counter  
11 medicine safe and effective for the self-care treatment of minor acute and chronic health  
12 conditions and symptoms such as pain, the common cold, and allergies, which impact large  
13 segments of the population; and

14 WHEREAS, according to an Information Resources Inc. study, every dollar spent on  
15 over-the-counter medicines saves more than \$7 for the health care system, resulting in more  
16 than \$146 billion in annual savings; and

17 WHEREAS, over-the-counter medical devices like bandages, menstrual products, face  
18 masks, and at-home test kits used for the purposes of prevention, testing, and treatment are  
19 well-accepted cost saving elements of the health care system; and

20 WHEREAS, consumption of vitamin and mineral supplements can fill critical nutrient gaps,  
21 particularly for lower income families that may experience food insecurities in Georgia; and

22 WHEREAS, Georgia benefits when its citizens practice appropriate self-care; do not make  
23 unnecessary visits to health care professionals that could place additional burden on the  
24 health care system; and are empowered by higher self-esteem, improved health, and overall  
25 wellness; and

26 WHEREAS, the availability of self-care can help improve personal and public health, save  
27 personal and public treasury, and strengthen the sustainability of the broader health care  
28 system; and

29 WHEREAS, exemptions for the over-the-counter medicines, dietary supplements, and  
30 consumer medical devices from sales taxes benefit Georgia residents because when  
31 affordability of consumer healthcare products increases, more people will seek treatment for  
32 their ailments before they become more serious.

33 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
34 the members of this body encourage consumers, health care practitioners, policymakers, and

35 regulators to communicate the benefits of self-care by recognizing February 2022 as  
36 Self-Care Awareness Month.

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