

HOUSE RESOLUTION No. 6035

A RESOLUTION designating February 2016 as Self-Care Month.

WHEREAS, Self-care is a lifelong daily habit of making healthy lifestyle choices, practicing good hygiene, preventing infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner and knowing when it is appropriate to self-treat conditions; and

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

WHEREAS, Over-the-counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

WHEREAS, Over-the-counter medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores and online; and

WHEREAS, Every dollar spent on over-the-counter medicines saves the United States healthcare system six to seven dollars each year — totaling \$102 billion in annual savings; and

WHEREAS, Over-the-counter medicines help to ease the burden on healthcare practitioners, eliminating unnecessary medical examinations which could be avoided with appropriate self-care; and

WHEREAS, Kansas benefits when its citizens practice appropriate self-care, do not unnecessarily visit healthcare practitioners and are subsequently empowered by higher self-esteem, improved health and a reduced reliance on health services; and

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

WHEREAS, Achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers and regulators: Now, therefore,

Be it resolved by the House of Representatives of the State of Kansas: That we recognize the importance of improving awareness of self-care and the value it represents to the citizens of Kansas; support increased consumer empowerment through the development of new over-the-counter medicines and the appropriate switch of certain prescription medicines to nonprescription; acknowledge that over-the-counter medicines can greatly improve and reduce costs to the public health system; encourage consumers, healthcare practitioners, policymakers and regulators to communicate the benefits of self-care; and designate February 2016 as Self-Care Month in Kansas.

House Resolution No. 6035 was sponsored by Representative Daniel Hawkins.

I hereby certify that the above RESOLUTION originated in the HOUSE, and was adopted by that body

Speaker of the House.

Chief Clerk of the House.