

2017 First Extraordinary Session

HOUSE RESOLUTION NO. 7

BY REPRESENTATIVE MORENO

SPECIAL DAY/WEEK/MONTH: Recognizes February 2017 as Self-Care Month in Louisiana

1 A RESOLUTION

2 To recognize February 2017 as Self-Care Month in Louisiana.

3 WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good
4 hygiene practices, prevention of infection and illness, monitoring for signs and symptoms
5 of changes in health, knowing when to consult a healthcare practitioner, and knowing when
6 it is appropriate to self-treat conditions; and

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

11 WHEREAS, over-the-counter medicines are either developed as new nonprescription
12 medicines or converted from prescription medicines; and

13 WHEREAS, nonprescription medicines are self-care products that consumers
14 purchase in pharmacies, supermarkets, retail stores, and online; and

15 WHEREAS, for each dollar spent on over-the-counter medicines, the United States
16 healthcare system saves between six and seven dollars, according to a report by Booz & Co.
17 and the Consumer Health Products Association, and this savings totals \$102 billion annually;
18 and

19 WHEREAS, nonprescription medicines help to ease the burden on healthcare
20 practitioners, eliminating medical examinations that could be avoided with appropriate
21 self-care; and

1 WHEREAS, the state of Louisiana benefits when its citizens practice appropriate
2 self-care, do not unnecessarily visit healthcare practitioners, and are empowered by higher
3 self-esteem, improved health, and reduced use of healthcare services; and

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

7 WHEREAS, achieving the potential of self-care is a shared opportunity for
8 consumers, healthcare practitioners, policymakers, and regulators.

9 THEREFORE, BE IT RESOLVED that the Louisiana House of Representatives does
10 hereby recognize the importance of improving awareness of self-care and the value it
11 represents to the citizens of Louisiana; does hereby support increased consumer
12 empowerment through the development of new nonprescription medicines and the
13 appropriate conversion of certain prescription medicines to nonprescription; does hereby
14 acknowledge that over-the-counter medicines can greatly improve and reduce costs to the
15 public health system; does hereby encourage consumers, healthcare practitioners,
16 policymakers, and regulators to communicate the benefits of self-care; and does hereby
17 recognize February 2017 as Self-Care Month in the state of Louisiana.

DIGEST

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