
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 423 Session of
2014

INTRODUCED BY SMITH, KITCHEN, STACK, FONTANA, GREENLEAF,
WASHINGTON, ERICKSON, TEPLITZ AND PILEGGI, JUNE 30, 2014

INTRODUCED AND ADOPTED, JUNE 30, 2014

A RESOLUTION

1 Recognizing July 24, 2014, as "International Self-Care Day."

2 WHEREAS, Chronic diseases impose great costs on the United
3 States in terms of human capital, medical expenditures and
4 economic productivity; and

5 WHEREAS, Chronic diseases are the leading cause of disability
6 and death in the United States, accounting for seven out of ten
7 deaths in the country; and

8 WHEREAS, Approximately 25% of people with chronic diseases
9 have some limitation on activities of daily living and may be
10 restricted from working or attending school; and

11 WHEREAS, Chronic diseases account for \$3 out of every \$4
12 spent on health care in the United States; and

13 WHEREAS, Heart disease and stroke cost the health care system
14 \$432 billion annually, diabetes costs \$174 billion, lung disease
15 \$154 billion and Alzheimer's disease \$148 billion; and

16 WHEREAS, The adoption of proactive health behaviors and
17 lifestyles by individuals will materially reduce the burden of

1 chronic diseases on the United States; and

2 WHEREAS, It is not possible to meet the enormous challenges
3 presented by chronic disease, the aging of the population and
4 other demographic changes without engaging people to be active
5 participants in maintaining their health and well-being; and

6 WHEREAS, The human and economic costs of chronic disease can
7 be reduced, better health overall achieved and many diseases
8 prevented or delayed by self-care by the simple actions that
9 people can take for themselves and their families to stay
10 healthy, treat minor illnesses and prevent or manage long-term
11 conditions; and

12 WHEREAS, Self-care is a lifelong habit and culture that
13 entails daily healthy lifestyle choices, good hygiene practices
14 to prevent infection and illness, avoiding unhealthy and risky
15 actions, monitoring for signs and symptoms of any change in
16 one's health, taking care of minor ailments and knowing when to
17 consult a doctor, pharmacist or other health professional; and

18 WHEREAS, Consumers need greater access to tools that enable
19 better self-care, including those that improve health literacy,
20 promote better nutrition and overall wellness, facilitate
21 greater physical activity and prevent and manage chronic
22 diseases; and

23 WHEREAS, Over-the-counter medicine, known as self-care
24 medicine in other regions of the world, represent some of the
25 most critically important self-care tools by helping consumers
26 improve wellness, treat everyday ailments and prevent chronic
27 diseases; and

28 WHEREAS, Every dollar spent on over-the-counter medicine
29 saves the United States health care system \$6 to \$7 dollars each
30 year, adding up to \$102 billion in annual savings relative to

1 other treatment alternatives; and

2 WHEREAS, Self-care and responsible use of over-the-counter
3 medicine can help ease the burden on medical professionals by
4 avoiding unnecessary doctor appointments; and

5 WHEREAS, Self-care empowers patients with higher self-esteem,
6 improves wellness and reduces the use of health care services;
7 and

8 WHEREAS, Individuals in the United States have not
9 sufficiently taken advantage of self-care's potential to improve
10 health, reduce the burden of chronic disease and strengthen the
11 sustainability of the nation's health care system; and

12 WHEREAS, Achieving self-care's potential is a shared
13 responsibility of consumers, policymakers, regulators and health
14 care professionals; therefore be it

15 RESOLVED, That the Senate recognize July 24, 2014, as
16 "International Self-Care Day" and the importance of improving
17 awareness of self-care and the value it represents to all
18 Americans; and be it further

19 RESOLVED, That the Senate encourage all patients, government
20 officials, health care professionals, manufacturers, providers
21 of medical products and the media to use International Self-Care
22 Day to highlight the benefits of self-care; and be it further

23 RESOLVED, That the Senate acknowledge that International
24 Self-Care Day is recognized by health care organizations and
25 stakeholders around the world.