

First Regular Session
Seventieth General Assembly
STATE OF COLORADO

ENGROSSED

LLS NO. R15-0906.01 Darren Thornberry x4143

SJR15-010

SENATE SPONSORSHIP

Martinez Humenik,

HOUSE SPONSORSHIP

Melton,

Senate Committees

House Committees

SENATE JOINT RESOLUTION 15-010

101 CONCERNING THE IMPORTANCE OF SELF-CARE, AND, IN CONNECTION
102 THEREWITH, DECLARING FEBRUARY 2015 AS "SELF-CARE
103 MONTH".

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

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

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.
Capital letters indicate new material to be added to existing statute.
Dashes through the words indicate deletions from existing statute.

SENATE
Final Reading
February 27, 2015

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

4 WHEREAS, Over-the-counter nonprescription medicines are
5 self-care products that consumers purchase in pharmacies, supermarkets,
6 and other retail stores and on line; and

7 WHEREAS, Every dollar spent on over-the-counter medicines
8 saves the United States health care system \$6 to \$7, totaling \$102 billion
9 in annual savings; and

10 WHEREAS, Nonprescription medicines help to ease the burden
11 on health care practitioners, eliminating unnecessary medical
12 examinations with appropriate self-care; and

13 WHEREAS, Colorado benefits when its citizens practice
14 appropriate self-care; do not unnecessarily visit health care practitioners;
15 are empowered by higher self-esteem and improved health; and reduce
16 use of Colorado's health care system; and

17 WHEREAS, Colorado encourages its citizens to take advantage of
18 the potential of self-care to improve personal and public health, save
19 money for individuals and society, and strengthen the sustainability of
20 Colorado's health care system; and

21 WHEREAS, Achieving the full potential of self-care is a shared
22 opportunity for consumers, health care practitioners, policymakers, and
23 regulators; now, therefore,

24 *Be It Resolved by the Senate of the Seventieth General Assembly*
25 *of the State of Colorado, the House of Representatives concurring herein:*

26 That we, the members of the General Assembly:
27 ! Recognize the importance of improving awareness of
28 self-care and the value it represents to the citizens of
29 Colorado;
30 ! Support increased consumer empowerment through the
31 development of new nonprescription medicines and the
32 appropriate switching of certain prescription medicines to
33 nonprescription;

- 1 !
 - 2 !
 - 3 !
 - 4 !
 - 5 !
 - 6 !
- Acknowledge that over-the-counter medicines can greatly improve health and reduce costs to the public health system; and
- Encourage consumers, health care practitioners, policymakers, and regulators to communicate the benefits of self-care.