



SENATE JOINT RESOLUTION 15-010

BY SENATOR(S) Martinez Humenik, Baumgardner, Carroll, Crowder, Grantham, Heath, Kefalas, Kerr, Lundberg, Merrifield, Neville T., Scheffel, Scott, Todd, Woods;

also REPRESENTATIVE(S) Melton, Arndt, Becker J., Becker K., Brown, Buck, Buckner, Carver, Conti, Coram, Court, Danielson, DelGrosso, Dore, Duran, Esgar, Everett, Fields, Foote, Garnett, Ginal, Hamner, Humphrey, Kagan, Keyser, Klingenschmitt, Kraft-Tharp, Landgraf, Lawrence, Lebsack, Lee, Lontine, Lundeen, McCann, Mitsch Bush, Moreno, Navarro, Neville P., Nordberg, Pabon, Pettersen, Primavera, Priola, Rankin, Ransom, Rosenthal, Roupe, Ryden, Saine, Salazar, Sias, Singer, Tate, Thurlow, Tyler, Van Winkle, Vigil, Willett, Williams, Wilson, Windholz, Winter, Young, Hullinghorst.

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

WHEREAS, Self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a health care 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 nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, and other retail stores and on line; and

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

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

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

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

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

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

That we, the members of the General Assembly:

- ! Recognize the importance of improving awareness of self-care and the value it represents to the citizens of Colorado;
- ! Support increased consumer empowerment through the development of new nonprescription medicines and the appropriate switching of certain prescription medicines to nonprescription;
- ! 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.

Bill L. Cadman
PRESIDENT OF
THE SENATE

Dickey Lee Hullinghorst
SPEAKER OF THE HOUSE
OF REPRESENTATIVES

Cindi L. Markwell
SECRETARY OF
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