

**First Regular Session
Seventieth General Assembly
STATE OF COLORADO**

INTRODUCED

LLS NO. R15-0906.01 Darren Thornberry x4143

SJR15-010

SENATE SPONSORSHIP

Martinez Humenik,

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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.

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.