

2017 First Extraordinary Session

HOUSE RESOLUTION NO. 7

BY REPRESENTATIVE MORENO

A RESOLUTION

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

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare 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 converted from prescription medicines; and

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

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

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

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

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

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

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

SPEAKER OF THE HOUSE OF REPRESENTATIVES