

2018 First Extraordinary Session

HOUSE RESOLUTION NO. 5

BY REPRESENTATIVE MORENO

SPECIAL DAY/WEEK/MONTH: Recognizes February 2018 as Self-Care Month in Louisiana

1 A RESOLUTION

2 To recognize February 2018 as Self-Care Month in Louisiana.

3 WHEREAS, self-care involves the lifelong cultivation of daily habits for healthy  
4 living and includes healthy lifestyle choices, good hygiene practices, nutritious diet, regular  
5 exercise, prevention of infection and illness, the avoidance of unhealthy choices, continuous  
6 monitoring for signs and symptoms of changes in health, knowledge of when to consult a  
7 healthcare practitioner, and knowledge of when it is appropriate to self-treat symptoms and  
8 conditions; and

9 WHEREAS, self-care includes making responsible use of all medications, both  
10 prescription and over-the-counter; and

11 WHEREAS, the United States Food and Drug Administration deems over-the-  
12 counter medicines to be safe and effective for the treatment of minor acute and chronic  
13 health symptoms such as pain, the common cold, allergies, and other conditions; and

14 WHEREAS, over-the-counter medicines are either developed as new nonprescription  
15 medicines or are switched from existing prescription medicines; and

16 WHEREAS, over-the-counter medicines are self-care products that consumers  
17 purchase in pharmacies, supermarkets, and retail stores and from online vendors; and

18 WHEREAS, every dollar spent on over-the-counter medicines saves the United  
19 States healthcare system six to seven dollars, totaling 102 billion dollars in annual savings;  
20 and

1           WHEREAS, over-the-counter medicines eliminate unnecessary medical  
2 examinations, thus helping to ease the burden on healthcare practitioners; and

3           WHEREAS, increased practices of self-care can improve personal and public health,  
4 save money, and strengthen the broader healthcare system; and

5           WHEREAS, Louisiana benefits when its citizens practice appropriate self-care; and

6           WHEREAS, achieving self-care's potential represents a shared opportunity for  
7 consumers, healthcare practitioners, policymakers, and regulators.

8           THEREFORE, BE IT RESOLVED that the House of Representatives of the  
9 Legislature of Louisiana does hereby recognize February 2018 as self-care month in the state  
10 of Louisiana; does hereby recognize the importance of improving awareness of self-care  
11 among the citizens of Louisiana; and does hereby support increased consumer empowerment  
12 through the development of new over-the-counter medicines and the increased use of non-  
13 prescription medicines in appropriate circumstances.

14           BE IT FURTHER RESOLVED that the House of Representatives hereby encourages  
15 consumers, healthcare practitioners, policymakers, and regulators to communicate the  
16 benefits of self-care to the citizens of the state of Louisiana.

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#### DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

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