

By: Representative Pilkington

## HOUSE RESOLUTION

RECOGNIZING FEBRUARY 2018 AS SELF-CARE MONTH.

### Subtitle

RECOGNIZING FEBRUARY 2018 AS SELF-CARE  
MONTH.

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices and includes practicing good hygiene, taking steps to prevent infection and illness, monitoring one's 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 reviews over-the-counter medications and determines their safe and effective use for the self-care treatment of minor acute and chronic health conditions, pain relief, the common cold, allergies, and other conditions that impact large segments of the population; and

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

WHEREAS, over-the-counter nonprescription medications are self-care products that consumers purchase in pharmacies, supermarkets, retail stores, and online; and



WHEREAS, every dollar spent on over-the-counter medications saves the United States healthcare system six dollars (\$6.00) to seven dollars (\$7.00), totaling one hundred two billion dollars (\$102,000,000,000) in annual savings; and

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

WHEREAS, the State of Arkansas 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, the State of Arkansas encourages its citizens to take advantage of self-care to improve personal and public health and to strengthen the sustainability of the State of Arkansas's healthcare system; and

WHEREAS, achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers, and regulators,

NOW THEREFORE,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-FIRST GENERAL ASSEMBLY OF THE STATE OF ARKANSAS:

THAT the House of Representatives recognize the importance of improving awareness of self-care and the value it represents to the citizens of the State of Arkansas; support increased consumer empowerment through the development of new nonprescription medications and the appropriate switch of certain prescription medications to nonprescription; acknowledge that over-the-counter medications can greatly improve and reduce costs to the public healthcare system; encourage consumers, healthcare practitioners, policymakers, and regulators to communicate the benefits of self-care; and recognize February 2018 as Self-Care Month in Arkansas.