

Reps. Callton, LaVoy and Pagan offered the following resolution:

**House Resolution No. 219.**

A resolution to declare February 2016 as Self-Care Month in the state of Michigan.

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 healthcare practitioner and knowing when it is appropriate to self-treat conditions; and

Whereas, The United States Food and Drug Administration deems OTC 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, retail stores, and online; and

Whereas, Every dollar spent on over-the-counter medicines saves the United States healthcare system \$6-7 dollars each year totaling \$102 billion in annual savings; and

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

Whereas, Michigan 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 health care services; and

Whereas, Michigan 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 the Michigan's health care 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, That the members of this legislative body declare February 2016 as Self-Care Month in the state of Michigan; and be it further

Resolved, That we recognize the importance of improving awareness of self-care and the value it represents to the people of the state of Michigan, support increased consumer empowerment through the development of new nonprescription medicines and the appropriate switch of certain prescription medicines to nonprescription, acknowledge that over-the-counter medicines can greatly improve and reduce costs to the public health system, and encourage consumers, healthcare practitioners, policymakers, and regulators to communicate the benefits of self-care.