

## SENATE RESOLUTION NO.109

Senators Wojno, Outman, Brinks, VanderWall, Bullock and Chang offered the following resolution:

1           A resolution to recognize February 2022 as Self-Care Month.

2           Whereas, Self-care is the lifelong daily habit of healthy  
3 choices for overall wellness, including good hygiene practices,  
4 healthy diet, regular exercise, and personal healthcare for the  
5 prevention, diagnosis, treatment, and management of infections,  
6 injuries, and illness, as well as knowing when to seek assistance  
7 from healthcare professionals; and

8           Whereas, The cornerstone of helping to reduce the overall cost  
9 of healthcare in Michigan and the country is self-care; and

10          Whereas, Self-care includes making responsible use of over-  
11 the-counter or prescription medications, dietary supplements, and

1 medical devices; and

2       Whereas, The United States Food and Drug Administration (FDA)  
3 deems over-the-counter medicine safe and effective for the self-  
4 care treatment of minor acute and chronic health conditions and  
5 symptoms such as pain, the common cold, and allergies which impact  
6 large segments of the population; and

7       Whereas, According to an Information Resources, Inc. (IRI)  
8 study, every dollar spent on over-the-counter medicines saves more  
9 than \$7 for the healthcare system, resulting in more than \$146  
10 billion in annual savings; and

11       Whereas, Over-the-counter medical devices like bandages,  
12 menstrual products, face masks, and at-home test kits, used for the  
13 purposes of prevention, testing, and treatment are well accepted,  
14 cost saving elements of the healthcare system; and

15       Whereas, Consumption of vitamin and mineral supplements can  
16 also fill critical nutrient gaps, particularly for lower income  
17 families that may experience food insecurities; and

18       Whereas, Michigan benefits when its citizens practice  
19 appropriate self-care, do not make unnecessary visits to healthcare  
20 professionals, which reduce the burden on the healthcare system,  
21 and are empowered by higher self-esteem, improved health, and  
22 overall wellness; and

23       Whereas, Availability of self-care can help improve personal  
24 and public health, save personal and public treasury, and  
25 strengthen the sustainability of the broader healthcare system; and

26       Whereas, Sales tax exemptions for over-the-counter medicines,  
27 dietary supplements, and consumer medical devices benefit  
28 residents; and

29       Whereas, When affordability of consumer healthcare products

1   increase, more people will seek treatment for their ailments before  
2   they become more serious; now, therefore, be it

3           Resolved by the Senate, That members of this legislative body  
4   recognize February 2022 as Self-Care Month; and be it further

5           Resolved, That we encourage consumers, healthcare  
6   practitioners, policymakers, and regulators to communicate the  
7   benefits of self-care.