

HOUSE RESOLUTION No. 6019

A RESOLUTION designating March 2015 as Self-Care Month.

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 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 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 six to seven dollars each year — totaling \$102 billion in annual savings: Now, therefore,

*Be it resolved by the House of Representatives of the State of Kansas:* That we designate March 2015 as Self-Care Month in order to improve awareness of self-care and the value it represents to the citizens of Kansas; and

*Be it further resolved:* That we support increased consumer empowerment through the development of new nonprescription medicines and the appropriate switch of certain prescription medicines to nonprescription medicines; and

*Be it further resolved:* That we acknowledge that over-the-counter medicines can greatly improve and reduce costs to the public health system.

House Resolution No. 6019 was sponsored by Representative Scott Schwab.

I hereby certify that the above RESOLUTION originated in the HOUSE, and was adopted by that body

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*Speaker of the House.*

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*Chief Clerk of the House.*