

2018 First Extraordinary Session

HOUSE RESOLUTION NO. 5

BY REPRESENTATIVE MORENO

A RESOLUTION

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

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

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

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

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

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

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

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

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

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

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

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

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

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SPEAKER OF THE HOUSE OF REPRESENTATIVES