

STATE OF MAINE

—
**IN THE YEAR OF OUR LORD
TWO THOUSAND AND FIFTEEN**
—

JOINT RESOLUTION RECOGNIZING FEBRUARY 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 and knowing when to consult a health care practitioner and knowing when it is appropriate to self-treat conditions; and

WHEREAS, the United States Food and Drug Administration has determined that over-the-counter medicines are 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 affect 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 medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores and online; and

WHEREAS, each dollar spent on over-the-counter medicines saves the United States health care system \$6 to \$7 each year, totaling \$102 billion in annual savings; and

WHEREAS, over-the-counter medicines help to ease the burden on health care practitioners, eliminating unnecessary medical examinations that could be avoided with appropriate self-care; and

WHEREAS, the State benefits when its citizens practice appropriate self-care and do not unnecessarily visit health care practitioners and are empowered by higher self-esteem, improved health and reduced use of health care services; and

WHEREAS, people of the State are encouraged to take advantage of self-care's potential to improve personal and public health, save personal and public treasury and strengthen the sustainability of our health care system; and

WHEREAS, achieving self-care's potential is a shared opportunity for consumers, health care practitioners, policymakers and regulators; now, therefore, be it

RESOLVED: that We, the Members of the One Hundred and Twenty-seventh Legislature, now assembled in the First Regular Session, on behalf of the people we represent, take this opportunity to recognize February 2015 as Self-care Month in Maine and that we recognize the importance of improving awareness of self-care and the value it represents to the citizens of this State, and that we support increased consumer empowerment through the development of new over-the-counter medicines and the appropriate switch of certain prescription medicines to over-the-counter medicines, we acknowledge that over-the-counter medicines can greatly improve and

reduce costs to the public health system, and we encourage consumers, health care practitioners, policymakers and regulators to communicate the benefits of self-care.