

**Second Regular Session
Seventieth General Assembly
STATE OF COLORADO**

REVISED

LLS NO. R16-1055.01 Melanie Pawlyszyn x2802

SJR16-009

SENATE SPONSORSHIP

Martinez Humenik,

HOUSE SPONSORSHIP

Brown,

Senate Committees

House Committees

SENATE JOINT RESOLUTION 16-009

101 **CONCERNING THE DESIGNATION OF FEBRUARY 2016 AS "SELF-CARE**
102 **MONTH".**

1 WHEREAS, Self-care is a lifelong daily habit of healthy lifestyle
2 choices, good hygiene practices, prevention of infection and illness,
3 avoiding unhealthy choices, monitoring for signs and symptoms of
4 changes in health, knowing when to consult a health care practitioner, and
5 knowing when it is appropriate to self-treat conditions; and

6 WHEREAS, The United States Food and Drug Administration
7 deems over-the-counter medicines safe and effective for the self-care
8 treatment of minor acute and chronic health conditions and symptoms
9 such as pain, the common cold, allergies, and other conditions that impact
10 large segments of the population; and

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.
Capital letters indicate new material to be added to existing statute.
Dashes through the words indicate deletions from existing statute.

HOUSE
Final Reading
February 19, 2016

SENATE
Final Reading
February 19, 2016

1 WHEREAS, Over-the-counter medicines are either developed as
2 new nonprescription medicines or switched from existing prescription
3 medicines; and

4 WHEREAS, Over-the-counter nonprescription medicines are
5 self-care products that consumers purchase in pharmacies, supermarkets,
6 retail stores, and online; and

7 WHEREAS, Every dollar spent on over-the-counter medicines
8 saves the United States health care system about \$6 each year, totaling
9 \$102 billion in annual savings; and

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

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

17 WHEREAS, Colorado encourages its citizens to take advantage of
18 self-care's potential to improve personal and public health, save personal
19 and public treasury, and strengthen the sustainability of the Colorado
20 health care system; and

21 WHEREAS, Achieving self-care's potential is a shared opportunity
22 for consumers, health care practitioners, policymakers, and regulators;
23 now, therefore,

24 *Be It Resolved by the Senate of the Seventieth General Assembly*
25 *of the State of Colorado, the House of Representatives concurring herein:*

26 That we, the General Assembly:

27 (1) Recognize the importance of improving awareness of self-care
28 and the value it represents to the citizens of Colorado;

29 (2) Support increased consumer empowerment through the
30 development of new nonprescription medicines and the appropriate
31 switch of certain prescription medicines to nonprescription;

- 1 (3) Acknowledge that over-the-counter medicines can greatly
2 reduce costs to the public health system;
- 3 (4) Encourage consumers, health care practitioners, policymakers,
4 and regulators to communicate the benefits of self-care; and
- 5 (5) Recognize February 2016 as self-care month in Colorado.