

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

INTRODUCED

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.*

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.