

**First Regular Session
Seventy-first General Assembly
STATE OF COLORADO**

INTRODUCED

LLS NO. R17-1222.01 Rebecca Hausmann x2172

HJR17-1033

HOUSE SPONSORSHIP

Winter,

SENATE SPONSORSHIP

(None),

House Committees

Senate Committees

HOUSE JOINT RESOLUTION 17-1033

101 **CONCERNING RECOGNITION OF FEBRUARY 2017 AS SELF-CARE**
102 **MONTH.**

1 WHEREAS, Self-care is a lifelong daily habit of making healthy
2 lifestyle choices, practicing good hygiene, preventing infection and
3 illness, avoiding unhealthy choices, monitoring for signs and symptoms
4 of changes in health, knowing when to consult a health care practitioner,
5 and 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 reclassified 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, Each dollar spent on over-the-counter medicines
8 saves the United States health care system \$6 to 7, providing \$102 billion
9 in value to the U.S. health care system annually; 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 practice self-care
18 to improve personal and public health, save personal finances and
19 conserve public resources, and strengthen the sustainability of the
20 Colorado health care system; and

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

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

26 That the General Assembly:

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

29 (2) Supports increased consumer empowerment through the
30 development of new nonprescription medicines and the appropriate
31 reclassification of certain prescription medicines to over-the-counter;

1 (3) Acknowledges that over-the-counter medicines can greatly
2 reduce costs to the public health system;

3 (4) Encourages consumers, health care practitioners,
4 policymakers, and regulators to communicate the benefits of self-care;
5 and

6 (5) Recognizes February 2017 as Self-care Month in Colorado.