

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

**ENGROSSED**

LLS NO. R16-1055.01 Melanie Pawlyszyn x2802

**SJR16-009**

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**SENATE SPONSORSHIP**

**Martinez Humenik,**

**HOUSE SPONSORSHIP**

**Brown,**

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**Senate Committees**

**House Committees**

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**SENATE JOINT RESOLUTION 16-009**

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

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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.*

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.