



**HOUSE JOINT RESOLUTION 17-1033**

**BY REPRESENTATIVE(S) Winter, Herod, Jackson, Lontine, Michaelson Jenet, Mitsch Bush, Pettersen, Salazar, Duran; also SENATOR(S) Fields, Court, Fenberg, Garcia, Kefalas, Kerr, Martinez Humenik, Merrifield, Todd, Zenzinger.**

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

WHEREAS, Self-care is a lifelong daily habit of making healthy lifestyle choices, practicing good hygiene, preventing infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, 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 deems over-the-counter medicines 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 impact large segments of the population; and

WHEREAS, Over-the-counter medicines are either developed as new, nonprescription medicines or reclassified from existing prescription medicines; and

WHEREAS, Over-the-counter nonprescription 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, providing \$102 billion in value to the U.S. health care system annually; and

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

WHEREAS, Colorado benefits when its citizens practice appropriate self-care, 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, Colorado encourages its citizens to practice self-care to improve personal and public health, save personal finances and conserve public resources, and strengthen the sustainability of the Colorado health care system; and

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

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

That the General Assembly:

- (1) Recognizes the importance of improving awareness of self-care and the value it represents to the citizens of Colorado;
- (2) Supports increased consumer empowerment through the development of new nonprescription medicines and the appropriate reclassification of certain prescription medicines to over-the-counter;
- (3) Acknowledges that over-the-counter medicines can greatly reduce costs to the public health system;

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

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

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Crisanta Duran  
SPEAKER OF THE HOUSE  
OF REPRESENTATIVES

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Kevin J. Grantham  
PRESIDENT OF  
THE SENATE

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Marilyn Eddins  
CHIEF CLERK OF THE HOUSE  
OF REPRESENTATIVES

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Effie Ameen  
SECRETARY OF  
THE SENATE