

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

**ENGROSSED**

LLS NO. R17-1222.01 Rebecca Hausmann x2172

**HJR17-1033**

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**HOUSE SPONSORSHIP**

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**House Committees**

**Senate Committees**

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**HOUSE JOINT RESOLUTION 17-1033**

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

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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.*

HOUSE  
Final Reading  
May 10, 2017

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.