

By: Representative White

To: Rules

HOUSE CONCURRENT RESOLUTION NO. 65

1 A CONCURRENT RESOLUTION RECOGNIZING THE MONTH OF FEBRUARY
2 2016 AS SELF-CARE MONTH.

3 WHEREAS, self-care is a lifelong daily habit of healthy
4 lifestyle choices, good hygiene practices, prevention of infection
5 and illness, avoiding unhealthy choices, monitoring for signs of
6 symptoms of changes in health, knowing when to consult a health
7 care practitioner and knowing when it is appropriate to self-treat
8 conditions; and

9 WHEREAS, the United States Food and Drug Administration deems
10 over-the-counter medicine safe and effective for the self-care
11 treatment of minor acute and chronic health conditions and
12 symptoms such as pain, the common cold, allergies and other
13 conditions that impact large segments of the population; and

14 WHEREAS, over-the-counter medicines are either developed as
15 new nonprescription medicines or switched from existing
16 prescription medicines; and



17 WHEREAS, over-the-counter medicines are self-care products
18 that consumers purchase at pharmacies, supermarkets, retail stores
19 and online; and

20 WHEREAS, every dollar spent on over-the-counter medicines
21 saves the United States health care system six to seven dollars
22 each year totaling \$102 billion in annual savings; and

23 WHEREAS, nonprescription medicines help to ease the burden of
24 health care practitioners, eliminating unnecessary medical
25 examinations that could be avoided with appropriate self-care; and

26 WHEREAS, Mississippi benefits when its citizens practice
27 appropriate self-care, do not unnecessarily visit health care
28 practitioners and are empowered by higher self-esteem, improved
29 health, and reduced use of health care services; and

30 WHEREAS, Mississippi encourages its citizens to take
31 advantage of self-care's potential to improve personal and public
32 health, save personal and public treasury and strengthen the
33 sustainability of the Mississippi health care system; and

34 WHEREAS, it is the policy of this Legislature to recognize
35 self-care's potential as a shared opportunity for consumers,
36 health care practitioners, policymakers and regulators:

37 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
38 REPRESENTATIVES OF THE STATE OF MISSISSIPPI, THE SENATE CONCURRING
39 THEREIN, That we do hereby recognize the importance of improving
40 awareness of self-care and the value it represents to the citizens
41 of Mississippi, acknowledge that over-the-counter medicines can



42 greatly improve and reduce costs of the public health care system
43 and recognize the month of February as self-care month.

44 BE IT FURTHER RESOLVED, That copies of this resolution be
45 furnished to State Health Officer Dr. Mary Currier and to the
46 members of the Capitol Press Corps.

