

By: Senator(s) Fillingane, Simmons (13th),
Barnett, Butler (38th)

To: Rules

SENATE CONCURRENT RESOLUTION NO. 556

1 A CONCURRENT RESOLUTION RECOGNIZING FEBRUARY 2022 AS
2 "SELF-CARE MONTH IN MISSISSIPPI" TO ENCOURAGE CONSUMERS,
3 HEALTHCARE PRACTITIONERS AND REGULATORS TO COMMUNICATE THE
4 BENEFITS OF SELF-CARE.

5 WHEREAS, self-care is the lifelong daily habit of healthy
6 choices for overall wellness, including good hygiene practices,
7 healthy diet, regular exercise and personal health care for
8 prevention, diagnosis, treatment and management of infections,
9 injuries and illness, as well as knowing when to seek assistance
10 from healthcare professionals; and

11 WHEREAS, self-care is a cornerstone of helping to reduce the
12 overall cost of health care in Mississippi and the country; and

13 WHEREAS, self-care includes making responsible use of
14 over-the-counter and prescription medications, dietary supplements
15 and medical devices; and

16 WHEREAS, the United States Food and Drug Administration deems
17 over-the-counter medicine safe and effective for the self-care
18 treatment of minor acute and chronic health conditions and



19 symptoms such as pain, the common cold and allergies, which impact
20 large segments of the population; and

21 WHEREAS, according to an Information Resources, Inc., study,
22 every dollar spent on over-the-counter medicines saves more than
23 \$7.00 for the healthcare system, resulting in more than \$146
24 billion in annual savings; and

25 WHEREAS, over-the-counter medical devices like bandages,
26 feminine hygiene products, face masks and at-home test kits, used
27 for the purposes of prevention, testing and treatment are
28 well-accepted, cost-saving elements of the healthcare system; and

29 WHEREAS, consumption of vitamin and mineral supplements can
30 fill critical nutrient gaps, particularly for lower-income
31 families who may experience food insecurities in Mississippi; and

32 WHEREAS, Mississippi benefits when its citizens practice
33 appropriate self-care, do not make unnecessary visits to
34 healthcare professionals, reducing the burden on the healthcare
35 system and are empowered by higher self-esteem, improved health
36 and overall wellness; and

37 WHEREAS, the availability of self-care can help improve
38 personal and public health, save personal and public funds and
39 strengthen the sustainability of the broader healthcare system;
40 and

41 WHEREAS, exemptions for over-the-counter medicines, dietary
42 supplements, and consumer medical devices from sales taxes,
43 benefit Mississippi residents because when affordability of



44 consumer healthcare products increases, more people will seek
45 treatment for their ailments before they become seriously ill:

46 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE STATE OF
47 MISSISSIPPI, THE HOUSE OF REPRESENTATIVES CONCURRING THEREIN, That
48 we do hereby recognize February 2022 as "Self-Care Month in
49 Mississippi" to encourage consumers, healthcare practitioners and
50 regulators to communicate the benefits of self-care to all
51 citizens in Mississippi.

52 BE IT FURTHER RESOLVED, That this resolution be transmitted
53 to the State Board of Health to disseminate to healthcare
54 practitioners and consumers in our state, as appropriate, and be
55 made available to the Capitol Press Corps.

