

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.

