

2017 SESSION

ENROLLED

HOUSE JOINT RESOLUTION NO. 780

Designating February, in 2018 and in each succeeding year, as Self-Care Month in Virginia.

Agreed to by the House of Delegates, January 31, 2017

Agreed to by the Senate, February 14, 2017

WHEREAS, self-care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, prevention of 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 U.S. 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 switched from existing prescription medicines to provide greater empowerment to consumers; and

WHEREAS, over-the-counter, nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores, and online; and

WHEREAS, every dollar spent on over-the-counter medicines saves the United States health care system between six and seven dollars, totaling \$102 billion in annual savings; 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, Virginia 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, all Virginians are encouraged to take advantage of self-care's potential to improve personal and public health, help save personal and public funds, and strengthen the sustainability of Virginia's health care system; and

WHEREAS, achieving the full potential of self-care is a shared opportunity for consumers, health care practitioners, policy makers, and regulators; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly designate February, in 2018 and in each succeeding year, as Self-Care Month in Virginia; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates transmit a copy of this resolution to the Virginia Board of Medicine so that members of the board may be apprised of the sense of the General Assembly of Virginia in this matter; and, be it

RESOLVED FINALLY, That the Clerk of the House of Delegates post the designation of this month on the General Assembly's website.

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