

SENATE RESOLUTION No. 1714

A RESOLUTION recognizing February 2017 as Self-Care Month.

WHEREAS, Self-care is a lifelong habit of healthy lifestyle choices, good hygiene practices, prevention of infection and illness, monitoring for signs and symptoms of changes to health and knowing when to consult a healthcare practitioner or when it is appropriate to self-treat conditions; and

WHEREAS, The United States Food and Drug Administration deems over-the-counter medicines as safe and effective for self-care treatment of minor, acute and chronic health conditions and symptoms, such as the common cold, allergies and other conditions that impact many Kansans; and

WHEREAS, Over-the-counter medicines are either developed as new non-prescription medicines or switched from existing prescription medicines, and every one dollar spent on over-the-counter medicines saves the United States healthcare system six to seven dollars, totaling \$102 billion in annual savings; and

WHEREAS, Non-prescription medicines help to ease the burden on healthcare practitioners by eliminating unnecessary medical examinations that can be avoided with appropriate self-care; and

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

WHEREAS, Kansas encourages its citizens to take advantage of practicing self-care to improve personal and public health, save personal and public funds and strengthen the sustainability of the Kansas healthcare system; and

WHEREAS, Achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners, policymakers and regulators: Now, therefore,

Be it resolved by the Senate of the State of Kansas:

(1) That we recognize the importance of improving awareness of self-care and the value it represents to the citizens of Kansas;

(2) that we acknowledge that over-the-counter medicines can greatly reduce public health system costs and improve consumer empowerment through the development of new non-prescription medicines and the switch of certain prescription medicines to non-prescription medicines;

(3) that we encourage consumers, healthcare practitioners, policymakers and regulators to communicate the benefits of self-care; and

(4) that we recognize February 2017 as Self-Care Month in the State of Kansas; and

Be it further resolved: That the Secretary of the Senate shall send three enrolled copies of this resolution to Senator Schmidt.

Senate Resolution No. 1714 was sponsored by Senator Vicki Schmidt.

I hereby certify that the above RESOLUTION originated in the SENATE, and was adopted by that body

President of the Senate.

Secretary of the Senate.