

By Senator Grimsley

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Senate Resolution

A resolution recognizing February 2018 as "Self-Care Month" in Florida.

WHEREAS, self-care is a lifelong, daily habit of healthy lifestyle choices, good hygiene practices, following a nutritious diet, regular exercise, 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 includes efforts to prevent infection and illness, and

WHEREAS, self-care includes making responsible use of all medications, both by prescription and over the counter, and

WHEREAS, the United States Food and Drug Administration deems over-the-counter medicines safe and effective for the self-care of minor acute and chronic health conditions and symptoms, such as pain, common colds, 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 were formerly prescription medicines and now are available to consumers without a prescription, and

WHEREAS, over-the-counter 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 \$6 to \$7, totaling \$102 billion in annual savings, and

WHEREAS, over-the-counter medicines help to ease the burden

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30 on health care practitioners, eliminating unnecessary medical  
31 examinations that can be avoided with appropriate self-care, and

32 WHEREAS, the availability of self-care can help improve  
33 personal and public health, save money for individuals and the  
34 government, and strengthen the sustainability of the broader  
35 health care system, and

36 WHEREAS, Florida benefits when residents practice  
37 appropriate self-care, when they do not make unnecessary visits  
38 to health care practitioners, and when they are empowered by  
39 higher self-esteem, improved health, and reduced use of health  
40 care services, and

41 WHEREAS, the achievement of self-care's potential is a  
42 shared opportunity for consumers, health care practitioners,  
43 policymakers, and regulators, NOW, THEREFORE,

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45 Be It Resolved by the Senate of the State of Florida:

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47 That February 2018 is recognized as "Self-Care Month" in  
48 Florida.

49 BE IT FURTHER RESOLVED that the importance of improving  
50 awareness of self-care and the value it represents to the  
51 residents of this state is recognized.

52 BE IT FURTHER RESOLVED that increased consumer empowerment  
53 through the development of new over-the-counter medicines and  
54 the availability of certain formerly prescription medicines as  
55 nonprescription medicines is encouraged.

56 BE IT FURTHER RESOLVED that over-the-counter medicines can  
57 greatly improve health and reduce costs to the public health  
58 system, and consumers, health care practitioners, policymakers,

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59 and regulators are encouraged to communicate the benefits of  
60 self-care.