



SENATE JOINT RESOLUTION 16-009

BY SENATOR(S) Martinez Humenik, Aguilar, Baumgardner, Carroll, Cooke, Crowder, Donovan, Garcia, Grantham, Guzman, Heath, Hill, Hodge, Holbert, Jahn, Johnston, Jones, Kefalas, Kerr, Lambert, Lundberg, Marble, Merrifield, Neville T., Newell, Roberts, Scheffel, Scott, Sonnenberg, Steadman, Tate, Todd, Ulibarri, Woods, Cadman;

also REPRESENTATIVE(S) Brown, Arndt, Becker J., Becker K., Buck, Buckner, Carver, Conti, Coram, Court, Danielson, DelGrosso, Dore, Duran, Esgar, Everett, Fields, Foote, Garnett, Ginal, Hamner, Humphrey, Joshi, Kagan, Klingenschmitt, Kraft-Tharp, Landgraf, Lawrence, Lebsock, Lee, Leonard, Lontine, Lundeen, McCann, Melton, Mitsch Bush, Moreno, Navarro, Neville P., Nordberg, Pabon, Pettersen, Primavera, Priola, Rankin, Ransom, Rosenthal, Roupe, Ryden, Saine, Salazar, Sias, Singer, Thurlow, Tyler, Van Winkle, Vigil, Willett, Wilson, Windholz, Winter, Wist, Young, Hullinghorst.

CONCERNING THE DESIGNATION OF FEBRUARY 2016 AS "SELF-CARE MONTH".

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 United States 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; 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 about \$6 each year, 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, Colorado 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, Colorado encourages its citizens to take advantage of self-care's potential to improve personal and public health, save personal and public treasury, and strengthen the sustainability of the Colorado health care system; and

WHEREAS, Achieving self-care's potential is a shared opportunity for consumers, health care practitioners, policymakers, and regulators; now, therefore,

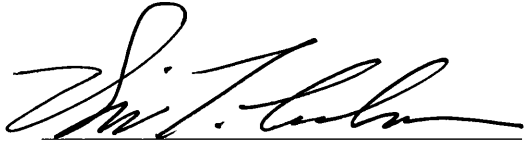
*Be It Resolved by the Senate of the Seventieth General Assembly of the State of Colorado, the House of Representatives concurring herein:*

That we, the General Assembly:

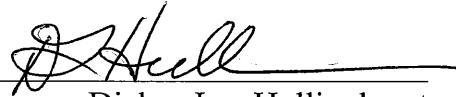
- (1) Recognize the importance of improving awareness of self-care and the value it represents to the citizens of Colorado;
- (2) Support increased consumer empowerment through the development of new nonprescription medicines and the appropriate switch of certain prescription medicines to nonprescription;
- (3) Acknowledge that over-the-counter medicines can greatly reduce costs to the public health system;

(4) Encourage consumers, health care practitioners, policymakers, and regulators to communicate the benefits of self-care; and

(5) Recognize February 2016 as self-care month in Colorado.



Bill L. Cadman  
PRESIDENT OF  
THE SENATE



Dickey Lee Hullinghorst  
SPEAKER OF THE HOUSE  
OF REPRESENTATIVES



Effie Ameen  
SECRETARY OF  
THE SENATE



Marilyn Eddins  
CHIEF CLERK OF THE HOUSE  
OF REPRESENTATIVES