



Introduced Version

**HOUSE CONCURRENT
RESOLUTION No. _____**

DIGEST OF INTRODUCED RESOLUTION

A CONCURRENT RESOLUTION recognizing February
as Self-Care Awareness Month.

Kirchhofer

_____, read first time and referred to Committee on

20192854

2019

HC 1035/DI 133



**HOUSE CONCURRENT
RESOLUTION No. _____**

1 A CONCURRENT RESOLUTION recognizing February
2 as Self-Care Awareness Month.

3 *Whereas, The observance of Self-Care Awareness Month in*
4 *February 2019 reminds citizens to pay attention to their health;*

5 *Whereas, Self-care is a lifelong daily habit of healthy lifestyle*
6 *choices and encompasses good hygiene practices, awareness of*
7 *bodily changes, a healthy diet, regular exercise, symptom*
8 *monitoring, and the prevention of infection and illness;*

9 *Whereas, Self-care requires an individual to recognize when*
10 *it is appropriate to self-treat conditions and when to seek*
11 *professional assistance from a health care practitioner;*

12 *Whereas, Consumers have access to a wide range of*
13 *over-the-counter medications that were originally sold only by*
14 *prescription;*

15 *Whereas, The United States Food and Drug Administration*
16 *states that "[Over-the-counter] medicines offer greater*
17 *opportunity to treat more of the aches and illnesses most likely*
18 *to appear in our later years. As we live longer, work longer,*
19 *and take a more active role in our own health care, the need*
20 *grows to become better informed about self-care.";*

21 *Whereas, A study by Booz & Company and the Consumer*
22 *Healthcare Products Association found that every dollar spent*
23 *on over-the-counter medicines saved the health care system as*
24 *much as \$7, resulting in \$102 billion in annual savings; and*



1 *Whereas, Self-care can reduce unnecessary visits to health*
2 *care practitioners, saving consumers and government money*
3 *while allowing doctors and nurses to spend more time with*
4 *patients who require their special expertise: Therefore,*

5 *Be it resolved by the House of Representatives*
6 *of the General Assembly of the State of Indiana,*
7 *the Senate concurring:*

8 SECTION 1. That the Indiana General Assembly recognizes
9 February as Self-Care Awareness Month.

