

SENATE JOINT RESOLUTION

No. 55

STATE OF NEW JERSEY

221st LEGISLATURE

PRE-FILED FOR INTRODUCTION IN THE 2024 SESSION

Sponsored by:

Senator ANGELA V. MCKNIGHT

District 31 (Hudson)

Co-Sponsored by:

Senator Burgess

SYNOPSIS

Designates July of each year as “Self-Care Awareness Month” in New Jersey.

CURRENT VERSION OF TEXT

As reported by the Senate Health, Human Services and Senior Citizens Committee with technical review.



(Sponsorship Updated As Of: 10/7/2024)

SJR55 MCKNIGHT

2

1 **A JOINT RESOLUTION** designating July of each year as “Self-Care
2 Awareness Month” in New Jersey.

3
4 **WHEREAS**, Self-care is a lifelong daily habit of making healthy
5 lifestyle choices, practicing good hygiene, preventing infection and
6 illness, avoiding unhealthy choices, monitoring for signs and
7 symptoms of changes in health, knowing when to consult a
8 healthcare practitioner, and knowing when it is appropriate to self-
9 treat conditions; and

10 **WHEREAS**, Self-care also involves engaging in activities that promote
11 well-being and reduce stress; and

12 **WHEREAS**, New Jersey benefits when its citizens practice appropriate
13 self-care and are subsequently empowered by higher self-esteem
14 and improved health; and

15 **WHEREAS**, Practicing proper self-care also reduces health care visits
16 and costs; and

17 **WHEREAS**, According to an Information Resources, Inc. study, each
18 dollar spent on over-the-counter medicines saves the healthcare
19 system more than seven dollars, resulting in more than \$146 billion
20 in annual savings; and

21 **WHEREAS**, Over-the-counter medical items such as bandages,
22 menstrual products, face masks, and at-home test kits used for
23 prevention, testing, and treatment result in cost savings for the
24 healthcare system; and

25 **WHEREAS**, Consumption of vitamin and mineral supplements can fill
26 critical nutrient gaps, particularly for lower income families that
27 may experience food insecurity; and

28 **WHEREAS**, New Jersey encourages its citizens to take advantage of the
29 potential of self-care to improve personal and public health, save
30 personal and public monies, and strengthen the sustainability of
31 New Jersey’s health care system; and

32 **WHEREAS**, Achieving the potential of self-care is a shared opportunity
33 for consumers, healthcare practitioners, policymakers, and
34 regulators; and

35 **WHEREAS**, It is altogether fitting and proper for the State of New
36 Jersey to designate the month of July of each year as “Self-Care
37 Awareness Month” in order to raise awareness of the benefits of
38 self-care; now, therefore,

39
40 **BE IT RESOLVED** *by the Senate and General Assembly of the*
41 *State of New Jersey:*

42
43 1. July of each year is designated as “Self-Care Awareness
44 Month.”

45
46 2. The Governor may annually issue a proclamation recognizing
47 July as “Self-Care Awareness Month” and call upon public officials

SJR55 MCKNIGHT

3

- 1 and the residents of the State of New Jersey to observe the month with
- 2 appropriate activities and programs.
- 3
- 4 3. This joint resolution shall take effect immediately.