
THE GENERAL ASSEMBLY OF PENNSYLVANIA

HOUSE RESOLUTION

No. 468 Session of
2019

INTRODUCED BY GAYDOS, BERNSTINE, BIZZARRO, BURNS, CALTAGIRONE,
DIGIROLAMO, HEFFLEY, HILL-EVANS, KINSEY, KORTZ, LONGIETTI,
MILLARD, MURT, NEILSON, OTTEN, PICKETT, PYLE, READSHAW, RYAN,
SHUSTERMAN, SONNEY AND ZIMMERMAN, SEPTEMBER 12, 2019

REFERRED TO COMMITTEE ON HEALTH, SEPTEMBER 12, 2019

A RESOLUTION

1 Designating the month of September 2019 as "Self-Care Awareness
2 Month" in this Commonwealth.

3 WHEREAS, The observance of "Self-Care Awareness Month" in
4 September reminds residents to pay attention to their health;
5 and

6 WHEREAS, Self-care requires an individual to recognize when
7 it is appropriate to self-treat conditions and when to seek
8 professional assistance from a health care practitioner; and

9 WHEREAS, Self-care supports good health and helps develop
10 lifelong healthy lifestyle choices, including good hygiene
11 practices, nutritious diet, regular exercise, prevention of
12 infection and illness, avoiding unhealthy choices and monitoring
13 for signs and symptoms of changes in health; and

14 WHEREAS, Self-care is a cornerstone of helping to reduce the
15 overall cost of health care in this Commonwealth and the
16 country; and

17 WHEREAS, Consumers have access to a wide range of over-the-

1 counter medications which were originally sold only by
2 prescription; and

3 WHEREAS, The United States Food and Drug Administration deems
4 over-the-counter medicine safe and effective for the self-care
5 treatment of minor acute and chronic health conditions and
6 symptoms such as pain, the common cold and allergies, which
7 impact large segments of the population; and

8 WHEREAS, Every dollar spent on over-the-counter medicines
9 saves more than \$7 for the health care system, resulting in more
10 than \$146 billion in annual savings; and

11 WHEREAS, Over-the-counter medical devices used for the
12 purposes of treatment and testing generate additional annual
13 savings of \$8 billion to the health care system; and

14 WHEREAS, Over-the-counter medicines help to ease the burden
15 on health care practitioners, eliminating unnecessary medical
16 examinations which could be avoided with appropriate self-care;
17 and

18 WHEREAS, A reduction in unnecessary visits to health care
19 practitioners allows doctors and nurses to focus more on
20 patients who need their special expertise; therefore be it

21 RESOLVED, That the House of Representatives designate the
22 month of September 2019 as "Self-Care Awareness Month" in this
23 Commonwealth; and be it further

24 RESOLVED, That the House of Representatives recognize the
25 importance of improving awareness of self-care and the value it
26 represents to the residents of this Commonwealth; and be it
27 further

28 RESOLVED, That the House of Representatives acknowledge that
29 over-the-counter medicines and devices can greatly reduce costs
30 to the public health system; and be it further

1 RESOLVED, That the House of Representatives encourage the
2 residents of this Commonwealth to take advantage of the
3 availability of self-care to improve personal and public health,
4 save personal and public treasury and strengthen the
5 sustainability of the health care system in this Commonwealth.