

1 State of Arkansas
2 91st General Assembly
3 Fiscal Session, 2018

HR 1014

4
5 By: Representative Pilkington

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7 **HOUSE RESOLUTION**

8 RECOGNIZING FEBRUARY 2018 AS SELF-CARE MONTH.

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11 **Subtitle**

12 RECOGNIZING FEBRUARY 2018 AS SELF-CARE
13 MONTH.

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17 WHEREAS, self-care is a lifelong daily habit of healthy lifestyle
18 choices and includes practicing good hygiene, taking steps to prevent
19 infection and illness, monitoring one's health, knowing when to consult a
20 healthcare practitioner, and knowing when it is appropriate to self-treat
21 conditions; and

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23 WHEREAS, the United States Food and Drug Administration reviews over-
24 the-counter medications and determines their safe and effective use for the
25 self-care treatment of minor acute and chronic health conditions, pain
26 relief, the common cold, allergies, and other conditions that impact large
27 segments of the population; and

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29 WHEREAS, over-the-counter medications are either developed as new
30 nonprescription medications or switched from existing prescription
31 medications; and

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33 WHEREAS, over-the-counter nonprescription medications are self-care
34 products that consumers purchase in pharmacies, supermarkets, retail stores,
35 and online; and

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1 WHEREAS, every dollar spent on over-the-counter medications saves the
2 United States healthcare system six dollars (\$6.00) to seven dollars (\$7.00),
3 totaling one hundred two billion dollars (\$102,000,000,000) in annual
4 savings; and

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6 WHEREAS, nonprescription medications help to ease the burden on
7 healthcare practitioners, eliminating unnecessary medical examinations that
8 could be avoided with appropriate self-care; and

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10 WHEREAS, the State of Arkansas benefits when its citizens practice
11 appropriate self-care, do not unnecessarily visit healthcare practitioners,
12 and are empowered by higher self-esteem, improved health, and reduced use of
13 healthcare services; and

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15 WHEREAS, the State of Arkansas encourages its citizens to take
16 advantage of self-care to improve personal and public health and to
17 strengthen the sustainability of the State of Arkansas's healthcare system;
18 and

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20 WHEREAS, achieving self-care's potential is a shared opportunity for
21 consumers, healthcare practitioners, policymakers, and regulators,

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23 NOW THEREFORE,

24 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-FIRST GENERAL
25 ASSEMBLY OF THE STATE OF ARKANSAS:

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27 THAT the House of Representatives recognize the importance of improving
28 awareness of self-care and the value it represents to the citizens of the
29 State of Arkansas; support increased consumer empowerment through the
30 development of new nonprescription medications and the appropriate switch of
31 certain prescription medications to nonprescription; acknowledge that over-
32 the-counter medications can greatly improve and reduce costs to the public
33 healthcare system; encourage consumers, healthcare practitioners,
34 policymakers, and regulators to communicate the benefits of self-care; and
35 recognize February 2018 as Self-Care Month in Arkansas.

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