

1 State of Arkansas  
2 91st General Assembly  
3 Regular Session, 2017

HR 1023

4  
5 By: Representatives Pilkington, Boyd

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7 **HOUSE RESOLUTION**

8 TO RECOGNIZE FEBRUARY 2017 AS SELF-CARE MONTH.

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11 **Subtitle**

12 TO RECOGNIZE FEBRUARY 2017 AS SELF-CARE  
13 MONTH.

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

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

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

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

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36 WHEREAS, every dollar spent on over-the-counter medications saves the



1 United States healthcare system six dollars (\$6.00) to seven dollars (\$7.00),  
2 totaling one hundred two billion dollars (\$102,000,000,000) in annual  
3 savings; and  
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5 WHEREAS, nonprescription medications help to ease the burden on  
6 healthcare practitioners, eliminating unnecessary medical examinations that  
7 could be avoided with appropriate self-care; and  
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9 WHEREAS, the State of Arkansas benefits when its citizens practice  
10 appropriate self-care, do not unnecessarily visit healthcare practitioners,  
11 and are empowered by higher self-esteem, improved health, and reduced use of  
12 healthcare services; and  
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14 WHEREAS, the State of Arkansas encourages its citizens to take  
15 advantage of self-care to improve personal and public health and to  
16 strengthen the sustainability of the State of Arkansas's healthcare system;  
17 and  
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19 WHEREAS, achieving self-care's potential is a shared opportunity for  
20 consumers, healthcare practitioners, policymakers, and regulators,  
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22 NOW THEREFORE,

23 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE NINETY-FIRST GENERAL  
24 ASSEMBLY OF THE STATE OF ARKANSAS:  
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26 THAT the House of Representatives recognize the importance of improving  
27 awareness of self-care and the value it represents to the citizens of the  
28 State of Arkansas; support increased consumer empowerment through the  
29 development of new nonprescription medications and the appropriate switch of  
30 certain prescription medications to nonprescription; acknowledge that over-  
31 the-counter medications can greatly improve and reduce costs to the public  
32 healthcare system; encourage consumers, healthcare practitioners,  
33 policymakers, and regulators to communicate the benefits of self-care; and  
34 recognize February 2017 as Self-Care Month in Arkansas.  
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