**A** **HOUSE RESOLUTION**

TO RECOGNIZE THE IMPORTANCE OF IMPROVING AWARENESS OF HEALTH SELF‑CARE AND THE VALUE IT REPRESENTS TO THE CITIZENS OF SOUTH CAROLINA AND TO DECLARE FEBRUARY 2018 AS SELF‑CARE MONTH IN SOUTH CAROLINA.

Whereas, self‑care is a lifelong daily habit of healthy lifestyle choices, good hygiene practices, nutritious diet, regular exercise, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a healthcare practitioner, and understanding when it is appropriate to self‑treat conditions; and

Whereas, self‑care includes making responsible use of all medications, both prescription and over‑the‑counter; and

Whereas, the United States Food and Drug Administration deems over‑the‑counter medicines safe and effective for the self‑care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies, and other conditions that impact large segments of the population; and

Whereas, over‑the‑counter medicines are either developed as new nonprescription medicines or switched from existing prescription medicines; and

Whereas, over‑the‑counter medicines are self‑care products that consumers purchase in pharmacies, supermarkets, and retail stores, as well as online; and

Whereas, every dollar spent on over‑the‑counter medicines saves the United States healthcare system six to seven dollars each year, totaling one hundred two billion dollars in annual savings; and

Whereas, over‑the‑counter medicines help to ease the burden on healthcare practitioners, eliminating unnecessary medical examinations that could be avoided with appropriate self‑care; and

Whereas, the availability of self‑care can help improve personal and public health, save personal and public funds, and strengthen the sustainability of the broader healthcare system; and

Whereas, the State of South Carolina benefits when its citizens practice appropriate self‑care; refrain from unnecessary visits to healthcare practitioners; and become empowered by higher self‑esteem, improved health, and reduced use of healthcare services; and

Whereas, achieving self‑care’s potential is a shared opportunity for consumers, healthcare practitioners, policymakers, and regulators. Now, therefore,

Be it resolved by the House of Representatives:

That the members of the South Carolina House of Representatives, by this resolution, recognize the importance of improving awareness of health self‑care and the value it represents to the citizens of South Carolina and declare February 2018 as Self‑Care Month in South Carolina.

Be it further resolved that House members support increased consumer empowerment through the development of new over‑the‑counter medicines and the appropriate switch of certain prescription medicines to nonprescription.

Be it finally resolved that because over‑the‑counter medicines can greatly improve and reduce costs to the public health system, House members encourage consumers, healthcare practitioners, policymakers, and regulators to communicate the benefits of self‑care.

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