

State of Vermont

House of Representatives



Montpelier, Vermont

Concurrent House Resolution

H.C.R. 30

House concurrent resolution designating the month of February 2017 as Self-Care Month in Vermont

Offered by: Representative Turner of Milton

Whereas, self-care is a lifelong daily habit of health lifestyle choices, good hygiene practices, prevention of infection and illness, avoiding unhealthy choices, monitoring for signs and symptoms of changes in health, knowing when to consult a health care practitioner, and knowing when it is appropriate to self-treat conditions, and

Whereas, the U.S. Food and Drug Administration deems informed adult use and carefully adult monitored child use of over-the-counter (OTC) 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 affect large segments of the population, and

Whereas, according to a 2012 study that the consulting firm booz&co. and the Consumer Healthcare Products Association issued, OTC medicines save consumers \$102 billion annually in health care product costs and save approximately \$6.00 to \$7.00 for each dollar spent, and

Whereas, OTC medicines may be developed as new nonprescription medicines or switched from existing prescription medicines, and

Whereas, OTC nonprescription medicines are self-care products that consumers purchase in pharmacies, supermarkets, retail stores, and online, and

Whereas, nonprescription medicines help to ease the burden on health care practitioners, and

Whereas, Vermont benefits when its citizens practice appropriate self-care, and do not unnecessarily visit health care practitioners, and

Whereas, Vermont encourages its citizens to take advantage of self-care's potential to improve personal and public health, and

Whereas, achieving self-care's potential is a shared opportunity for consumers, health care practitioners, policymakers, and regulators, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly designates the month of February 2017 as Self-Care Month in Vermont.