

**First Regular Session  
Seventieth General Assembly  
STATE OF COLORADO**

**REVISED**

LLS NO. R15-0906.01 Darren Thornberry x4143

**SJR15-010**

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**SENATE JOINT RESOLUTION 15-010**

101 **CONCERNING THE IMPORTANCE OF SELF-CARE, AND, IN CONNECTION**  
102 **THEREWITH, DECLARING FEBRUARY 2015 AS "SELF-CARE**  
103 **MONTH".**

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1 WHEREAS, Self-care is a lifelong daily habit of healthy lifestyle  
2 choices, good hygiene practices, prevention of infection and illness,  
3 avoiding unhealthy choices, monitoring for signs and symptoms of  
4 changes in health, knowing when to consult a health care practitioner, and  
5 knowing when it is appropriate to self-treat conditions; and

6 WHEREAS, The United States food and drug administration  
7 deems over-the-counter medicines safe and effective for the self-care  
8 treatment of minor acute and chronic health conditions and symptoms  
9 such as pain, the common cold, allergies, and other conditions that impact  
10 large segments of the population; and

Shading denotes HOUSE amendment. Double underlining denotes SENATE amendment.  
*Capital letters indicate new material to be added to existing statute.*  
*Dashes through the words indicate deletions from existing statute.*

HOUSE  
Final Reading  
April 17, 2015

SENATE  
Final Reading  
February 27, 2015

1           WHEREAS, Over-the-counter medicines are either developed as  
2 new nonprescription medicines or switched from existing prescription  
3 medicines; and

4           WHEREAS, Over-the-counter nonprescription medicines are  
5 self-care products that consumers purchase in pharmacies, supermarkets,  
6 and other retail stores and on line; and

7           WHEREAS, Every dollar spent on over-the-counter medicines  
8 saves the United States health care system \$6 to \$7, totaling \$102 billion  
9 in annual savings; and

10          WHEREAS, Nonprescription medicines help to ease the burden  
11 on health care practitioners, eliminating unnecessary medical  
12 examinations with appropriate self-care; and

13          WHEREAS, Colorado benefits when its citizens practice  
14 appropriate self-care; do not unnecessarily visit health care practitioners;  
15 are empowered by higher self-esteem and improved health; and reduce  
16 use of Colorado's health care system; and

17          WHEREAS, Colorado encourages its citizens to take advantage of  
18 the potential of self-care to improve personal and public health, save  
19 money for individuals and society, and strengthen the sustainability of  
20 Colorado's health care system; and

21          WHEREAS, Achieving the full potential of self-care is a shared  
22 opportunity for consumers, health care practitioners, policymakers, and  
23 regulators; now, therefore,

24           *Be It Resolved by the Senate of the Seventieth General Assembly*  
25 *of the State of Colorado, the House of Representatives concurring herein:*

26          That we, the members of the General Assembly:  
27          !       Recognize the importance of improving awareness of  
28 self-care and the value it represents to the citizens of  
29 Colorado;  
30          !       Support increased consumer empowerment through the  
31 development of new nonprescription medicines and the  
32 appropriate switching of certain prescription medicines to  
33 nonprescription;

- 1           !
  - 2           !
  - 3           !
  - 4           !
  - 5           !
  - 6           !
- Acknowledge that over-the-counter medicines can greatly improve health and reduce costs to the public health system; and
- Encourage consumers, health care practitioners, policymakers, and regulators to communicate the benefits of self-care.