

1 HJR23  
2 197484-3  
3 By Representative Johnson  
4 RFD: Rules  
5 First Read: 19-MAR-19

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ENROLLED, House Joint Resolution,  
RECOGNIZING APRIL 2019 AS SELF-CARE AWARENESS MONTH.

WHEREAS, the observance of Self-Care Awareness Month  
in April 2019 reminds citizens to pay attention to their  
health; and

WHEREAS, self-care is a lifelong daily habit of  
healthy lifestyle choices that encompasses good hygiene  
practices, awareness of bodily changes, a healthy diet,  
regular exercise, symptom monitoring, and the prevention of  
infection and illness; self-care requires knowing when it is  
appropriate to self-treat conditions and when to seek  
professional assistance from a health care practitioner; and

WHEREAS, consumers today have access to a wide range  
of over-the-counter (OTC) medications, which may have been  
developed as such or which may have previously required a  
prescription; the United States Food and Drug Administration  
permits the sale of OTC medicine for the treatment of pain and  
minor health conditions, including colds and allergies;  
according to a Booz and Company study, every dollar spent on  
these medicines saved the health care system as much as \$7.00  
resulting in a \$102 billion annual savings; and

WHEREAS, self-care can reduce unnecessary visits to  
health care practitioners, saving consumers and government

1 money while allowing doctors and nurses to spend more time  
2 with patients who require their special expertise; and

3 WHEREAS, Alabama benefits when its citizens practice  
4 appropriate self-care, and the citizens are empowered by  
5 higher self-esteem, improved health, and reduced use of health  
6 care services; now therefore,

7 BE IT RESOLVED BY THE LEGISLATURE OF ALABAMA, BOTH  
8 HOUSES THEREOF CONCURRING, That we encourage consumers, health  
9 care practitioners, policymakers, and regulators to  
10 communicate the benefits of self-care and recognize April 2019  
11 as Self-Care Awareness Month in Alabama.

