



## National Lieutenant Governors Association

### 1 Resolution Recognizing the Value of Self-Care

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

6 **WHEREAS** self-care includes making responsible use of all medications, both prescription and over-the-counter;

7 **WHEREAS** the United States Food and Drug Administration deems medicines safe and effective for the self-care  
8 treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, allergies, for  
9 appropriate preventative care and treatment for other conditions that impact large segments of the population;

10 **WHEREAS** over-the-counter medicines are either developed as new nonprescription medicines or switched from  
11 existing prescription medicines;

12 **WHEREAS** over-the-counter medicines are self-care products that consumers purchase in pharmacies, supermarkets,  
13 retail stores and online;

14 **WHEREAS** every dollar spent on over-the-counter medicines saves the United States healthcare system \$6-7 dollars  
15 each year totaling \$102 billion in annual savings;<sup>1</sup>

16 **WHEREAS** over-the-counter medicines help to ease the burden on healthcare practitioners, eliminating unnecessary  
17 medical examinations that could be avoided with appropriate preventative measures and self-care;

18 **WHEREAS** the availability of self-care can help improve personal and public health, save personal and public treasury,  
19 and strengthen the sustainability of the broader healthcare system;

20 **WHEREAS** all states benefit when their citizens practice appropriate self-care; utilizing products for preventative care  
21 appropriately, do not make unnecessary visits to healthcare practitioners and are empowered by higher self-esteem,  
22 improved health, and reduced use of health care services;

23 **WHEREAS** achieving self-care's potential is a shared opportunity for consumers, healthcare practitioners,  
24 policymakers and regulators;

25 **NOW THEREFORE BE IT RESOLVED** that the National Lieutenant Governors Association (NLGA) hereby  
26 recognizes the importance of improving awareness of self-care and the value it represents to the constituents of  
27 NLGA's members;

28 **BE IT FURTHER RESOLVED** that the National Lieutenant Governors Association supports increased consumer  
29 empowerment through the development of new over-the-counter medicines and the appropriate switch of certain  
30 prescription medicines to nonprescription;

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<sup>1</sup> Booz & Co and Consumer Healthcare Products Association. "The Value of OTC Medicines to the United States". January 2012.  
<http://www.chpa.org/ValueofOTCMeds2012.aspx>.



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31 **BE IT FURTHER RESOLVED** that the National Lieutenant Governors Association acknowledges that over-the-  
32 counter medicines can greatly improve and reduce costs to the public health system, and encourages consumers,  
33 healthcare practitioners, policymakers and regulators to communicate the benefits of self-care;

34 **BE IT FINALLY RESOLVED** that the National Lieutenant Governors Association recognizes July 2017 as Self-  
35 Care Month.

Sponsors: Lt. Gov. Matt Michels, SD; Lt. Gov. Bethany Hall-Long, DE; Additional co-sponsors: Lt. Gov. Nancy Wyman, CT; Lt. Gov. David Zuckerman, VT