

1 STATE OF OKLAHOMA

2 1st Session of the 57th Legislature (2019)

3 HOUSE
4 RESOLUTION 1024

By: Marti

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7 AS INTRODUCED

8 A Resolution proclaiming May 2019 as Self-Care
9 Awareness Month.

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

13 WHEREAS, self-care is a lifelong daily habit of healthy
14 lifestyle choices. Self-care encompasses good hygiene practices,
15 awareness of bodily changes, a healthy diet, regular exercise,
16 symptom monitoring and the prevention of infection and illness; and

17 WHEREAS, it requires knowing when it is appropriate to self-
18 treat conditions and when to seek professional assistance from a
19 health care practitioner; and

20 WHEREAS, today, consumers have unlimited access to their
21 community pharmacists, America's most accessible health care
22 providers, who guide, inform and educate consumers on a daily basis;
23 and

1 WHEREAS, today, consumers have access to a wide range of over-
2 the-counter (OTC) medications, which may have been developed as such
3 or which may have previously required prescription; and

4 WHEREAS, the United States Food and Drug Administration permits
5 the sale of OTC medicine for the treatment of pain and minor health
6 conditions, including colds and allergies; and

7 WHEREAS, according to a Booz & Company study, every dollar spent
8 on OTC medicines saved the health care system as much as Seven
9 Dollars (\$7.00), resulting in One Hundred Two Billion Dollars
10 (\$102,000,000,000.00) in annual savings; and

11 WHEREAS, self-care can reduce unnecessary visits to health care
12 practitioners, saving consumers and government money while allowing
13 doctors and nurses to spend more time with patients who require
14 their expertise.

15 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES
16 OF THE 1ST SESSION OF THE 57TH OKLAHOMA LEGISLATURE:

17 THAT May be designated as "Self-Care Awareness Month".

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19 57-1-8896 SH 05/02/19

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