

MICHIGAN SENATE

Senate Resolution No. 109

Offered by Senators Wojno, Outman, Brinks, VanderWall, Bullock and Chang

A RESOLUTION TO RECOGNIZE FEBRUARY 2022 AS SELF-CARE MONTH

WHEREAS, Self-care is the lifelong daily habit of healthy choices for overall wellness, including good hygiene practices, healthy diet, regular exercise, and personal healthcare for the prevention, diagnosis, treatment, and management of infections, injuries, and illness, as well as knowing when to seek assistance from healthcare professionals; and

WHEREAS, The cornerstone of helping to reduce the overall cost of healthcare in Michigan and the country is self-care; and

WHEREAS, Self-care includes making responsible use of over-the-counter or prescription medications, dietary supplements, and medical devices; and

WHEREAS, The United States Food and Drug Administration (FDA) deems over-the-counter medicine safe and effective for the self-care treatment of minor acute and chronic health conditions and symptoms such as pain, the common cold, and allergies which impact large segments of the population; and

WHEREAS, According to an Information Resources, Inc. (IRI) study, every dollar spent on over-the-counter medicines saves more than \$7 for the healthcare system, resulting in more than \$146 billion in annual savings; and

WHEREAS, Over-the-counter medical devices like bandages, menstrual products, face masks, and at-home test kits, used for the purposes of prevention, testing, and treatment are well accepted, cost saving elements of the healthcare system; and

WHEREAS, Consumption of vitamin and mineral supplements can also fill critical nutrient gaps, particularly for lower income families that may experience food insecurities; and

WHEREAS, Michigan benefits when its citizens practice appropriate self-care, do not make unnecessary visits to healthcare professionals, which reduce the burden on the healthcare system, and are empowered by higher self-esteem, improved health, and overall wellness; and

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

WHEREAS, Sales tax exemptions for over-the-counter medicines, dietary supplements, and consumer medical devices benefit residents; and

WHEREAS, When affordability of consumer healthcare products increase, more people will seek treatment for their ailments before they become more serious; now, therefore, be it

RESOLVED BY THE SENATE, That members of this legislative body recognize February 2022 as Self-Care Month; and be it further

RESOLVED, That we encourage consumers, healthcare practitioners, policymakers, and regulators to communicate the benefits of self-care.

Adopted by the Senate, February 16, 2022.



Secretary of the Senate