

SENATE RESOLUTION NO.109

Senators Wojno, Outman, Brinks and VanderWall offered the following resolution:

1 A resolution to recognize February 2022 as Self-Care Month.

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

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

10 Whereas, Self-care includes making responsible use of over-
11 the-counter or prescription medications, dietary supplements, and

1 medical devices; and

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

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

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

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

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

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

26 Whereas, Sales tax exemptions for over-the-counter medicines,
27 dietary supplements, and consumer medical devices benefit
28 residents; and

29 Whereas, When affordability of consumer healthcare products

1 increase, more people will seek treatment for their ailments before
2 they become more serious; now, therefore, be it

3 Resolved by the Senate, That members of this legislative body
4 recognize February 2022 as Self-Care Month; and be it further

5 Resolved, That we encourage consumers, healthcare
6 practitioners, policymakers, and regulators to communicate the
7 benefits of self-care.