

HOUSE RESOLUTION NO. 25

Rep. Mueller offered the following resolution:

1 A resolution to declare February 2023 as Self-Care Awareness
2 Month in the state of Michigan.

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

9 Whereas, Self-care is a cornerstone of helping to reduce the
10 overall cost of healthcare in Michigan and the country; and

11 Whereas, Self-care includes making responsible use of over-
12 the-counter and prescription medications, dietary supplements, and
13 medical devices; and

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

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

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

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

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

23 Whereas, The availability of self-care can help improve
24 personal and public health, save personal and public treasury, and
25 strengthen the sustainability of the broader healthcare system;
26 now, therefore, be it

27 Resolved by the House of Representatives, That the members of
28 this legislative body declare February 2023 as Self-Care Awareness
29 Month in the state of Michigan. We encourage consumers, healthcare

- 1 practitioners, policymakers, and regulators to communicate the
- 2 benefits of this practice.