

1 A MEMORIAL

2 REQUESTING THE GOVERNOR TO DECLARE FEBRUARY 2016 "SELF-CARE
3 MONTH" IN NEW MEXICO.

4
5 WHEREAS, self-care is a lifelong daily habit of making
6 healthy lifestyle choices, good hygiene practices, the
7 prevention of infection and illness, the avoidance of
8 unhealthy choices, monitoring for signs and symptoms of
9 changes in health, the knowledge of when to consult a health
10 care practitioner and knowing when it is appropriate to
11 self-treat conditions; and

12 WHEREAS, the United States food and drug administration
13 deems over-the-counter medicines safe and effective for the
14 self-care treatment of minor acute and chronic health
15 conditions and symptoms such as pain, the common cold,
16 allergies and other conditions that affect large segments of
17 the population; and

18 WHEREAS, over-the-counter medications are either
19 developed as new nonprescription medicines or are substituted
20 for existing prescription medicines; and

21 WHEREAS, over-the-counter nonprescription medicines are
22 self-care products that consumers purchase in pharmacies,
23 supermarkets, retail stores and online; and

24 WHEREAS, nonprescription medicines help to ease the
25 burden on health care practitioners, eliminating unnecessary

1 medical examinations that could be avoided with appropriate
2 self-care; and

3 WHEREAS, people benefit when they practice appropriate
4 self-care and do not unnecessarily visit health care
5 practitioners, and are thus empowered by higher self-esteem,
6 improved health and reduced use of health care services; and

7 WHEREAS, people benefit from the potential of self-care
8 to improve personal and public health and to save money; and

9 WHEREAS, over-the-counter medications have the potential
10 to improve, and reduce costs to, the public health system;
11 and

12 WHEREAS, achieving the potential of self-care is a
13 shared opportunity for consumers, health care practitioners,
14 policymakers and regulators;

15 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE
16 STATE OF NEW MEXICO that the governor be requested to declare
17 February 2016 "Self-Care Month" in New Mexico; and

18 BE IT FURTHER RESOLVED that the importance of improving
19 awareness of self-care and the value it represents to
20 consumers be recognized; and

21 BE IT FURTHER RESOLVED that consumer empowerment be
22 encouraged through the development of new nonprescription
23 medicines and the appropriate substitution of certain
24 prescription medicines with nonprescription drugs; and

25 BE IT FURTHER RESOLVED that consumers, health care

