

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 self-
11 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 HOUSE OF
16 REPRESENTATIVES OF THE STATE OF NEW MEXICO that the governor
17 be requested to declare February 2016 "Self-Care Month" in
18 New Mexico; and

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

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

1 BE IT FURTHER RESOLVED that consumers, health care
2 practitioners, policymakers and regulators be encouraged to
3 recognize the benefits of self-care; and

4 BE IT FURTHER RESOLVED that copies of this memorial be
5 transmitted to the chair of the New Mexico medical board and
6 the superintendent of regulation and licensing.

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