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SENATE MEMORIAL 73

**52ND LEGISLATURE - STATE OF NEW MEXICO - SECOND SESSION, 2016**

INTRODUCED BY

John C. Ryan

A MEMORIAL

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

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

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

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1 the population; and

2 WHEREAS, over-the-counter medications are either developed  
3 as new nonprescription medicines or are substituted for  
4 existing prescription medicines; and

5 WHEREAS, over-the-counter nonprescription medicines are  
6 self-care products that consumers purchase in pharmacies,  
7 supermarkets, retail stores and online; and

8 WHEREAS, nonprescription medicines help to ease the burden  
9 on health care practitioners, eliminating unnecessary medical  
10 examinations that could be avoided with appropriate self-care;  
11 and

12 WHEREAS, people benefit when they practice appropriate  
13 self-care and do not unnecessarily visit health care  
14 practitioners, and are thus empowered by higher self-esteem,  
15 improved health and reduced use of health care services; and

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

18 WHEREAS, over-the-counter medications have the potential  
19 to improve, and reduce costs to, the public health system; and

20 WHEREAS, achieving the potential of self-care is a shared  
21 opportunity for consumers, health care practitioners,  
22 policymakers and regulators;

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

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1 BE IT FURTHER RESOLVED that the importance of improving  
2 awareness of self-care and the value it represents to consumers  
3 be recognized; and

4 BE IT FURTHER RESOLVED that consumer empowerment be  
5 encouraged through the development of new nonprescription  
6 medicines and the appropriate substitution of certain  
7 prescription medicines with nonprescription drugs; and

8 BE IT FURTHER RESOLVED that consumers, health care  
9 practitioners, policymakers and regulators be encouraged to  
10 recognize the benefits of self-care; and

11 BE IT FURTHER RESOLVED that copies of this memorial be  
12 transmitted to the chair of the New Mexico medical board and  
13 the superintendent of regulation and licensing.