
HOUSE CONCURRENT RESOLUTION

RECOGNIZING FEBRUARY 2022 AS SELF-CARE AWARENESS MONTH.

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

7
8 WHEREAS, self-care is a cornerstone of helping to reduce
9 the overall cost of healthcare in Hawaii and the nation; and

10
11 WHEREAS, self-care includes making responsible use of over-
12 the-counter and prescription medications, dietary supplements,
13 and medical devices; and

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15 WHEREAS, the United States Food and Drug Administration
16 deems over-the-counter medicine safe and effective for the self-
17 care treatment of minor acute and chronic health conditions and
18 symptoms such as pain, the common cold, and allergies, which
19 affect large segments of the population; and

20
21 WHEREAS, according to a study by Information Resources,
22 Inc., every dollar spent on over-the-counter medicines saves
23 more than \$7 for the healthcare system, resulting in more than
24 \$146,000,000,000 in annual savings; and

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26 WHEREAS, over-the-counter medical devices like bandages,
27 menstrual products, face masks, and at-home test kits, used for
28 the purposes of prevention, testing, and treatment, are well-
29 accepted, cost-saving elements of the healthcare system; and



H.C.R. NO. 10

1 WHEREAS, the consumption of vitamin and mineral supplements
2 can fill critical nutrient gaps, particularly for lower-income
3 families that may experience food insecurity in Hawaii; and
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5 WHEREAS, Hawaii benefits when its residents practice
6 appropriate self-care; do not make unnecessary visits to
7 healthcare professionals, thereby reducing the burden on the
8 healthcare system; and are empowered by higher self-esteem,
9 improved health, and overall wellness; and
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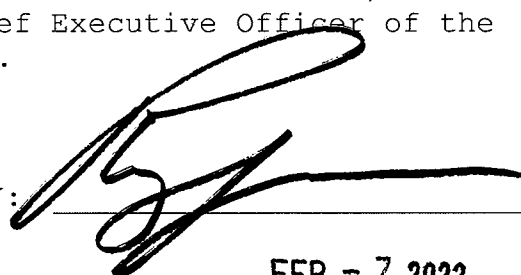
11 WHEREAS, the availability of self-care can help improve
12 personal and public health, save personal and public financial
13 resources, and strengthen the sustainability of the broader
14 healthcare system; and
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16 WHEREAS, exemptions for over-the-counter medicines, dietary
17 supplements, and consumer medical devices from the general
18 excise tax benefit Hawaii residents because when consumer
19 healthcare products become more affordable, greater numbers of
20 individuals will use these products to treat their ailments
21 before these ailments grow in severity; now, therefore,
22

23 BE IT RESOLVED by the House of Representatives of the
24 Thirty-first Legislature of the State of Hawaii, Regular Session
25 of 2022, the Senate concurring, that this body encourages
26 consumers, healthcare practitioners, policymakers, and
27 regulators to understand and communicate the benefits of self-
28 care by recognizing February 2022 as Self-Care Awareness Month;
29 and
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31 BE IT FURTHER RESOLVED that certified copies of this
32 Concurrent Resolution be transmitted to the Governor, Director
33 of Health, and President and Chief Executive Officer of the
34 Healthcare Association of Hawaii.
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OFFERED BY: _____



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