

ASSEMBLY JOINT RESOLUTION

No. 180

STATE OF NEW JERSEY

221st LEGISLATURE

INTRODUCED MAY 20, 2024

Sponsored by:

Assemblywoman VERLINA REYNOLDS-JACKSON

District 15 (Hunterdon and Mercer)

Assemblyman BENJIE E. WIMBERLY

District 35 (Bergen and Passaic)

Co-Sponsored by:

Assemblyman Rodriguez

SYNOPSIS

Designates July of each year as “Self-Care Awareness Month” in New Jersey.

CURRENT VERSION OF TEXT

As introduced.



(Sponsorship Updated As Of: 5/20/2024)

1 **A JOINT RESOLUTION** designating July of each year as “Self-Care
2 Awareness Month” in New Jersey.

3

4 **WHEREAS**, Self-care is a lifelong daily habit of making healthy
5 lifestyle choices, practicing good hygiene, preventing infection and
6 illness, avoiding unhealthy choices, monitoring for signs and
7 symptoms of changes in health, knowing when to consult a
8 healthcare practitioner, and knowing when it is appropriate to self-
9 treat conditions; and

10 **WHEREAS**, Self-care also involves engaging in activities that promote
11 well-being and reduce stress; and

12 **WHEREAS**, New Jersey benefits when its citizens practice appropriate
13 self-care and are subsequently empowered by higher self-esteem
14 and improved health; and

15 **WHEREAS**, Practicing proper self-care also reduces health care visits
16 and costs; and

17 **WHEREAS**, According to an Information Resources, Inc. study, each
18 dollar spent on over-the-counter medicines saves the healthcare
19 system more than seven dollars, resulting in more than \$146 billion
20 in annual savings; and

21 **WHEREAS**, Over-the-counter medical items such as bandages,
22 menstrual products, face masks, and at-home test kits used for
23 prevention, testing, and treatment result in cost savings for the
24 healthcare system; and

25 **WHEREAS**, Consumption of vitamin and mineral supplements can fill
26 critical nutrient gaps, particularly for lower income families that
27 may experience food insecurity; and

28 **WHEREAS**, New Jersey encourages its citizens to take advantage of the
29 potential of self-care to improve personal and public health, save
30 personal and public monies, and strengthen the sustainability of
31 New Jersey’s health care system; and

32 **WHEREAS**, Achieving the potential of self-care is a shared opportunity
33 for consumers, healthcare practitioners, policymakers, and
34 regulators; and

35 **WHEREAS**, It is altogether fitting and proper for the State of New
36 Jersey to designate the month of July of each year as “Self-Care
37 Awareness Month” in order to raise awareness of the benefits of
38 self-care; now, therefore,

39

40 **BE IT RESOLVED** *by the Senate and General Assembly of the*
41 *State of New Jersey:*

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43 1. July of each year is designated as “Self-Care Awareness
44 Month.”

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46 2. The Governor may annually issue a proclamation recognizing
47 July as “Self-Care Awareness Month” and call upon public officials

1 and the residents of the State of New Jersey to observe the month with
2 appropriate activities and programs.

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4 3. This joint resolution shall take effect immediately.

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STATEMENT

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9 This joint resolution designates July of each year as “Self-Care
10 Awareness Month” in New Jersey.

11 Self-care is a lifelong daily habit of making healthy lifestyle
12 choices, practicing good hygiene, preventing infection and illness,
13 avoiding unhealthy choices, monitoring for signs and symptoms of
14 changes in health, knowing when to consult a healthcare
15 practitioner, and knowing when it is appropriate to self-treat
16 conditions. Self-care also involves engaging in activities that
17 promote well-being and reduce stress.

18 New Jersey benefits when its citizens practice appropriate self-
19 care and are subsequently empowered by higher self-esteem and
20 improved health. Practicing proper self-care also reduces health
21 care visits and cost. According to an Information Resources, Inc.
22 study, each dollar spent on over-the-counter medicines saves the
23 healthcare system more than seven dollars, resulting in more than
24 \$146 billion in annual savings. Over-the-counter medical items
25 such as bandages, menstrual products, face masks, and at-home test
26 kits used for prevention, testing, and treatment result in cost savings
27 for the healthcare system. Consumption of vitamin and mineral
28 supplements can fill critical nutrient gaps, particularly for lower
29 income families that may experience food insecurity.

30 New Jersey encourages its citizens to take advantage of the
31 potential of self-care to improve personal and public health, save
32 personal and public monies, and strengthen the sustainability of
33 New Jersey’s health care system.

34 Achieving the potential of self-care is a shared opportunity for
35 consumers, healthcare practitioners, policymakers, and regulators.