

# SENATE JOINT RESOLUTION

No. 55

## STATE OF NEW JERSEY

221st LEGISLATURE

PRE-FILED FOR INTRODUCTION IN THE 2024 SESSION

**Sponsored by:**

**Senator ANGELA V. MCKNIGHT**

**District 31 (Hudson)**

**Senator RENEE C. BURGESS**

**District 28 (Essex and Union)**

**SYNOPSIS**

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

**CURRENT VERSION OF TEXT**

Introduced Pending Technical Review by Legislative Counsel.



**(Sponsorship Updated As Of: 10/7/2024)**

**SJR55 MCKNIGHT, BURGESS**

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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:*

42  
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.