

[First Reprint]

# ASSEMBLY JOINT RESOLUTION

**No. 54**

## STATE OF NEW JERSEY

**220th LEGISLATURE**

PRE-FILED FOR INTRODUCTION IN THE 2022 SESSION

**Sponsored by:**

**Assemblywoman ANGELA V. MCKNIGHT**

**District 31 (Hudson)**

**Assemblyman ANTHONY S. VERRELLI**

**District 15 (Hunterdon and Mercer)**

**Assemblywoman SHANIQUE SPEIGHT**

**District 29 (Essex)**

**Co-Sponsored by:**

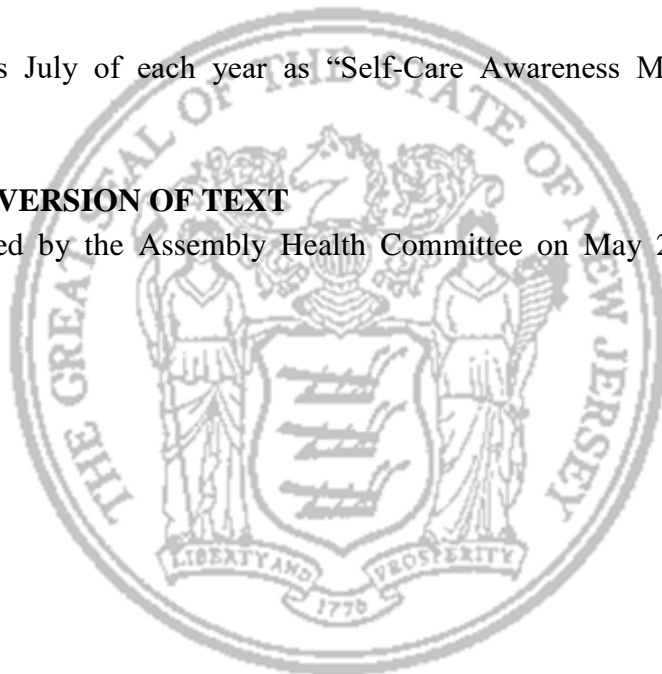
**Assemblywoman Timberlake, Assemblyman Stanley and Assemblywoman Jasey**

**SYNOPSIS**

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

**CURRENT VERSION OF TEXT**

As reported by the Assembly Health Committee on May 26, 2022, with amendments.



**(Sponsorship Updated As Of: 6/16/2022)**

1 A JOINT RESOLUTION designating <sup>1</sup>~~September~~ July<sup>1</sup> of each year  
2 as “Self-Care 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 <sup>1</sup>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<sup>1</sup>

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 <sup>1</sup>~~September~~ July<sup>1</sup> of each year as  
37 “Self-Care Awareness Month” in order to raise awareness of the  
38 benefits of 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. <sup>1</sup>~~September~~ July<sup>1</sup> of each year is designated as “Self-Care  
44 Awareness Month.”

EXPLANATION – Matter enclosed in bold-faced brackets **[thus]** in the above bill is not enacted and is intended to be omitted in the law.

Matter underlined thus is new matter.

Matter enclosed in superscript numerals has been adopted as follows:

<sup>1</sup>Assembly AHE committee amendments adopted May 26, 2022.

**AJR54 [1R] MCKNIGHT, VERRELLI**

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- 1           2. The Governor may annually issue a proclamation recognizing
- 2     ~~1~~**【September】** July<sup>1</sup> as “Self-Care Awareness Month” and call upon
- 3     public officials and the residents of the State of New Jersey to observe
- 4     the month with appropriate activities and programs.
- 5
- 6           3. This joint resolution shall take effect immediately.