

ASSEMBLY HEALTH COMMITTEE

STATEMENT TO

ASSEMBLY JOINT RESOLUTION No. 191

**STATE OF NEW JERSEY**

DATED: MAY 5, 2021

The Assembly Health Committee reports favorably Assembly Joint Resolution No. 191.

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

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

New Jersey benefits when its citizens practice appropriate self-care and are subsequently empowered by higher self-esteem and improved health. Practicing proper self-care also reduces health care visits and cost. New Jersey encourages its citizens to take advantage of the potential of self-care to improve personal and public health, save personal and public monies, and strengthen the sustainability of New Jersey’s health care system.

Achieving the potential of self-care is a shared opportunity for consumers, healthcare practitioners, policymakers, and regulators. It is altogether fitting and proper for the State to designate the month of September of each year as “Self-Care Awareness Month” in order to raise awareness of the benefits of self-care.