



Bangkok Joint Initiative on Self-Care of Medical Products: Enhancing Well-Being in the Asia-Pacific Region

Preamble

This Initiative aims to position self-care of medical products as a cornerstone in promoting increased access to health and well-being across the Asia-Pacific region, aligning with global efforts on these critical issues.

Recognizing:

- The importance of self-care, as defined by the World Health Organization (WHO), as a fundamental pillar of health and well-being.
- The pivotal role of health literacy in improving individual and public health.
- The growing evidence showing that self-care empowers individuals to actively manage their health and prevent diseases, leading to improved outcomes and quality of life.
- The exacerbation of inequities within and between countries due to the COVID-19 pandemic, climate change, and conflicts, necessitates robust community health services and social participation to address these challenges.

Acknowledging:

- The principles enshrined in the WHO Constitution and the Sustainable Development Goals (SDGs) highlight the fundamental right to health and the need for participatory approaches to health governance.
- The necessity of strengthening primary healthcare systems through enabling and health-conducive environments in which individuals and communities are empowered and engaged in maintaining and enhancing their health and well-being.

Hereby to, within the scope of role and responsibility of each Self-CARER Member Organizations and APSMI Member Associations participating in this initiative:





1. **Promote Self-Care medical product for improved health literacy:** We emphasize the importance of self-care in enhancing health literacy. By integrating self-care practices into all levels of healthcare medical product systems, particularly primary care, individuals can gain the knowledge and skills necessary to make informed health decisions, ultimately reducing the burden on healthcare providers and systems
2. **Leverage Technology and Digital Solutions:** We acknowledge the potential of digital technologies to enhance self-care medical product interventions, including aiding individuals in recognizing when professional healthcare intervention is necessary, promoting health, and making informed health decisions.
3. **Strengthen Collaboration and Public-Private Partnerships:** We recognize the need for multi-sectoral collaboration to advance self-care and enhance policy and practice. Public-private partnerships can reduce costs to governments by sharing resources, expertise, and best practices, accelerating progress in self-care implementation and improving health outcomes globally. Effective regulatory frameworks will support access to self-care medical products based on appropriate safety, efficacy, and quality standards.
4. **Ensure Equity and Inclusivity:** We confirm to equitable access to self-care interventions, ensuring no one is left behind. Addressing social determinants of health and gender inequalities, we aim to eliminate barriers to self-care medical product, fostering inclusive policies that empower individuals to exercise their right to self-care and alleviate the burden to healthcare systems.
5. **Advocate for Better Self-Care Governance:** We recognize WHO's focus on promoting self-care and call for the adoption of a WHO Resolution on Self-Care for Health. This will provide a comprehensive framework for governments, stakeholders, and the international community to strengthen self-care policies and interventions. We encourage to work together to integrate self-care into health systems for better health, well-being, and sustainable development.





Conclusion

This Bangkok Joint Initiative on Self-Care Medical Product for Health and Well-Being signifies our collective efforts to advancing self-care medical product as a fundamental component of health systems across the Asia-Pacific region, ensuring health and well-being for all.

We, representatives of governments, national regulatory authorities, nongovernmental organizations, members of the United for Self-Care Coalition (the Coalition), and private sector, gathered here today, recognizing the importance of self-care as a fundamental pillar of health and well-being, affirm our dedication to advancing self-care as an essential component of Universal Health Coverage.

Agreed in Bangkok, Thailand in English on November 13th, 2024.

Self-CARER Member Organizations:

We support this initiative within the purview of our respective organizations. PMDA (Japan), Thai-FDA (Thailand), TFDA (Chinese Taipei), HSA (Singapore), MFDS (Korea), MOH & BPOM (Indonesia), NPRA (Malaysia), PFDA(Philippines)

APSMI Member Associations:

JSMI & JFSMI (Japan), TSMIA (Thailand), TSCIA (Chinese Taipei), KPBMA (Korea), GP Farmasi (Indonesia), CHAP (Philippines), Am-Cham Vietnam (Vietnam), CHAM (Malaysia)

