



ASIA-PACIFIC SELF-MEDICATION INDUSTRY
ITOHPIA IWAMOTOCHO 1-CHOME BLDG. 4TH FLOOR
1-8-15, IWAMOTOCHO, CHIYODA-KU, TOKYO 101-0032, JAPAN

APSMI NEWSLETTER

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The 12th APSMI Board of Directors Meeting

The 12th APSMI Board of Directors Meeting was held in Bangkok on 28th October 2022.

- ◆ Ms. Sylvia Tsai, Taiwan Pharmaceutical & Marketing & Management Association (TPMMA), was elected as the Chairperson.
- ◆ APSMI Master Plan 2023 – 2025 was adopted.
- ◆ Top topics were introduced by each member association and shared by participants.
- ◆ Strategic Initiatives were introduced by Global Self-Care Foundation (GSCF) and APSMI and GSCF agreed to enhance partnership in future.
- ◆ APSMI and Global Self-Care Foundation (GSCF) agreed to hold a joint meeting in Autumn 2024.



Self-CARER 2022

Self-Medication Collaborative ASIAN Regulator Expert Roundtable (Self-CARER) held a Meeting in Bangkok with 35 regulators from 10 countries/region on 26th and 27th October 2022.

Self-CARER started in 2014 with sponsorship by APSMI for the purpose of expansion of Self-Medication matters including regulatory convergence in the Asian regions. Although the Self-CARER meetings have been held four times, it has been suspended due to world-wide COVID-19 pandemic.

Considering recent recovery of the international traveling and activities in person, the meeting was held in 2022.

In the meeting, the following presentations was made:

- ◆ Introduction of Self-CARER history
- ◆ Regulatory updated by each country/region
- ◆ Consumer Trend during Pandemic in Asia (by Intage)
- ◆ Global self-care research – Readiness Index & Socio-Economic study (by GSCF)
- ◆ ASEAN self-care research (by EU-ASEAN Business Council)

The next Self-CARER Meeting is to be held in autumn, 2023.





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World Topics

1. GSCF

a. Self-Care Readiness Index

During its Global Congress in Cape Town, GSCF launched the second edition of the Self-Care Readiness Index (SCRI), examining how self-care policies are being implemented across the world.

The first and second editions of the Index, together covering 20 countries, demonstrate very clearly that there is a widespread lack of a coherent view of self-care and its benefits.

The reports of the first edition and second editions are available at the following URL:

<https://www.selfcarefederation.org/self-care-readiness-index>

b. Global Social and Economic Value of Self-Care study

GSCF launched its Global Social and Economic Value of Self-Care study demonstrating that current self-care practices deliver significant economic savings and quality of life improvement.

The full report of the study is available at the following URL:

<https://www.selfcarefederation.org/ecosoc-report>

2. AESGP

The 58th AESGP Annual Meeting – the annual gathering of the self-care sector in Europe – was held on 7-8 June in Madrid, Spain. The Annual Meeting was the first face-to-face AESGP conference since the start of the COVID-19 pandemic. Bringing together industry leaders and representatives of partner organisations and decision-makers, the conference explored key trends that are transforming the landscape of the self-care industry.

The conference report is available at the following URL:

<https://aesgp.eu/articles/58th-aesgp-annual-meeting-report-published>

3. PAGB

PAGB published latest report “Taking care taking control: Self-care attitudes 2022” which details the findings from a UK-wide survey of more than 2,000 adults across the UK. The report is available at the following URL:

<https://www.pagb.co.uk/latest-news/self-care-survey-2022/>