



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

APSMI NEWSLETTER

January 2023

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Reports Regarding Value of Self-care

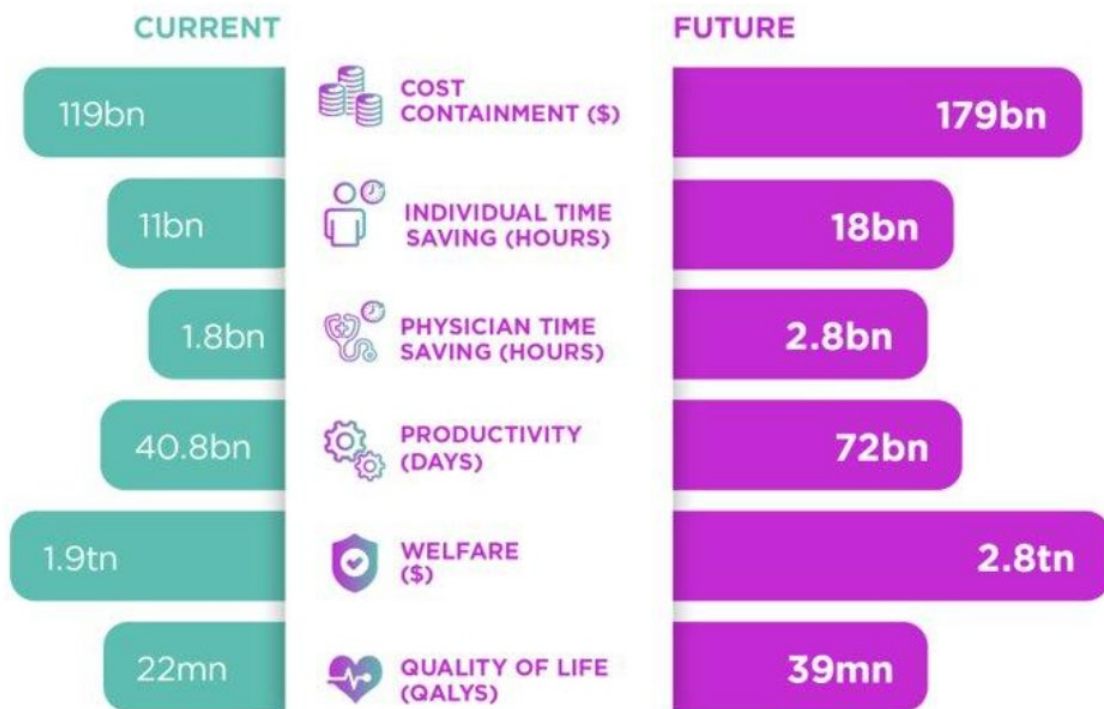
a. Global Social and Economic Value of Self-Care study

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 contents of the paper was introduced at the Self-CARER Meeting 2022 held in Bangkok on 27 October 2022.

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

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



b. 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/>



Accessing health services

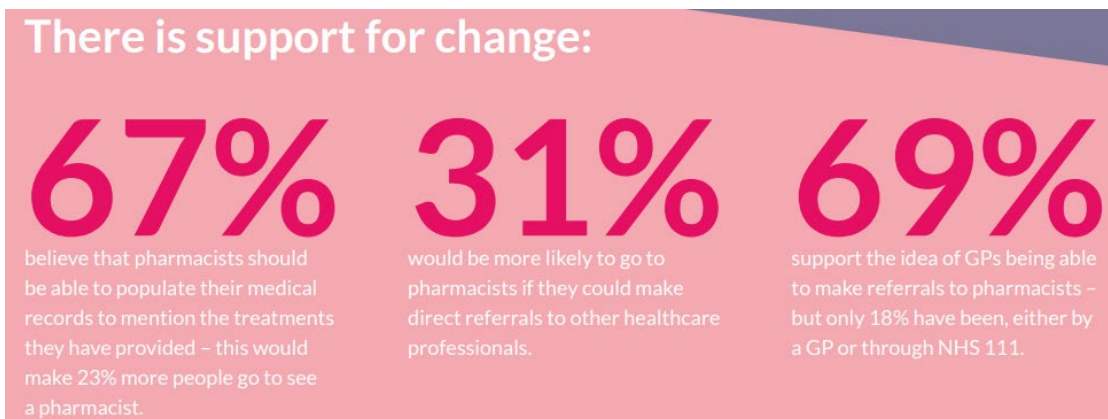
47% agreed or strongly agreed that they were less likely to contact their GP as a first option down from 51% in our 2020 survey.

32% agreed or strongly agreed that they were more likely to ask a pharmacist for advice as their first option.

Access to digital information about self-care



The role of pharmacy in supporting self-care



c. CHPA

The Consumer Healthcare Products Association (CHPA) released findings from its 2022 Over-The-Counter (OTC) Value Study, once again showing that self-care with OTC medicines not only benefits individuals but also benefits the entire healthcare system on 1st december 2022. This year’s study found that on average, every dollar spent on OTC medicines saves the U.S. healthcare system \$7.33, resulting in an overall annual savings of \$167.1 billion.

The full report is available at the following URL:

<https://www.chpa.org/news/2022/12/value-created-otc-medicines-generates-billions-savings-us-healthcare-system>



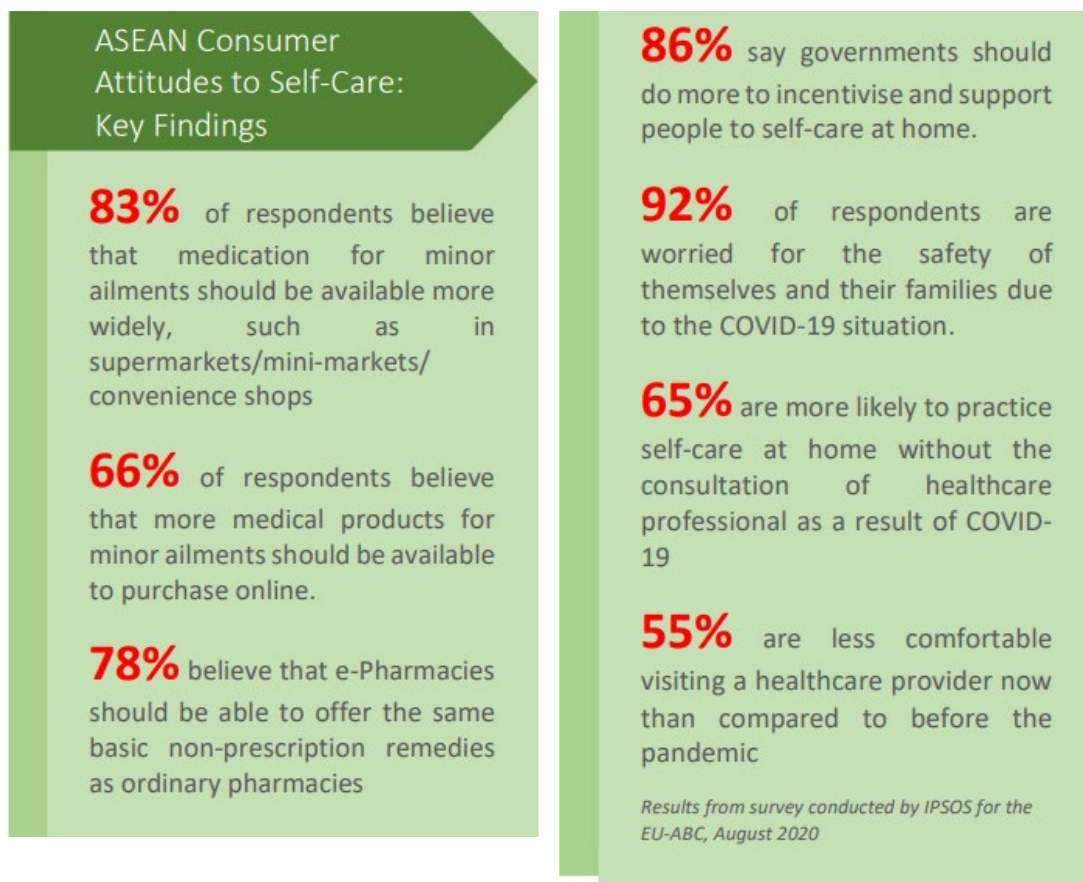
d. EU-ASEAN Business Council

EU-ASEAN Council released a Self-Care Paper 2020 titled as “Learnings from COVID-19: An Opportunity for ASEAN Governments to Establish SelfCare Policy to Improve the Health & Well-Being of their Populations”.

The contents of the paper was introduced at the Self-CARER Meeting 2022 held in Bangkok on 27 October 2022.

The full report is available at the following URL:

<https://www.eu-asean.eu/wp-content/uploads/2022/02/Learnings-from-COVID-19-An-Opportunity-for-ASEAN-Governments-to-Establish-SelfCare-Policy-to-Improve-the-Health-Well-Being-of-their-Populations-2020.pdf>





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World Topics

1. International Pharmaceutical Regulators Program (IPRP)

IPRP released a Public Statement of the 10th Meeting of the IPRP Management Committee held in Incheon, Republic of Korea on 16th & 17th November 2022.

The statement is available at the following URL:

https://admin.iprp.global/sites/default/files/2022-12/IPRP10_PublicStatement_Final_2022_1201_0.pdf

2. The 9th Thailand – Japan Symposium

The 9th Thailand – Japan Symposium (hosted by Thai-FDA and PMDA) was held in Bangkok, Thailand on 17th January 2023.

Final program and all the presentation PPTs are available at the following URL:

<https://drive.google.com/drive/folders/1QEoldGu6Zb2M7-mTrim-hVlu8YD-Nu7g>