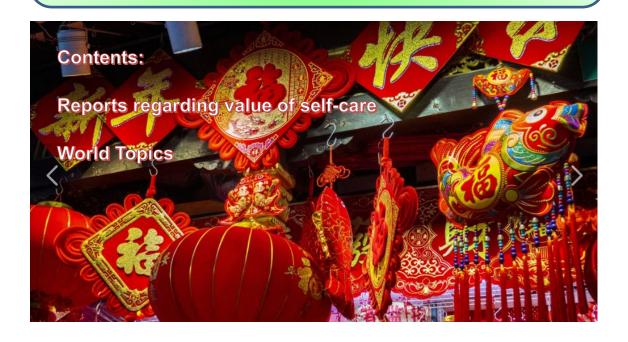


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APSMI NEWSLETTER January 2023



Reports Regarding Value of Self-care

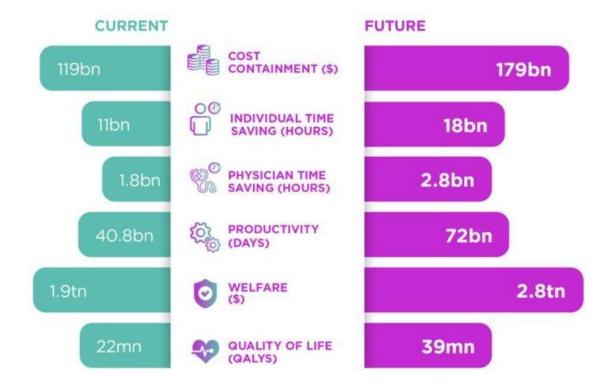
a. Global Social and Economic Value of Self-Care study

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





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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/



64% of people who might not have considered self-care as their first option before the pandemic said they were more likely to do so in the future.

- down from 69% in 2020

Accessing health services

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

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

of people agreed slightly or strongly agreed that they know how to find accurate and trustworthy information online (up from 62% in 2021)

agreed slightly or strongly agreed that they can usually tell when online health information isn't trustworthy (up from 54% in 2021)

agreed slightly or strongly agreed that they get overwhelmed by the amount of health information available 'fake' health information (up

agreed slightly or strongly agreed that they wish they knew more about how to spot online (up from 34% in 2021) from 37% in 2021)

The role of pharmacy in supporting self-care

There is support for change:



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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







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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:

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

ASEAN Consumer Attitudes to Self-Care: Key Findings

83% of respondents believe that medication for minor ailments should be available more widely, such as in supermarkets/mini-markets/convenience shops

66% of respondents believe that more medical products for minor ailments should be available to purchase online.

78% believe that e-Pharmacies should be able to offer the same basic non-prescription remedies as ordinary pharmacies

86% say governments should do more to incentivise and support people to self-care at home.

92% of respondents are worried for the safety of themselves and their families due to the COVID-19 situation.

65% are more likely to practice self-care at home without the consultation of healthcare professional as a result of COVID-19

55% are less comfortable visiting a healthcare provider now than compared to before the pandemic

Results from survey conducted by IPSOS for the EU-ABC, August 2020



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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