



Self-Care and Universal Health Coverage

Universal health coverage ensures all people, everywhere, can access quality essential health services.

Why is self-care so important to attain universal health coverage?

Cost Savings

Self-care will ease the burden on overstretched health systems by reducing costs.

Moving **5%** of prescribed medications to non-prescription status across Europe would result in estimated total annual savings of more than **€16 billion**¹



Every **\$1** spent on OTC medicines saves the US healthcare system more than **\$7**²

In Latin America, **\$3 billion** are used in the treatment of non-serious conditions by Public Health Systems³

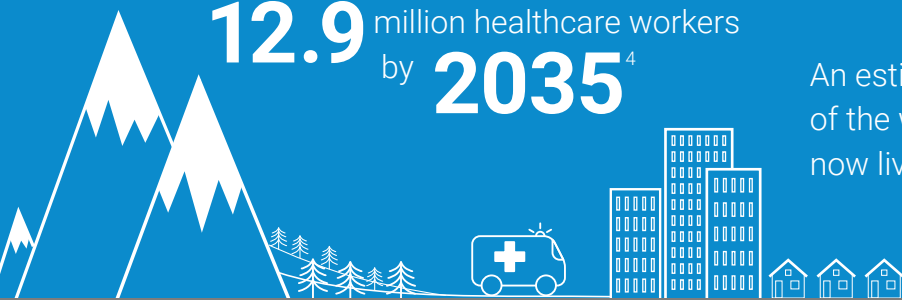
Changing landscape

The rapid evolution of technology is transforming the delivery of healthcare.

Self-administered care, with guidance from remote digital consultations will play a key role.

There will be an estimated shortage of **12.9** million healthcare workers by **2035**⁴

An estimated **1 in 5** of the world's population now live in humanitarian crises⁴

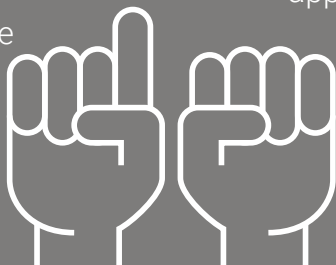


Individual empowerment

Self-care enables individuals to become active self-managers of their own health care

In the United States, primary care physicians estimate that **10%** of visits could be avoided by the use of OTC medication⁵

92% of physicians agree that OTC medications are effective and appropriate for first-line of treatment⁵



A study in Scotland found **>13%** of GP visits were suitable for management in community pharmacies.⁶

The **Global Self-Care Federation** calls on policy-makers and governments to:

Integrate self-care as a building block of UHC, to deliver improved quality of care and better health outcomes

Focus on health promotion and prevention as core priorities of UHC, to help move the healthcare system from disease management to disease prevention

Increase investment in self-care and treatment for NCDs, to remove the heavy burden placed on healthcare systems and create long-term savings for healthcare systems



¹ Joshua Noone & Christopher M. Blanchette (2017): The value of self-medication: summary of existing evidence, Journal of Medical Economics, DOI

² The Value of OTC Medicines to the United States, IRI, Mar. 2019

³ <https://www.infoilar.org/teste/wp-content/uploads/2019/04/BROCHURE-VALOR-AUTOCUIDADO-ILAR.pdf>

⁴ <https://www.who.int/mediacentre/news/releases/2013/health-workforce-shortage/en/>

⁵ <http://overthecountervalue.org/white-paper/#findings>

⁶ Shona Fielding et al: Estimating the burden of minor ailment consultations in general practices and emergency departments through retrospective review of routine data in North East Scotland; Journal of Family Practice April 2001