



Self-Care **READINESS INDEX 2.0**

Enabling better self-care. Improving health outcomes.

The Self-Care Readiness Index 2.0 (SCRI 2.0) is a research and policymaking tool which explores the key enablers of self-care in support of designing a better model for healthcare systems.

Spearheaded by The Global Self-Care Federation (GSCF), the SCRI is supported by the World Health Organisation (WHO) and forms part of the current working plan between the two bodies. The research includes a combination of in-depth qualitative and quantitative methodology supported by experts and an advisory board. It aims to provide policymakers, decision-makers, and healthcare professionals with data and to become an innovative learning platform that inspires new approaches to self-care.

The second edition of the Index includes ten additional countries, which supplements the original set of countries examined in the 2021 edition and covers at least one from each of the World Health Organization's six regions: Africa, the Americas, Southeast Asia, Europe, the Eastern Mediterranean, and Western Pacific. As self-care remains an emerging topic in national and global health conversations, the new Index helps to close the current knowledge and practice gap, as well as reinforces the overall need to adopt self-care globally to facilitate the achievement of Universal Health Coverage and greater health of the world's population.

The SCRI 2.0 is part of the body of research commissioned by GSCF to provide policy makers with tangible data about the benefits of self-care. Each piece of research has focused on different dimensions of self-care, ranging from economic benefits to assessing the level of integration of self-care in different countries. For example, the [Global Social and Economic Value of Self-Care study](#) demonstrated that the value of self-care can be expressed as savings in monetary cost, physician time and individuals' time as well as gains in welfare, productivity, and quality of life. The SCRI 2.0, on the other hand, focuses on evaluating levels of self-care maturity in different health systems.

Findings of the research in SCRI 2.0 reaffirm the current lack of a holistic view on both self-care and its systemic benefits. While perceptions of self-care vary globally, the concept is present in many national health policies, mainly through health promotion and prevention programs. Although health literacy remains largely overlooked globally, the SCRI 2.0 found that individual empowerment reduces the need for healthcare interventions and fosters better health in all populations.

The SCRI is based on four key enablers – the broad elements needed to realize the full potential of self-care within a given health system:

1. STAKEHOLDER SUPPORT & ADOPTION

Support and trust among all stakeholders – healthcare providers, patients, consumers, regulators, and policymakers – are essential to maximizing adoption of self-care behaviors and products.

2. CONSUMER & PATIENT EMPOWERMENT

Self-care delivers the greatest value when consumers and patients have a high degree of health literacy, understand the value of prevention, and are empowered to make their own health decisions. This is permitted by the accessibility and management of their personal health data and by their access to self-testing for a number of conditions, digital tools that support self-care, and evidence-based health information on trusted, verified platforms.

3. SELF-CARE HEALTH POLICY

The extent to which policymakers recognize and support the economic value of self-care, promote self-care as an affordable health solution, and provide relevant financial incentives. All contribute to the adoption of self-care products and practices by consumers, patients, healthcare providers, and health systems.

4. REGULATORY ENVIRONMENT

Regulations and processes governing approval of new health products – including Rx to OTC medicine reclassification guidelines, incentives to reward innovation, access to self-care products, direct-to-consumer advertising, and pricing – all determine the ability of the self-care industry to drive innovation and adoption of self-care solutions.

Findings of the SCRI 2.0 indicate that self-care provides tangible benefits to health systems, independent of a country's socio-economic profile. In fact, low- and middle-income countries have the highest potential to benefit from self-care policies. They are also more likely to utilize multidisciplinary care teams and empower practitioners such as pharmacists and community health workers to deliver care and educate patients on self-care behaviours.

Integrating self-care into the healthcare continuum allows for better resource allocation, alleviates burdens placed on health systems and ultimately improves the quality of care provided. Moreover, governments that take an active role in providing health information to the public can boost health literacy and support the uptake of self-care practices.

Highlighting the universal benefits of self-care inspires collective adoption. Providing stakeholders globally with a universal understanding of self-care will facilitate the creation of national and global health plans, which include self-care. There is a need for increased political commitments from health actors and governments, as well as cohesive policies around self-care, to accelerate further self-care integration into health systems and position health literacy as a public health priority globally.





We call for...

The adoption of a self-care resolution at the World Health Assembly by 2025.

A broader alliance of self-care advocates to make the case that investments in self-care result in healthier populations and lower costs.

An increase in the quantity and quality of self-care information available to consumers.

Governments to adopt standalone self-care strategies that bring more coherence across the current multitude of health policies, plans and programs that touch upon the concepts of self-care.