

## Commitments by



Autocuidado de la Salud

Anefp, the Spanish Association of the Self-Care Industry, brings together manufacturers and suppliers of non-prescription medicines and self-care products. With 44 years of history, anefp works to promote responsible self-care and to maintain daily well-being as the appropriate instrument to prevent diseases, deal with minor health problems, promote healthy lifestyle habits, and contribute to the sustainability of the healthcare system.

Anefp is a member of the **Association of the European Self-Care Industry**  which in turn belongs to the **Global Self-Care Federation**. 

Minimizing the environmental impact of medicines and self-care products, while safeguarding access to effective treatment and wellness options for European citizens is a cornerstone of the activity of both the Association of the European Self-Care Industry (AESGP) and its members, whether national associations or pharmaceutical companies.

Following in the footsteps of the AESGP, anefp hereby joins the **Charter**,  and undertakes to promote the goals set up therein among its members.

The environmental guidelines settled by anefp and its members are governed by some **guiding principles**, aiming to:

- **Maximize the positive environmental impact** and minimize the negative impact without ever compromising citizens health.
- **Promote the principles of circular economy** throughout the value chain of anefp members' products, managing the environmental impact of the products from their conception and development to their supply and subsequent use by the population, until the end of their shelf life.
- **Promote among our members the development of innovative technologies** and other solutions to address environmental challenges.

Anefp members focus their priority actions on the following guidelines:

1. **Plastics and packaging.**
2. **Pharmaceutical products in the environment.**
3. **Carbon footprint.**





Through the meetings and activities of its **Corporate Social Responsibility and Sustainability Committee**, anefp regularly shares best practice examples from self-care industry, and encourages the efforts of its members to:

- **Promote the use of packaging materials that can be recycled or that are made from recycled material.**
- **Encouraging the phasing out of plastic as a packaging material.**
- **Promote the implementation of circular economy principles.**
- **Explore partnerships throughout the value chain to develop innovative packaging solutions and improve recycling infrastructure.**

Anefp encourages the efforts of its members to:

- **Actively manage and reduce effluent discharge from manufacturing plants.**
- **Promote the safe disposal of medicines and self-care products in pharmacies through the SIGRE system, whose Board of Trustees anefp is a member.**

Anefp encourages its members to **reduce carbon emissions through science-based targets (SBTs)**.

Internally, anefp team is committed to reducing its carbon footprint, through initiatives such as the **progressive replacement of lights in the work environment with led lights**, and the **reduction of air conditioning and heating temperatures**.

To show the engagement of the Spain-based self-care industry to the principles of the **Charter**, anefp is committed to collecting information on the progress of its members in terms of environmental sustainability in the areas of packaging, environmental impact of self-care products and carbon footprint reduction, as well as to seeking new ways to develop good sustainability practices.