



Health & Wellness Update **May 2025**



**May National Health Observance:
Mental Health and National Physical Fitness & Sports Month**

May's health observances are Mental Health and National Physical Fitness & Sports Month. Looking for educational information related to these topics? If so, check out the following UnitedHealthcare educational resources:



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[Exercise and mental health](#)

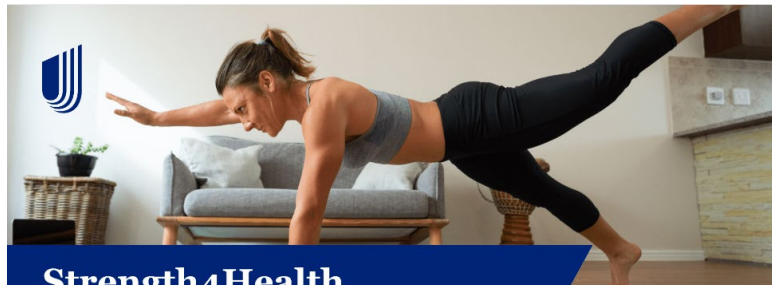
[Understanding mental health](#)

[6 habits for healthier living](#)

[Click here to learn more](#)

United at Work Presentation of the Month:

Strength for Health



Strength4Health

Strength training is a beneficial part of any physical activity routine. During this presentation, learn the benefits of resistance training and define physical activity recommendations. We will also discuss how to design a strength training program and develop and maintain a routine. [Click here](#) to view the presentation.

[Click here for the presentation](#)

United
Healthcare

Healthy tip flier of the month.

Strength for Health

UnitedHealthcare | Health Tip

Health tip: Strength for health



Resistance training is a key component of a healthier lifestyle. It increases bone density, strengthens muscle, and may help reduce risk of osteoporosis.

Physical activity recommendations¹

- At least 150 minutes per week
- Add moderate to high-intensity resistance training
- Spend less time sitting
- Additional benefits by being active at least 5 hours per week
- Increase over time

Program design²

When developing a program, be sure to consult an appropriate medical professional to determine the correct starting point based on your health status. Consider the following when designing for specific strength goals:

- **Repetition:** One repetition, or "rep", is one complete movement of a particular exercise. It refers to the number of times you continuously repeat each exercise in a set.
- **Sets:** One set is a group of consecutive repetitions of a particular exercise without resting.
- **Intensity:** Defined as a level of muscular activity that is quantified in terms of work performed per unit of time.
- **Variety:** Referred to as switching around your routine, such as introducing new exercises over time.
- **Rest interval:** The time taken to recuperate between sets of exercise. The rest period will vary depending on the intensity of the exercise being performed.

FITT Principle⁴

- F. Frequency:** number of times per week you are planning to exercise.
- I. Intensity:** how difficult the exercise is or will be.
- T. Time,** or duration, refers to how many minutes or repetitions of the exercise period.
- T. Type** refers to what kind of exercises (aerobic, muscle-strengthening, balance, flexibility) are performed during the exercise period.

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En Español

[Click here to learn more tips](#)

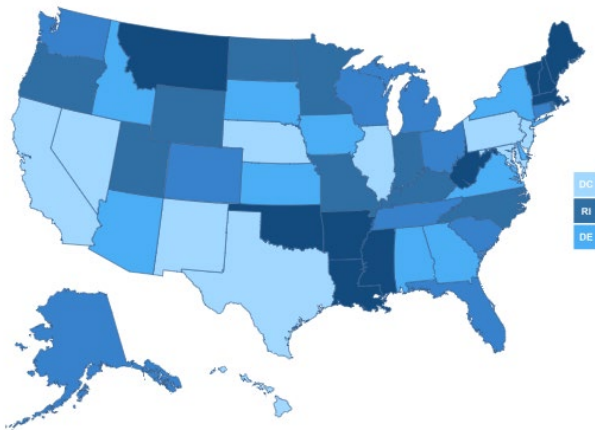
Research corner:

Mental Health Conditions (Diagnosed) – Children by State

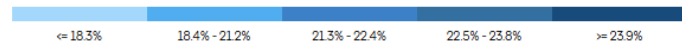


Mental Health Conditions (Diagnosed) - Children by State

Percent of children ages 3-17 told by a health care provider they currently have ADHD, depression, or anxiety problems; or were told by a doctor or educator they have behavior or conduct problems (2-year estimate)



Data from National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), 2022-2023



• Data Unavailable

Why does this matter?

Mental health is an essential component of overall health. Children with good mental health reach developmental and emotional milestones and learn healthy social skills. Early diagnosis of mental health conditions among children is vital to ensuring they don't have problems at home, in school or forming friendships. Common mental health conditions among children include anxiety, depression and attention-deficit/hyperactivity disorder (ADHD).

In 2023, the surgeon general issued an advisory about the effects of social media on young people's mental health. While social media can provide positive community spaces, studies have shown that there is an association between adolescents spending more time on social media and having poor mental health outcomes.

About Mental Health Conditions (Diagnosed) - Children

U.S. Value: 19.9%

Top State #1: Hawaii 14.0%

Bottom State #50: Maine: 28.9%

Definition: Percentage of children ages 3-17 told by a health care provider they currently have ADHD, depression, or anxiety problems; or were told by a doctor or educator they have behavior or conduct problems (2-year estimate).

Who is affected?

According to America's Health Rankings analysis, the prevalence of mental health conditions is higher among:

- Boys compared to girls.
- American Indian/Alaska Native, white and multiracial children compared with Hawaiian/Pacific Islander and Asian children.
- Children who have a parent or caregiver with some post-high school education compared with those whose parents or caregivers have less than a high school education.

What works?

Childhood mental health disorders can be [treated and managed](#). Treatment works best when parents and doctors work closely with teachers, coaches, therapists and anyone else involved in the child's life. The Centers for Disease Control and Prevention (CDC) lists [resource locators](#) to help parents find the right mental health services for their children and an action [guide](#) of strategies to support mental health in schools. They also provide [prevention and treatment](#) guidance for disruptive behavior disorders.

The U.S. Preventive Services Task Force recommendations for children's mental health include:

- [Screening](#) children and adolescents ages 8-18 for anxiety.
- [Screening](#) children and adolescents ages 12-18 for major depressive disorder.

The community Preventive Services Task Force (CPSTF) [recommends universal, targeted group](#) and [individual](#) school-based cognitive behavioral therapy programs to help prevent and reduce anxiety and depression among school-aged youth. Trained school staff (mental health professionals, nurses or teachers) or external mental health professionals (psychologists or social workers) can facilitate [programs](#) to help students develop problem-solving strategies, regulate emotions and establish healthy coping behaviors. The CPSTF also [recommends](#) schools implement anti-bullying interventions.

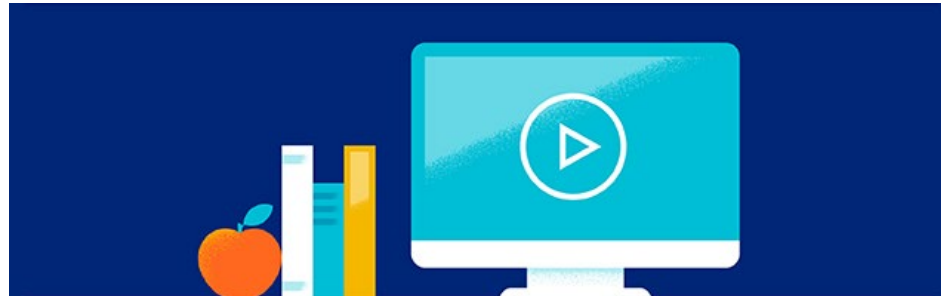
Data Source & Year(s): National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), 2022-2023

Suggested Citation: America's Health Rankings analysis of National Survey of Children's Health, U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), United Health Foundation, AmercasHealthRangings.org, accessed 2025.

**Click here to see how your
state ranks**



Quick Video Tips. Real Appeal



Let's make healthier happen

A health plan that's easier to understand and simpler to use — that's what we're all about it. Get the scoop on your benefits and feel confident knowing what your plan has to offer.

Real Appeal

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.



May is National Arthritis Awareness Month

While most people have probably heard of arthritis, it's likely that many of them don't know much about the impact of arthritis, the #1 cause of disability in the United States. That's why, during Arthritis Awareness Month every May, the Arthritis Foundation calls extra attention to this painful and debilitating condition that affects nearly 60 million men, women and children in the U.S.

In 1972, at the urging of the Arthritis Foundation, Congress and President Richard M. Nixon designated May as National Arthritis Month – a special time to emphasize research, service and education around arthritis, and to raise funds to support the cause.

Basic Facts About Arthritis

- About 1 in 4 adults and hundreds of thousands of children in the U.S. have been diagnosed by a doctor with a form of arthritis or related illness.
- Contrary to the common misconception, it's not just an "old person's" disease. About two-thirds of those living with arthritis are aged 65 and under.
- There are more than 100 types of arthritis and related rheumatic diseases.
- As our nation's top cause of disability, arthritis costs the U.S. economy over \$300 billion annually in medical bills, lost wages and associated expenses.
- Most people with arthritis also have comorbidities – accompanying conditions, like heart disease, diabetes and obesity – that further jeopardizes their health.

For more information about arthritis, recognizing symptoms and seeking treatment, visit [Arthritis Health Education | Arthritis A-Z](#).

[Click here to learn more](#)

[En Español](#)

Source: [Arthritis Health Education | Arthritis A-Z](#)



Member Resources –

How to Find Mental Health Services and Counseling



UnitedHealthcare Members

Learn about programs and support that may be available to you through your health plan. If you're not quite sure what type of help you may need, get tips on [choosing a mental health provider](#).

Non-UnitedHealthcare Members

Looking for support outside of a member plan? [Mental Health Complete Plus](#) provided by Teladoc Health offers access to unlimited online therapy without insurance for one monthly payment.

En Español

More Mental Health Member
Resources

What's on the menu?



INGREDIENTS

- 1 envelope (approximately 2.5 teaspoons) unflavored gelatin
- 2 cups sliced strawberries
- 1 cup grape juice

INSTRUCTIONS

1. Wash and slice the berries and then place in a shallow dish (9x9 inch brownie pan works well).
2. Combine gelatin and grape juice in a small pan and warm over low heat until the gelatin dissolves (about 5 minutes).
3. Pour gelatin and grape juice over berries and refrigerate until firm (about 1 hour).

Notes:

- Unflavored gelatin can be found in the same aisle as flavored gelatin.

Nutrition Information:

Yield: 4, Serving Size: ¼ cup

Prep time: 10 minutes, Cook time: 1 hour, Total time: 70 minutes

Calories – 76

Carbohydrates – 18 g

Berry Good Dessert

Berries and fruit juice give this simple gelatin dessert all the sweetness it needs.

En Español

MyPlate Food Groups



Fruits

3/4 cups

Protein – 1 g
Fat – 0 g
Saturated Fat – 0 g
Sugars – 16 g
Fiber – 2 g
Sodium – 18 mg
Cholesterol – 0 mg

[Click here for the recipe](#)

Source: <https://www.myplate.gov/recipes/berry-good-dessert>

June Preview

- Health Observance: Men's Health & National Safety Month
- Health Tip Flier of the Month: Ergonomics and You
- United at Work Presentation: Men's Health
- Video of the month: Mike's Story – Hear from Mike about his journey to lifestyle changes.

**United
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