



Health & Wellness Update **November 2025**



**November National Health Observance:
American Diabetes and
Great American Smokeout Month**

American Diabetes and Great American Smokeout Month

November's health observances are American Diabetes and Great American Smokeout Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



[Life with diabetes](#)

[Managing blood sugar \(glucose\)](#)

[The realities of vaping](#)

[Quitting smoking](#)

[**Click here to learn more**](#)

United at Work Presentation of the Month:

Eating with Diabetes



People who have diabetes have different nutritional needs than others. During this presentation, we will review the nutritional recommendations for individuals with diabetes or pre-diabetes and discover eating strategies that may help stabilize blood sugar. We will also identify cooking and snacking tips, as well as considerations when dining out for this population.

[En Español](#)

United
Healthcare

[Click here for the presentation](#)

Healthy tip flier of the month.

Eating with Diabetes

UnitedHealthcare | Health Tip

Health tip: Eating with diabetes



Diabetes rates have been steadily increasing over the past few decades due to various factors, including changes in lifestyle, dietary habits and an aging population. Adding to the complexity, 8 out of 10 people don't know they have pre-diabetes and 1 out of 5 people don't know they have diabetes.¹

However, the good news is you may be able to significantly reduce the health risks of diabetes by making healthier lifestyle choices and incorporating healthier eating strategies into to your daily routine.

Make nutrition a priority

**There is no "one size fits all" meal plan.
Consider these healthy eating strategies:**

- Mediterranean style eating plan²
- Balanced meals with healthier portion sizes³
- Monitor carbohydrate intake

Mindful snacking:

- Fruits and veggies
- Lean protein
- Healthier Fats
- Minimally processed grains

Healthier cooking methods:

- Reduce fat by using a slow cooker, instant pot, or air fryer
- Sauté foods using low sodium broth instead of oil
- Swap plain low-fat or fat-free yogurt for sour cream
- Roast veggies in the oven
- Grill using herbs and spices for flavor
- Substitute pureed fruit or pumpkin for oil/butter when baking



Health risks

Diabetes is the 8th leading cause of death and is the leading cause of newly diagnosed end-stage kidney disease and new cases of blindness in US adults. Healthier nutrition habits may help reduce these risks.¹

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However, the good news is you may be able to significantly reduce the health risks of diabetes by making healthier lifestyle choices and incorporating healthier eating strategies into your daily routine.

Click the below links to learn more about Eating with Diabetes.

**Click here to learn more about
Eating with Diabetes**



En Español

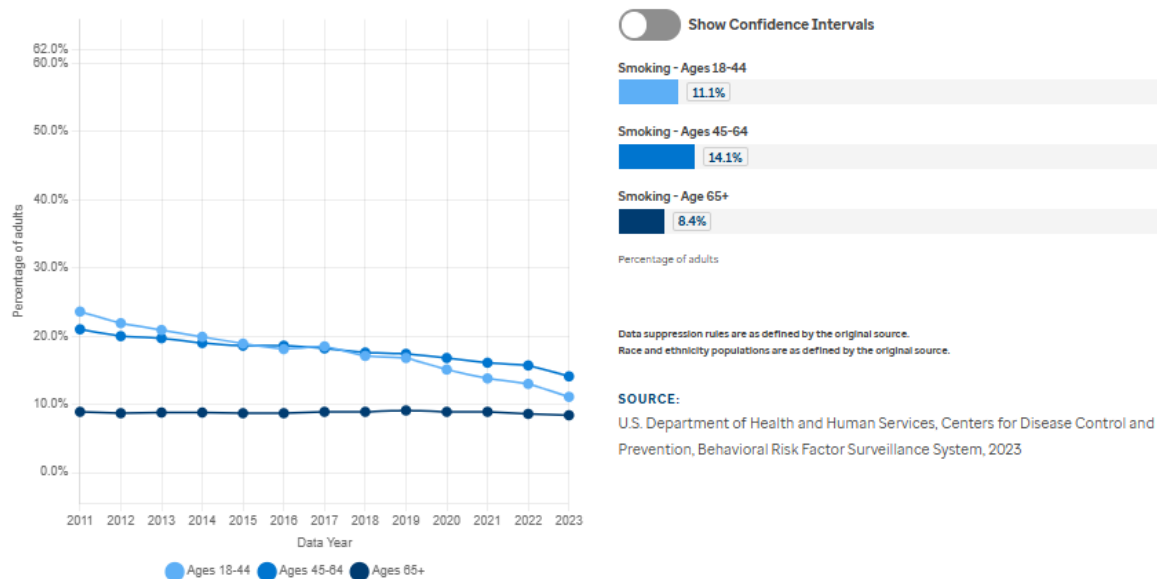
Research corner:

Smoking in the United States



Smoking by State

Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days



Why does this matter?

Smoking cigarettes has an adverse impact on overall health. As the [leading cause of preventable death](#) in the United States, cigarette smoking is responsible for the deaths of more than 480,000 Americans every year. Smoking damages [nearly every organ](#) and can cause heart disease, stroke, diabetes, multiple types of cancer and respiratory conditions such as emphysema and chronic bronchitis.

More than [16 million](#) Americans live with a disease caused by smoking. Smoking can affect nonsmokers as well; exposure to secondhand smoke is responsible for more than [41,000 deaths](#) every year. The [annual cost](#) of premature death due to smoking in the U.S. is nearly \$180 billion; smoking-related disease costs the economy another \$185 billion in lost productivity. Combined with health expenditures, cigarette smoking costs the U.S. more than [\\$600 billion](#) each year.

In recent years, there has been an [increase](#) in the popularity of e-cigarettes, especially [among youth](#) and young adults. E-cigarettes often contain nicotine and other [cancer-causing chemicals](#). In October 2021, the U.S. Food and Drug Administration [authorized the marketing](#) of certain tobacco-flavored e-cigarettes as a tool to help adults addicted to cigarettes smoke less and reduce their exposure to harmful chemicals.

Smoking in the United States

U.S. Value: 12.1%

Top State #1: Utah: 6.0%

Bottom State #50: West Virginia: 20.4%

Definition: Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days

Who is affected?

According to America's Health Rankings analysis, the [prevalence](#) of smoking in adults is higher among:

- Men compared with women.
- Adults ages 45-64 compared with adults ages 18-44 and adults ages 65 and older.
- American Indian/Alaska Native and multiracial adults compared with Asian adults.
- Adults with less than a high school education, who have a prevalence more than 4 times higher than college graduates.
- Adults with an income less than \$25,000, who have a prevalence 3 times higher than those with incomes of \$75,000 or more; the prevalence of smoking was significantly lower with each increase in income level.
- Adults living in nonmetropolitan areas compared with those living in metropolitan areas.
- Adults who have difficulty with self-care compared with adults without a disability.
- Lesbian, gay, bisexual, and queer (LGBQ+) adults compared with straight adults.

Other research has found that the following populations also have a high [prevalence](#) of smoking:

- Adults who are divorced, separated, or widowed.
- Adults who report serious psychological distress, such as feelings of sadness, nervousness, and worthlessness.

What works?

[Quitting smoking](#) can have profound benefits on current and long-term health, even among heavy lifelong smokers:

- Individuals who quit smoking before age 40 live an average of [10 years longer](#) than those who continue.
- The risk of stroke [becomes similar](#) to those of nonsmokers five years after quitting.
- Pregnant women who quit smoking during the first trimester give birth to infants of [comparable weight and height](#) to those of nonsmoking women.

A variety of interventions are effective for smoking prevention and cessation. States that have expanded [Medicaid coverage](#) for tobacco cessation programs have shown declines in smoking prevalence. This is vital area for improvement because of the [high prevalence](#) of smokers enrolled in Medicaid. [Excise taxes and increased prices](#) have been effective in preventing nonsmokers from starting, increasing cessation, and decreasing smoking-related health problems. In December 2019, the Federal Food, Drug and Cosmetic Act was changed to raise the minimum age of purchase for tobacco products from [18 to 21](#), which has effectively [decreased tobacco use](#) among 18- to 20-year-olds.

Additional smoking prevention and cessation resources include:

- The Centers for Disease Control and Prevention offers [guidelines](#) and examples of successful programs for preventing and controlling tobacco use.
- County Health Rankings & Roadmaps' [What Works for Health](#) tool provides a list of evidence-based strategies to address tobacco use.
- [Smokefree.gov](#) provides free, accurate and evidence-based information as well as professional assistance to support the immediate and long-term needs of smokers trying to quit. There are also resources specifically for [women](#) and [pregnant women](#).

Data Source & Year(s): U.S Department Health and Human Services, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2023

Suggested Citation: America's Health Rankings analysis of U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, United Health Foundation, [AmericasHealthRankings.org](#), accessed 2025.

[Click here to see how your state ranks](#)



Quick Videos.

How a Health Plan Works



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.

How a Health Plan Works

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.

[En Español](#)



Member Resources – Waiting for coverage to start?

Here's what you can do before your ID card arrives

All set with your health plan coverage but it's not active yet? While you're watching the mail for your [member ID card](#) to arrive, here are a few things you can do while you're waiting for your coverage to start.



Find out how to sign in to your member site and set up an account

Whether you have a Medicare plan, a plan through your employer or another health plan, you'll have an online health plan account. You'll need to wait until you have your [member ID card](#) to register for your account. Until your card arrives, you can learn where to sign in and bookmark the page. When you sign in to your member site, it's easier to see your personalized information and manage your benefits.

[Register or sign in to your member account](#) >



Explore your network to find providers

Check for providers in your health plan network by using the [Find a doctor directory](#). With some health plans, you may need to [choose a primary care provider \(PCP\)](#). You can also use the directory to see which clinics and hospitals are in your network. When you receive your member ID card, sign in to your health plan account to view a more complete list and select a PCP if that's required by your plan.

[Browse the Find a doctor directory](#) >



Schedule your first appointment

Plan ahead to schedule an appointment with your PCP for after the start of your coverage. Many preventive screenings and immunizations are covered at no additional cost to you when you see network providers, so it's a good idea to get them on the calendar.

[Find preventive care recommendations](#) >



Download the UnitedHealthcare® app

Once your plan is effective, download the UnitedHealthcare app to easily check your plan details and view your member ID card from your mobile device. Depending on your plan, you may be able to use the app to help you find nearby care options in your network, set up a video chat with a doctor, check on claims and more.

Use your mobile device to download the app



**Learn about the UnitedHealthcare
app**



What's on the menu?



Scrambled Egg Burrito

This dish is quick enough for a weekday morning yet satisfying enough for a weekend breakfast. Choose mild, medium, or hot salsa depending on your personal preference.

Real Appeal Recipes

Recipes marked with this icon can be doubled or tripled then divided up into separate portions, stored in airtight containers and refrigerated for a day or two or frozen for future meals. Save time, control portions and always have an answer to "what's for dinner?" with this stable of homemade frozen dinners.

As you can see below, there are a few other icons that help you easily flag vegetarian, vegan and super-quick recipes.

Keep in mind, you can substitute other condiments or seasonings for the herbs and spices listed in these recipes. We kept seasonings to a minimum so you don't have to buy dozens of bottles; you'll notice we use the same one (such as thyme or oregano) in several different recipes.

 vegetarian  vegan  5-minute meal  multiple portions

INGREDIENTS

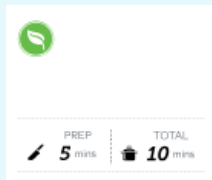
- Cooking oil spray
- 1 tablespoon diced onion
- ¼ cup canned black beans (preferable low sodium or no-salt-added), drained, and rinsed
- 1 egg scrambled
- 1 whole-wheat tortilla (about 8 inches in diameter)
- 2 tablespoons salsa, preferably with no more than 85 mg sodium per 2 tablespoons.
- 3 tablespoons mashed avocado
- ½ cup plain nonfat or low-fat yogurt (regular or Greek)

INSTRUCTIONS

1. Place a large heavy bottom skilled over medium heat. Spray with cooking spray and add onion. Cook, stirring constantly, for 2 minutes.
2. Reduce heat to low and add beans and egg. Cook, stirring constantly, until eggs are cooked, about 3 minutes.
3. Place egg mixture on tortilla, top with salsa, avocado, and yogurt.
4. Roll tortilla and serve.

Nutrition Information:

Yield: 1, Serving Size: 1



Calories – 365
Carbohydrates – 43 g
Protein – 21 g
Fat – 12 g
Saturated Fat – 2.7 g
Fiber – 9 g
Sodium – 412 mg
Cholesterol – 188 mg

[Click here for the recipe](#)

Source: [Real Appeal – Real Food recipes – page 6](#)

December Preview

- Health Observance: Self-care for the Holidays & Financial Well-being Awareness Month
- Health Tip Flier of the Month: Healthier Travel
- United at Work Presentation: Healthier Travel
- Video of the month: UnitedHealthcare Mobile App

**United
Healthcare**

Insurance coverage provided by or through
UnitedHealthcare Insurance Company or its affiliates.
Administrative services provided by United
HealthCare Services, Inc. or their affiliates. Health
Plan coverage provided by or through
UnitedHealthcare of AZ/NM, Inc.