



Health & Wellness Update

September

2025



September National Health Observance:

Immunization Awareness and Obesity Awareness

Month

September is Immunization and Obesity Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



[What's a vaccine?](#)

[Childhood vaccines](#)

[Nutrition tips for healthy eating](#)

[What is Body Mass Index? \(BMI\)](#)

[Click here to learn more](#)

United at Work Presentation of the Month:

Healthier Weight



This presentation will highlight the risks of obesity and benefits of having a healthy weight. You will learn ways to evaluate a healthier weight as well as the components of weight loss. Contributing factors to an unhealthy weight such as eating habits, physical activity, stress, sleep and more will also be discussed.

[En Español](#)

United
Healthcare

[Click here for the presentation](#)

Healthy tip flier of the month.

Healthier Weight

Health tip: Healthier weight

According to the CDC, obesity is a common, serious, and costly chronic disease of adults and children that continues to increase in the United States. Obesity is putting a strain on American families, affecting overall health, health care costs, productivity, and military readiness. Obesity-related health conditions include heart disease, stroke, type 2 diabetes and certain types of cancer.¹

Achieving and maintaining a healthier weight, which may improve overall health, includes healthier eating, physical activity, optimal sleep, and stress reduction. People with gradual, steady weight loss (about 1 to 2 pounds per week) are more likely to keep the weight off than people who lose weight quickly. A reduction of 3,500 calories equals one pound of weight loss. This deficit may be achieved by consuming fewer calories and requiring more through increased movement.²

Ways to evaluate weight³

Body fat % category	Women	Men
Essential fat	10–13%	2–5%
Athletes	14–20%	6–13%
Fitness	21–24%	14–17%
Acceptable	25–31%	18–24%
Obesity	>32%	>25%

BMI	Weight status
Below 18.5	Underweight
12.5–24.9	Healthy weight
25–29.9	Overweight
30.0 and above	Obesity



Waist-to-hip ratio (WHR) and waist circumference

Studies have shown that the size of one's waist (measured around the belly button) correlates directly to heart disease. A waist size greater than 40 inches for men and 35 inches for women is considered at risk.³

En Español



[Click here to learn more tips](#)

2. CDC, Steps for Losing Weight. <https://www.cdc.gov/healthy-weight-growth/losing-weight/> 2024. Accessed June 2024.

Research corner:

Obesity



Obesity by State

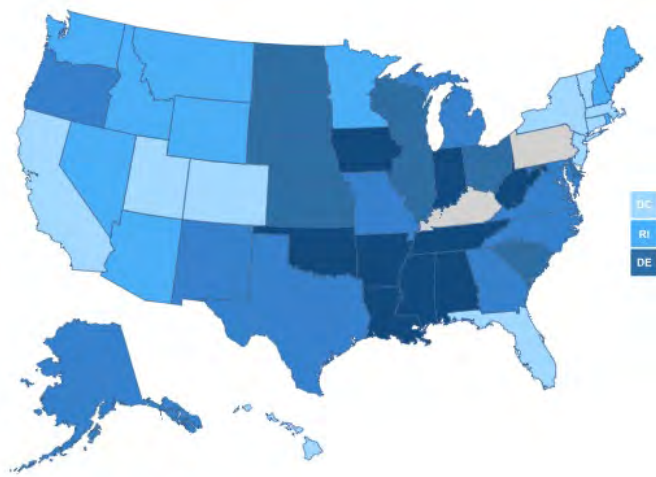
Percentage of adults who have a body mass index of 30.0 or higher based on reported height and weight

Why does this matter?

Obesity is a [complex health condition](#) with biological, economic, environmental, individual and societal causes. [Contributing factors](#) to obesity include social and physical environment, genetics, [prenatal and early life influences](#), and behaviors such as poor diet and physical inactivity.

Adults with obesity are at an increased risk of developing [serious health conditions](#), including hypertension, Type 2 diabetes, heart disease and stroke, sleep apnea and breathing problems, some cancers, and mental illnesses like depression and anxiety.

While body mass index (BMI) can serve as an easily accessible proxy for obesity at the population level, it has its [limitations](#). BMI does not [distinguish](#) between excess fat and muscle or bone mass, and the relationship between BMI and body fat is influenced by sex, age and ethnicity. Further, it does not capture the complexity of human health. For example individuals can have a high BMI and



good [cardiovascular health](#), while others can have what is categorized as a “healthy” or “normal” BMI and poor cardiovascular health. The American Medical Association has adopted a [new policy](#) in 2023 addressing the shortcomings of BMI as a clinical health measure and suggesting that BMI be used with other valid measures, such as body composition.

Obesity

U.S. Value: 34.3%

Top State #1: Colorado: 24.9%

Bottom State #50: West Virginia: 41.2%

Definition: Percentage of adults who have a body mass index of 30.0 or higher based on reported height and weight

Who is affected?

According to America’s Health Rankings data, the [prevalence](#) of obesity is higher among:

- Adults ages 45-64 compared with those ages 65 and older and adults ages 18-44.
- Black and American Indian/Alaska Native adults compared with Asian and white adults.
- Adults with less than a college education compared with college graduates.
- Adults with an annual household income less than \$25,000 compared with those with incomes of \$75,000 or more.
- Adults living in nonmetropolitan areas compared with those in metropolitan areas.

What works?

Addressing obesity requires a [multifaceted approach](#) involving policymakers, state and local governments, health care and child care professionals, schools, families and individuals. The Centers for Disease Control and Prevention (CDC) identifies prevention [strategies](#) for the state, local and community levels, as well as [tips for living a healthy lifestyle](#).

The Community Preventive Services Task Force has compiled a list of [resources](#) for community-level interventions that can lower obesity rates by supporting healthy eating and active living in various settings.

Examples of [policy recommendations](#) that address obesity include:

- Increasing funding for evidence-based obesity prevention programs to reach [underserved and high-risk communities](#).
- Supporting [pedestrian safety and accessibility initiatives](#) like Safe Routes to School and Complete Streets, which can encourage walking and outdoor physical activity.

- [Expanding Medicaid coverage](#) for obesity-related health services and increasing eligibility to give more people access to health insurance.

The [Healthy Weight Checklist](#) can be a practical and/or educational resource for maintaining healthy habits. It provides information on eating healthy, getting enough sleep and physical activity, limiting screen time and reducing stress.

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.

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.



Member Resources – Types of health insurance costs



UnitedHealthcare Members

Premiums. Deductibles. Coinsurance. Out-of-pocket maximum or limit. Health insurance costs go by a lot of names. And that's just to name a few. Before selecting a plan, it's important to understand how the different types of costs work and how they may affect your budget. Let's take a closer [look](#).

En Español

**Learn about different types of
health insurance costs**

What's on the menu?



Arroz con Pollo (Chicken and Rice)

This one skillet meal makes a quick, tasty, and healthy weeknight dinner.

En Español

MyPlate Food Groups



Vegetables	3/4 cups
Grains	1 ounces
Protein Foods	4 1/2 ounces

INGREDIENTS

- 2 tablespoons vegetable oil (or cooking oil of choice)
- 1 whole chicken, cut up, skin removed
- 1 medium green pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 tomatoes, chopped
- 2 ¼ cups chicken broth, low-sodium
- 1 bay leaf
- salt (to taste, optional)
- pepper (to taste, optional)
- 1 cup rice, uncooked
- 1 cup peas

INSTRUCTIONS

1. In a large skillet heat oil over medium-high heat and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf. Add salt & pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot. Remove bay leaf before serving.

Nutrition Information:

Yield: 6, Serving Size: 1/6 recipe

Prep time: 15 minutes, Cook time: 55 minutes, Total time: 70 minutes

Calories – 360
Carbohydrates – 35 g
Protein – 33 g
Fat – 9 g
Saturated Fat – 2 g
Sugars – 4 g
Fiber – 1 g
Sodium – 150 mg
Cholesterol – 86 mg

[Click here for the recipe](#)

Source: [Arroz con Pollo \(Chicken and Rice\) | MyPlate](#)

October Preview

- Health Observance: Women's Health Awareness & National Breast Cancer Awareness Month
- Health Tip Flier of the Month: Mammogram Screening Recommendations
- United at Work Presentation: Understanding Menopause
- Video of the month: Heart of the Matter: Estimating costs for care

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