



Health & Wellness Update

July 2025



July National Health Observance: Summer Safety and Dental Health Awareness Month

July is Summer Safety and Dental Health Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



[Skin care tips, condition, and treatments](#)

[Sun safety](#)

[Dental and oral health](#)

[Click here to learn more](#)

United at Work Presentation of the Month:

Healthier Dental Habits



Regular dental hygiene translates to good health overall. In addition to reviewing the importance of healthy and regular dental habits, we will define common health conditions and diseases associated with poor dental habits, and learn healthier behaviors that may help manage, improve, and prevent poor oral care. [Click here](#) to view the presentation.

En Español

United
Healthcare

[Click here for the
presentation](#)

Healthy tip flier of the month.

Healthier Dental Habits

UnitedHealthcare | Health Tip

Health tip: Healthier Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, poses a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.



A healthier mouth for a lifetime includes:³

- Regular dental visits
- Brush twice a day for at least 2 minutes
- Floss once a day
- Do not use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner, and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.



Other ways to maintain good oral hygiene:³

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
 - whole grains
 - lean sources of protein
 - fruits
 - low-fat/fat-free dairy foods
 - vegetables

Source:
1 Centers for Disease Control. <https://www.cdc.gov/healthybehavior/adultoralhealth/index.html>. 2020. Accessed August 2022.
2 American Dental Association. <https://www.ada.org/topics/brushing>. 2022. Accessed August 2022.
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Did you know?

- 26% of adults in the United States have tooth decay¹
- 46% of adults aged 50 years & older have signs of gum disease¹
- Oral cancers are more common in older people, particularly those who drink and/or smoke²
- Besides brushing, there are other tools to keep your mouth healthy like flossing and using mouthwash³

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, threats to oral health, including tooth loss, poses a risk to all generations. Poor dental hygiene is correlated with several other diseases not directly in the mouth, including diabetes, heart disease, pneumonia and rheumatoid arthritis.



A healthier mouth for a lifetime includes:³

- Regular dental visits
- Brush twice a day for at least 2 minutes
- Floss once a day
- Do not use tobacco products
- Limit sugary and alcoholic beverages

En Español

[Click here to learn more tips](#)

3 American Dental Association. <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>. 2022. Accessed August 2022.

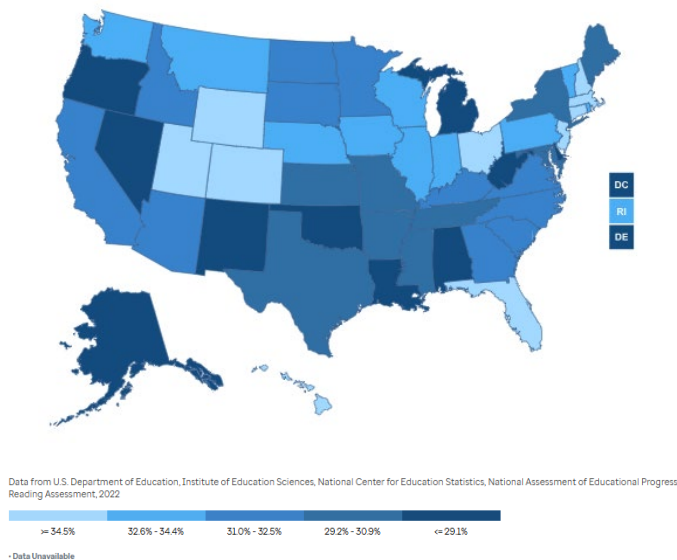
Research corner:

Fourth Grade Reading Proficiency



Fourth Grade Reading Proficiency by State

Percentage of fourth grade public school students who scored proficient or above on the National Assessment of Educational Progress in reading comprehension



Why does this matter?

Fourth grade reading proficiency is an important [indicator](#) of adequate educational development. By the time a child reached fourth grade, they are expected to be able to read in order to learn other academic subjects. If a child is not proficient in reading by this age, it becomes harder for them to succeed academically.

A 2011 landmark study found that children who are not reading proficiently by the end of third grade are much less likely to graduate from high school. Higher educational attainment is associated with better jobs, higher earnings, increased health knowledge, better self-reported health and fewer chronic conditions.

[Several factors](#) contribute to a child's reading proficiency, including readiness for school, chronic absences, summer learning loss, family-related stressors and quality of teaching.

Fourth Grade Reading Proficiency

U.S. Value: 32.1%

Top State #1: Massachusetts: 42.6%

Bottom State #50: New Mexico: 21.0%

Definition: Percentage of fourth grade public school students who scored proficient or above on National Assessment of Educational Progress in reading comprehension.

Who is affected?

The National Assessment of Educational Progress uses cut points to determine proficiency levels. Fourth grade reading scores are higher among:

- Female students compared with male students
- Asian and white students and students who identify as two or more races compared with American Indian/Alaska Native, Hawaiian/Pacific Islander, Black and Hispanic students.
- Students who speak English as their first language compared with English language learners.
- Children without a disability compared with children who have a disability.
- Children living in suburban areas compared with children living in cities, towns or rural areas.

What works?

Research shows that providing young children with consistent language-rich experiences, such as [talking, reading and singing](#), can positively impact brain development and future school success. [HeadStart](#) programs promote school readiness and provide early learning opportunities for young children from low-income families.

County Health Rankings & Roadmaps lists several evidence-based strategies that improve reading outcomes, including:

- [Reach Out and Read](#) is a program where medical providers give children developmentally appropriate books and guide parents on how to read with their children during well-child visits.
- [Publicly funded pre-kindergarten programs](#) have improved children's language, math and reading skills, especially among English language learners and children from lower socioeconomic backgrounds.
- [Summer learning programs](#) have increased student achievement, especially among disadvantaged students, who have greater levels of summer learning loss.

Data Source & Year(s): U.S Department of Education, Institute of Education Sciences, National Center for Education Statistics, National Assessment of Educational Progress, Reading Assessment, 2022.

Suggested Citation: America’s Health Rankings analysis of U.S. Department of Education, Institute of Education Sciences, National Center for Education Statistics, National Assessment of Educational Progress, Reading Assessment, United Health Foundation, AmercasHealthRangings.org, accessed 2025.

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

Quick Videos.

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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.

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July is Sarcoma Awareness Month

Every July, SFA and the sarcoma community come together to raise awareness and support people affected by sarcoma.

What is Sarcoma?

Sarcoma is a rare cancer accounting for 1% of all adult cancer and 21% of childhood cancers. There are two main types: tumors that form in bones, tumors that form in muscles, fat, nerves and other soft tissues.

Approximately 17,000 people are diagnosed with sarcoma each year in the United States, approximately 4,000 bone sarcomas and 13,000 soft tissue sarcomas. At any one time, more than 50,000 patients and their families are struggling with sarcoma.

There are over 100 subtypes of sarcoma as classified by the World Health Organization (WHO). Sarcomas can arise anywhere in the body and from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels – collectively referred to as the body's "connective tissues"). The most frequent location are the limbs since this is where the majority of the body's connective tissue resides.

- 40% occur in the lower extremities (legs, ankles, feet)
- 30% occur in the trunk (chest wall, abdomen, pelvis)
- 15% occur in the upper extremities (shoulders, arms, wrists, hands)
- 15% occur in the head and neck

Sarcomas are commonly hidden deep in the body, so sarcoma is often diagnosed when it has already become too large to expect a hope of being cured. Although a lot of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma.

Sarcoma is sometimes curable by surgery (about 20% of the time), or by surgery with chemotherapy and/or radiation (another 50-55%), but about half the time they are totally resistant to all of these approaches – thus the extreme need for new therapeutic approaches.

For more information about Sarcoma, visit [Sarcoma Foundation of America](https://www.sarcoma.org/) website.

**Learn more about causes,
risk factors and treatment
options**

Source: [What is Sarcoma? - SFA](https://www.sarcoma.org/what-is-sarcoma/)



Member Resources –

Clinical and disease management support programs



UnitedHealthcare Members

When you live with an ongoing health condition, support programs can be a helpful way to get guidance along the way. You can look to support programs to get you in touch with experts who are trained to help you find health ways to cope, help you learn to live a rewarding life and overcome challenges you may face.

Learn more about UnitedHealthcare's clinical disease management programs for conditions such as:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Heart Disease
- Bariatric Services
- Transplant Services
- Kidney Disease
- Asthma
- Cancer Resource Services

With UnitedHealthcare disease and management support, you will never have to walk alone.

**Learn about UnitedHealthcare
support programs**

En Español



What's on the menu?

California Avocado Super Summer Wrap

Fresh avocado doubles for dressing and filling complementing blueberries, carrots, arugula, and chicken in this appetizing summer wrap.

En Español

MyPlate Food Groups



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

INGREDIENTS

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- ½ cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- ½ cup blueberries
- ½ cup carrots (grated)
- ¼ cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 – 8-inch whole wheat tortillas

INSTRUCTIONS

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with ¼ of filling mixture.
4. Roll, tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Nutrition Information:

Yield: 4, Serving Size: ¼ recipe

Prep time: 15 minutes, Cook time: 0 minutes, Total time: 15 minutes

Calories – 389
Carbohydrates – 32 g
Protein – 35 g
Fat – 13 g

Saturated Fat – 3 g
Sugars – 6 g
Fiber – 7 g
Sodium – N/A
Cholesterol – 75 mg

[Click here for the recipe](#)

Source: [California Avocado Super Summer Wrap | MyPlate](#)

August Preview

- Health Observance: Sleep Health Awareness & Health Literacy Awareness Month
- Health Tip Flier of the Month: Health Insurance 101
- United at Work Presentation: Health Insurance 101
- Video of the month: How a Health Plan Works

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Plan coverage provided by or through
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