

# Member Educational Materials for April

## National Health Observance: Alcohol and Substance Abuse Awareness Month

April's Health Observance is Alcohol and Substance Abuse Awareness Month. Looking for educational information related to this topic? If so, check out the following UnitedHealthcare educational resources:

- [Alcohol use disorder](#)
- [Substance use disorder](#)
- [Living tobacco free tips](#)
- [Vaping](#)

### Substance use disorder

When you hear the phrase "substance use disorder," you might also think of substance abuse, addiction or dependence. While each term is similar, they have some differences. You see, many who may misuse substances may not have a substance use disorder. That said, 21 million Americans do struggle with a substance use disorder in some capacity.<sup>1</sup> Their condition may not be controlling their life, but it's a health risk, nonetheless, and may be a reason to warrant getting help.<sup>2</sup> It's important to understand what substance use disorder is so you can recognize it and try to get people help as soon as possible.

### What is a substance use disorder?

You might be wondering what's considered a substance. A substance is anything that has mood and mind-altering effects. Things like, alcohol, pain medications and illegal drugs. A substance use disorder is a medical condition that may affect the brain and body.<sup>3</sup> Someone with a substance use disorder has to meet certain criteria in order to get a formal diagnosis. Some of those criteria may include the regular use of substances even though it might negatively impact that person's quality of life (like failure to meet major responsibilities or poor health).<sup>4</sup>

Remember, substance use disorder is a disease – not a failure of will or weakness of character.<sup>3</sup> It can be serious and life-threatening. The good news? It may be treatable. In fact, many people can recover if they seek the proper counseling right away. Call the 24-hour Substance Use Helpline at **1-855-780-5955** / TTY 711 to speak with a licensed clinician.<sup>5</sup>



## Health Tip Flier of the Month: Living Tobacco Free (English & Spanish)

UnitedHealthcare Health Tip Fliers may be a visual and engaging way of providing member-level education. Check out this month's Health Tip Flier on [Living Tobacco Free \(English & Spanish\)](#).

UnitedHealthcare | Health Tip

### Health tip: Living tobacco free

Did you know tobacco use is the single largest cause of preventable death and disease in the United States? Cigarette smoking may cause many health problems including cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease. Specifically, more than 16 million Americans are living with a disease caused by smoking, in which it is responsible for more than 480,000 deaths per year in the United States alone.<sup>1</sup> No tobacco product is safe. This includes cigarettes, cigars, pipes, hookah, e-cigarettes, and smokeless tobacco products such as chewing tobacco. The nicotine in tobacco products is highly addictive and makes it difficult to quit, but there are many short and long term benefits to quitting.<sup>2</sup>

When used over a long period, tobacco-related chemicals such as tar and nicotine may increase your risk of many health problems. In addition to nicotine, smokers may inhale anywhere from 4,800 to 7,000 other chemicals, depending on the type of product being used. There is a long list of serious health risks associated with smoking, and knowing these may help motivate you to quit.<sup>3</sup>

**Using tobacco products may put you at a greater risk of:**

- Developing certain cancers, including throat, mouth, esophagus, stomach, pancreas, kidney, and lung cancers
- Developing lung problems such as chronic obstructive lung disease, emphysema, chronic bronchitis, and asthma
- Developing a stroke or coronary artery disease which can lead to angina and heart attacks
  - Increasing triglycerides (a type of fat in your blood)
  - Lowering "good" cholesterol (known as HDL)
- Having gum disease and tooth loss
- Damaging cells that line the blood vessels
- Developing type 2 diabetes

**The benefits of quitting tobacco begin almost immediately<sup>4</sup>**

- 20 minutes** – Heart rate and blood pressure drop
- 24 hours** – Nicotine level in the blood drops to zero
- Several days** – The carbon monoxide level in the blood drops to normal
- 1 to 12 months** – Coughing, sinus congestion and shortness of breath decrease
- 1 year** – The risk for heart attack drops dramatically
- 5 to 10 years** – The risk of mouth, throat and esophageal cancer is half that of a smoker's
- 15 years** – The risk of developing coronary heart disease is that of a non-smoker's

UnitedHealthcare | Consejo de Salud

### Consejo de salud: Vivir sin consumir tabaco

¿Sabía que el consumo de tabaco es la principal causa de muerte y enfermedad prevenibles en los Estados Unidos? Fumar cigarrillos puede causar muchos problemas de salud, como cáncer, enfermedades cardíacas, derrames cerebrales, enfermedades del pulmón, diabetes y enfermedad pulmonar obstructiva crónica. En concreto, más de 16 millones de estadounidenses viven con una enfermedad provocada por el tabaquismo, lo que es responsable de más de 480,000 muertes al año solo en los Estados Unidos.<sup>1</sup> Ningún producto de tabaco es seguro. Esto incluye cigarrillos, puros, pipas, mariguas, cigarrillos electrónicos y productos de tabaco sin humo, como el tabaco de mascar. La nicotina en los productos de tabaco es altamente adictiva y dificulta dejar de fumar, pero dejar de fumar tiene muchos beneficios a corto y largo plazo.<sup>2</sup>

Cuando se usan durante un período prolongado, las sustancias químicas relacionadas con el tabaco, como el alquitrán y la nicotina, pueden aumentar su riesgo de desarrollar muchos problemas de salud. Además de la nicotina, los fumadores pueden inhalar entre 4,800 y 7,000 otras sustancias químicas, según el tipo de producto que se utiliza. Hay una larga lista de riesgos graves para la salud asociados con el tabaquismo, y conocerlos puede motivarle a dejar de fumar.<sup>3</sup>

**El uso de productos de tabaco puede ponerle en mayor riesgo de:**

- Desarrollar ciertos tipos de cáncer, incluidos los cánceres de garganta, boca, esófago, estómago, páncreas, riñón, y pulmón
- Desarrollar problemas en los pulmones como enfermedad pulmonar obstructiva crónica, enfisema, bronquitis crónica y asma
- Sufrir un derrame cerebral o desarrollar arterioesclerosis coronaria lo que puede provocar angina y ataques cardíacos.
  - Aumento de los triglicéridos (un tipo de grasa en la sangre)
  - Reducir el colesterol "bueno" (conocido como HDL)
- Tener enfermedad de las encías y pérdida de dientes
- Dañar las células que recubren los vasos sanguíneos
- Desarrollar diabetes tipo 2

**Los beneficios de dejar el tabaco comienzan casi de inmediato<sup>4</sup>**

- 20 minutos** – Disminución de la frecuencia cardíaca y de la presión arterial
- 24 horas** – El nivel de nicotina en la sangre baja a cero
- Varios días** – El nivel de monóxido de carbono en la sangre baja a niveles normales
- 1 a 12 meses** – Disminución de la tos, la congestión de los senos paranasales y la dificultad para respirar
- 1 año** – El riesgo de ataque al corazón se reduce drásticamente
- 5 a 10 años** – El riesgo de cáncer de boca, garganta y esófago es la mitad del de un fumador
- 15 años** – El riesgo de desarrollar enfermedad coronaria es el de un no fumador




# Member Educational Materials for April

## United at Work Presentation of the Month: Understanding Alcohol Use & Misuse

Click [here](#) for the Understanding Alcohol Use & Misuse education presentation where we will take a closer look at facts to know about alcohol use and misuse, as well as the reasons why people choose to drink. We will also discuss the potential health concerns associated with over drinking and offer resources to seek help.



Quiz



### Alcohol Use and Misuse Questionnaire

Name: \_\_\_\_\_

Please circle your answers to the following questions.

1. People chose to drink due to, or in order to:

a. Relax

b. Peer Pressure

c. Cope with stress

d. Socialize

e. All of the above

2. Alcohol is the third most widely used drug in the world.

a. True

b. False

3. Mental Health issues such as depression and anxiety may be a long-term health risk from excessively consuming alcohol.

a. True

b. False

4. Short-term health risks from drinking alcohol may include:

a. Improved blood pressure

b. Lower risk for certain types of cancer

c. Injuries resulting from falls, motor vehicle crashes, or burns

d. Improved liver function

5. A sign of alcohol abuse disorder is drinking more than planned, even after attempts to cut down or quit drinking.


a. True

b. False


6. The recommended level of alcohol consumption for adult men is no more than 4 drinks per day.

a. True

b. False

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Quiz Answers



### Alcohol Use and Misuse Questionnaire- Answers

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Please circle your answers to the following questions.

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 [Click here](#) for the entire United at Work catalog.




# Member Educational Materials for April

## Rally Mission of the Month: Drink in moderation

Rally Missions may help support members in taking small steps to live healthier lives. Consider promoting this month’s Rally Mission, **Drink in moderation**.

Rally is available at no additional cost to members as part of their health plan benefits with UnitedHealthcare. Use the Rally Member Flier linked below to help promote Rally to members.



### Drink in Moderation

Working on drinking in moderation? Cutting back on alcohol can help you improve your sleep, lose weight, and save money. The general rule is up to one drink a day for women and no more than two drinks a day for men.

[Learn More](#)



### Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.



**Take the Health Survey**  
Use your results to help set health goals.



**Get personalized recommendations**  
Build healthier habits with well-being programs, activities and more.



**Earn rewards**  
Take healthy actions, achieve goals and earn Rally Coins.

[Visit myuhc.com® > Health Resources > Rally](#)



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Rally member flier

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