

APRIL 2024

PLAN FOR HEALTH NEWSLETTER

SOCIAL DETERMINANTS OF HEALTH

When we think of our health, the first thoughts that come to mind might be our physical, mental, social well-being, or if we are free of any colds or illness/disease. Having good health helps us live a full and active life. Social determinants of health (SDoH) are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the environment that shapes the conditions of daily life.

Social determinants of health have a major impact on people's health, well-being, and quality of life. Examples of SDoH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Ability to obtain nutritious foods and physical activity opportunities
- Access to clean air and water
- Language and literacy skills

SDoH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.



THIS MONTH'S TOPICS:

- **Social Determinants of Health**
- **Tobacco Cessation**
- **April Recipe: Spinach Quiche**

Why SDoH is Important

Research shows that social determinants can be more important than health care or lifestyle choices in influencing health, such as seeing a primary care provider regularly, ability to obtain prescribed medications, or the means and access to healthy foods. Numerous studies suggest that SDoH account for between 30-55% of our health outcomes, which are our ability to function well physically, mentally, socially, and have a sense of positive well-being. Addressing differences and barriers within SDoH will help the progression towards better health equity, which is the state in which every person has the opportunity to attain their highest level of health.

Where Can I Learn More?

On your Health Plan app and website, it is important to complete the Health Assessment to better understand your health status. Once you complete the Health Assessment, you will receive your health score on a variety of health behaviors and risk factors that include stress management, diet and exercise, tobacco use, and social determinants of health. Based on your results, you will receive personalized health programs and/or authorized outreaches from the care team to share resources that meet your needs.

TOBACCO CESSATION



Nicotine Addiction: More Than Just a Bad Habit

Nicotine addiction is the main reason most people use tobacco. While some users are more dependent on nicotine than others, nicotine dependence makes it very difficult to stop using tobacco. According to studies from the Surgeon General, nicotine is more addictive than any other drug, including heroin, cocaine, and opium. **Take the questionnaire below to score your dependency level. Read each question, determine the number of points based on your answer, and add up the total score.**

Fagerstrom Tolerance Scale: Nicotine Dependency Test	0 points	1 point	2 points
1. How soon after you wake up do you smoke your first cigarette?	After 30 mins.	Within 30 mins.	N/A
2. Do you find it difficult to not smoke in places where it is "off limits," such as libraries, theaters, or doctors' offices?	No	Yes	N/A
3. Which of all the cigarettes you smoke in a day is the most satisfying?	Any other than the first one in the morning	The first one in the morning	N/A
4. How many cigarettes a day do you smoke?	10 or less	11 to 20	21 to 30
5. Do you smoke more during the first hours after waking than during the rest of the day?	No	Yes	N/A
6. Do you continue to smoke even on days you are so ill that you stay in bed?	No	Yes	N/A
7. Does the brand you smoke have a low (up to 0.4 mg.), medium (0.5 to 0.9 mg.), or high (1.0 mg. or more) nicotine content?	Low	Medium	High
8. How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always

Program Highlight: Quitting Tobacco

This program focuses on the journey towards a commitment to quit using tobacco. Review why you should quit tobacco, information about tobacco use, and ways to create a plan for quitting. This program will also educate you on the effects of tobacco use and vaping on your health and your loved one's health. Go to your member app or website and explore the **Program Library** on the **Journey** tab to learn more.

Total Score:

Dependence Scores: 0-2 Very Low, 3-4 Low, 5 Medium, 6-7 High, and 8-10 Very High

According to the National Institute of Health, there is an estimated 46 million U.S. adults reported using tobacco products. 61% of the 46 million chose cigarettes as their product of choice, followed by E-cigarettes at 24% and cigars at 18%.

For assistance on quitting tobacco, call the number on the back of your medical member ID card to speak to a certified tobacco cessation coach.

April Recipe: Spinach Quiche



Ingredients

- 1 recipe Easy Pie Crust, chilled at least 2 hours
- 5 ounces baby spinach
- 6 large eggs
- ½ cup unsweetened almond milk or whole milk
- 1 cup crumbled feta or goat cheese
- 1 cup chopped scallions
- ¼ teaspoon sea salt
- Freshly ground black pepper

Prep Time: 30 Minutes

Cook Time: 1 hour

Serves 8

Directions

1. Roll out one disk of pie dough according to the instructions in this recipe, until you have a large circle about ⅛-inch thick. Gently roll it over your rolling pin and unroll it over a 9- or 9.5-inch pie dish. Press it firmly into the bottom and up the sides. Trim any excess dough so that you have a ½-inch overhang on all sides of the pie plate. Use your fingers or a fork to crimp. Loosely tent with plastic wrap and refrigerate while you preheat the oven to 425°F.
2. When the oven is hot, uncover the crust and prick the bottom all over with a fork. Line with parchment paper and fill with dried beans or pie weights to reach the top of the crust. Bake for 15 minutes, or until the edges of the crust are set.
3. Remove from the oven and lift the pie weights and parchment paper out of the crust. Bake the crust for another 5 to 8 minutes. Remove from the oven and set aside to cool slightly.
4. Reduce the oven temperature to 350°F. Place fresh spinach in a steamer basket and set over a pot filled with 1 inch of water. Bring the water to a simmer, cover, and steam for 1 to 2 minutes, or until the spinach is wilted. Remove from pot and allow to cool slightly, then wring the excess water out of the spinach.
5. In a large bowl, whisk together the eggs and milk. Add the steamed spinach, feta, scallions, salt, and several grinds of pepper and stir to combine. Pour into the par-baked crust
6. Bake the quiche for 40 to 50 minutes, or until the eggs are just set. Allow to cool for 10 minutes.

Note-Frozen chopped spinach works too-Just allow the spinach to thaw fully and squeeze out the excess water before adding it to the egg mixture.