10 tips to reduce stress during the holidays

Nearly nine in 10 Americans are experiencing stress or feeling overwhelmed this season, which can lead to less-healthy means of coping.

Read the blog post

News you can use – Wellness

9 healthy eating tips that can help reduce inflammation
Strategies from registered dietitian Kathryn MacLean about foods that lower chronic inflammation, rather than fuel it.
Read more

Seasonal affective disorder, winter blues and self-care tips
Colder weather and less daylight can cause many of us to feel less-energized and even disengaged in everyday life.
Read more

Health benefits of winter squash and ways you can cook them
Registered dietitian Marie Barone says they’re one of the best ingredients for your winter dinner menus.
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Spotlight – Research and innovation

Total-body PET scan shows immune response to COVID
Researchers used the uEXPLORER total-body PET scanner, developed at UC Davis in collaboration with United Imaging Healthcare.
Read more

Higher conscientiousness linked to less dementia risk
A new study found people with personality traits such as conscientiousness, extraversion and positive affect are less likely to be diagnosed with dementia.
Read more

Updates – COVID-19

About the fast-spreading JN.1 variant
Infectious disease professor Dean Blumberg spoke with ABC 10 last week about the Omicron JN.1 variant, which the CDC indicates is currently the nation’s fastest-growing variant. Read or watch the segment or see the CDC’s recent update.

Vaccine information
The CDC recommends everyone 6 months and older get an updated vaccine to protect against potentially serious outcomes of COVID-19 this winter. UC Davis Health is offering COVID-19 vaccines based on CDC recommendations. Patients can schedule an appointment by calling their primary care office or through myUCDavisHealth. Learn more on our vaccines page.

Reminder: keep at-home COVID treatment in mind
Prescription antiviral pills like Paxlovid can be an easy-to-use COVID treatment for people with conditions that increase risk of severe illness – such as diabetes, extra weight or high blood pressure. Timing is crucial. For more information, visit our COVID treatments page.

COVID and respiratory illness data tracking
Federal, state and county sites may continue to report COVID data, but be aware that some data may be inconsistent, less timely than before, or not specific to cases alone. The CDC has introduced a respiratory illness web tool that allows users to search for trends for three illnesses – flu, RSV and COVID – by county, as well as search for COVID hospitalization levels by county. The CDC has also launched a respiratory virus updates page where it posts general updates on the nationwide situation every week.

The CDC recommends that if you are at high risk of getting very sick, you should talk with a health care provider about prevention actions. It also notes that people may choose to mask at any time. More information about recommended prevention measures by COVID level is available here.

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