



Healthy recipes from Terra Madre Americas 2025

We were excited to be a presenting sponsor at the festival, where our chefs hosted demos and our dietitians created these healthy recipes.

[See the recipes](#)

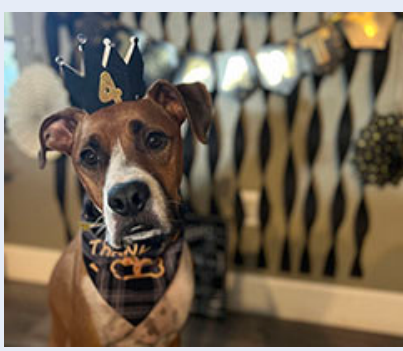
News you can use – Wellness



Breast Cancer Awareness Month

An estimated 1 in 8 U.S. women will develop breast cancer at some point in their lives. This month is a good time to brush up on screening recommendations for the disease, America's most common non-skin cancer among women.

[Guidance from UC Davis Health Radiology](#) ›
[Free mammograms for un- and underinsured](#) ›
[Caregivers Corner Support Group](#) ›
[Breast Cancer Survivorship Clinic](#) ›



'Valley Fever' is spreading'

This fungal infection was once limited to the Southwest, but is now spreading to people and dogs in new regions. Learn about patients and pets whose lives were upended by the disease, and how doctors, veterinarians and researchers are working together to understand and fight it.

[See the stories and podcasts](#) ›

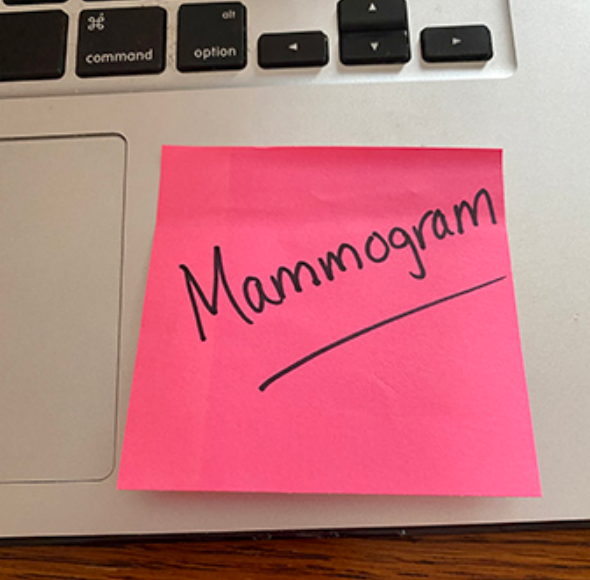


It's time for the flu shot

Get up to speed on flu and RSV symptoms, tips for preventing them, and what to do when you or a loved one experiences them.

[Refresher: Flu and RSV](#) ›
[Where to get a flu shot now](#) ›
[Health Library: Influenza](#) ›
[Health Library: RSV](#) ›

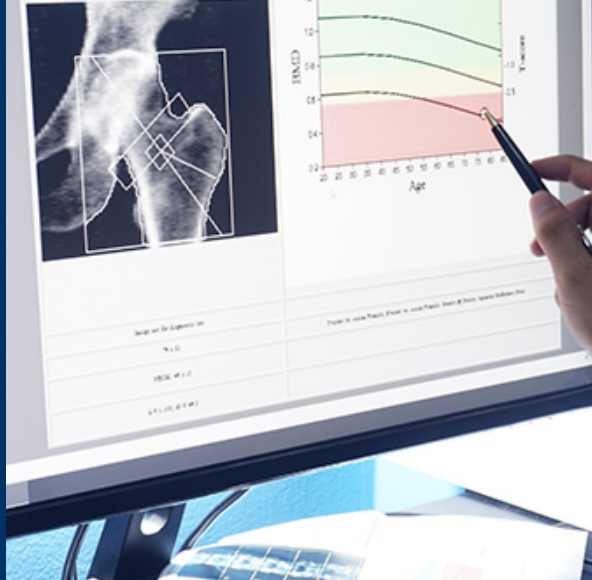
Spotlight – Research & Innovation



Examining AI's role in reading mammograms

Artificial Intelligence (AI) is used in many health settings to help determine the results of breast cancer screenings, but is it effective? UC Davis Health will help answer that question.

[Read about the new study](#) ›



A promising new path for bone loss treatments

Researchers say their new finding opens the door to targeted therapies that could help patients maintain strong, healthy bones – even while undergoing long-term steroid treatment.

[Read about the science](#) ›

Spotlight – Open enrollment is here



Back to her passions

After Hannah tore her anterior cruciate ligament (ACL) while skiing, a newer reconstruction technique at UC Davis Health helped her get back to all of her desired hobbies and interests.

[Read her story](#) ›

Friendly reminder: CalPERS Open Enrollment ends Friday, Oct. 10.

Updates – COVID-19

COVID and flu shots now available

UC Davis Health is now offering this winter's updated 2025-26 COVID and flu vaccinations, following California Department of Public Health guidelines. Patients can schedule an appointment on [MyUCDavisHealth](#), or by calling their clinic. For COVID, we offer the Moderna vaccine. For more background, see the links below.

[Our COVID shot page](#) ›

[Our flu shot page](#) ›

CDC COVID data for California (older data)

Wastewater levels 'High'

As of Sept. 20 (the most recent results available on the CDC page as of press time), wastewater numbers were roughly a third as high as at last summer's peak, and in the ballpark of levels in late September last year.

[More CDC wastewater data](#) ›

Hospitalizations remain low

The preliminary COVID-associated hospitalization rate per 100,000 was 1.7, down a point from last newsletter and about half the level at this time last year.

[More CDC hospitalization data](#) ›

State of California COVID data

The California Department of Public Health has updated its [Respiratory Virus Report](#) to include COVID, flu and RSV levels and also a quicker view of COVID levels by region.

COVID wastewater levels 'Low'

The site intro said California wastewater levels "are rapidly decreasing and now classified as low." Greater Sacramento/Sierra region levels were also labeled as low.

[More CA COVID dashboard data](#) ›

Test positivity 'Moderate'

For the week ending Sept. 27, statewide test positivity was labeled "low" at 6.7, a drop of ~3.5 since the last newsletter. Greater Sacramento/Sierra region levels were labeled moderate.

[More CA COVID dashboard data](#) ›

Hospitalizations drop to 'Very Low'

The COVID-associated hospital admission rate per 100,000 was 2.9, a drop of about a fourth since the last newsletter. Greater Sacramento/Sierra region levels were also very low.

[More CA COVID dashboard data](#) ›

Government COVID resources

COVID-19 vaccine rules and advice from different levels of government are actively changing. This may mean that some information on the pages of government health websites, may not be up to date (or may conflict). You may need to continue to check these websites for fresh updates.

- [Public Health For All vaccines page](#) (State of California)
- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- Some other vaccine scheduling options:
 - consumer pharmacies and drug stores
 - [COVID-19 Home](#) (State of California)
 - [MyTurn website](#) (State of California)
 - [Getting Your COVID-19 Vaccine](#) (CDC)
- [Getting a COVID-19 test](#) (State of California)
- [Info on at-home COVID treatments](#) (UC Davis Health)

*Other data disclaimers

The hospitalization and wastewater data regularly shared in this newsletter is the most recent available on government websites as of the date of newsletter publication. That weekly data typically lags several days behind the date of the newsletter itself.

Numbers reported by CDC and CDPH web pages may differ. For example, agencies may incorporate different scoring systems, data sets or data points.