



## Get healthy aging insights at Mini Medical School 2025

Registration is open for the popular webinar series. The next session, "Medication: Latest Science and Recommendations," is this Saturday.

[Learn more or register](#)

### News you can use – Wellness



#### Healthy Brain Aging Series

In these video talks presented by the UC Davis Alzheimer's Disease Research Center, experts share the latest research, choices and techniques for brain health and cognitive function. Video links below.

[Managing Memory Loss](#) ›  
[What You Can Do to Improve Brain Health](#) ›



#### A cancer with a big decline

World Cancer Day was Feb. 4. Some good news is that when it comes to cervical cancer, cases are dropping in many places with HPV vaccine access.

[Q&A: Cervical cancer progress, prevention](#) ›  
[Cancer blog posts from Cultivating Health](#) ›  
[Health Library: Cancer Types](#) ›



#### Need to quit smoking or tobacco?

Getting counseling and using approved medication together is your best chance for quitting smoking. Find context, tips and tools below from Cultivating Health about quitting and cancer screening.

[Feel good again without nicotine](#) ›  
[Lung cancer screening is simple, easy](#) ›

### Spotlight – Research and innovation



#### Probiotics and prebiotics: hype or health?

How can consumers know if these products are really good for them? The UC Davis *Unfold* podcast took a closer look at the proliferation of probiotics and interviewed microbiologist Maria Marco.

[Listen or read more](#)



#### MIND Institute lecture series open to public

Four talks about neurodevelopmental disabilities are coming up. Themes include the latest in autism research, the link between Down syndrome and Alzheimer's, and targeted interventions.

[See dates and topics](#)

### Updates – COVID-19\*

#### CDC COVID data for California

##### COVID wastewater levels rise to 'Moderate'

Overall adjusted [wastewater COVID viral activity level](#):

- 3.57 or "Moderate" as of Feb. 1 (preliminary)
- 2.81 or "Low" around Dec. 28 (reported in last newsletter)
- 8.78 or "Very High" around this time last year
- 10.38 or "Very High" around this time in 2022

##### COVID hospitalizations remain very low

Weekly COVID-associated [hospitalizations per 100,000 population](#):

- 1.3 as of Feb. 1 (preliminary)
- 1.6 around Dec. 28 (reported in last newsletter)
- 5.4 around this time last year
- 23.8 around this time in 2022

#### State of California respiratory virus data

##### 'This year's respiratory virus season dominated by seasonal influenza'

The California Department of Public Health (CDPH) website includes a [Weekly Respiratory Virus Report](#) web page that discusses weekly, statewide data for COVID, flu and RSV. The report updates most Fridays. As of today, the "key messages" section of the report for data through Feb. 1 states:

- COVID-19 activity is low.
- Influenza activity is high and increasing.
- RSV activity is low and decreasing.

[The report](#) includes an easy-glance chart about rates of test positivity, new hospital admissions, deaths, and wastewater concentrations from the state's analysis and reporting system. The report noted that COVID wastewater concentrations are "Medium (Increasing)."

The CDPH website also has a [current bird flu situation page](#).

#### More COVID resources

- [Staying up to date with COVID-19 vaccines](#) (CDC)
- [Stay up to date on COVID-19 vaccines](#) (State of California)
- [Vaccine scheduling for UC Davis patients](#) (UC Davis Health)
- 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)

#### \*Data disclaimers

*The CDC data included here is the latest available on the CDC web pages shown here as of the date of this newsletter.*

*According to the Associated Press, the federal government has paused or halted availability of some regular data sources in recent weeks upon executive branch orders, including possibly some CDC data. The exact extent of the changes was said to be unclear at the time.*

*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.*

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