



Five holiday mental health tips

The holidays can be a time for joy and connection – but also stress, anxiety and depression. These strategies may help with the season’s challenges.

[Read more](#)

News you can use – Wellness



Help for family caregivers

How can you stay healthy while caring for a family member or friend? See tips about navigating the care system, protecting your health, and finding resources. UC Davis’ nursing school and the AARP also partnered to produce helpful videos.

[Blog post: Help for caregivers ›](#)
[Family Caregiving How-To Video Series ›](#)
[About the video series ›](#)
[The value of Caregiver Consultations ›](#)



The GLP-1 era: Beyond weight loss

A UC Davis institute gathered leading scientists, industry innovators and health care experts to examine how GLP-1-based therapies are transforming obesity and diabetes care. They also discussed what this means for the future of health, food and nutrition.

[Read more ›](#)

Recipe spotlight: Yam purée

Learn how to make this sweet and versatile autumnal dish to enjoy as an entrée or side. Our Good Food Is Good Medicine blog has many more fall-winter recipes, from roasted squash with wild rice and cranberry to simple winter fruit salad.

[Recipe: Yam Purée ›](#)
[Browse more recipes ›](#)

Spotlight – Research & Innovation



Tackling a cause of falls in older adults

Poor mobility and frequent falls are common in older adults. These symptoms can sometimes be dismissed as typical signs of aging. However, they may also be caused by idiopathic normal pressure hydrocephalus (NPH) — the buildup of cerebrospinal fluid in the brain.

[Read about the science ›](#)

Updates – COVID-19

COVID and flu shots now available

UC Davis Health is 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 ›](#)

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.

As of Nov. 21, the report said COVID-19 activity remains very low statewide, with minimal test positivity, emergency room visits, and hospitalizations.

It said seasonal influenza activity is rising, particularly in the Bay Area and Southern California. Hospitalizations are currently low but are expected to increase. A new H3N2 flu strain (subclade K) is causing severe early flu seasons in the Northern Hemisphere.

COVID wastewater levels ‘Very Low’

California wastewater levels as of Nov. 16 were still “very low and decreasing.” Greater Sacramento/Sierra region levels were still “very low.”

[More CA COVID dashboard data ›](#)

COVID test positivity ‘Very Low’

For the week ending Nov. 15, statewide test positivity was labeled “very low” at 1.38%, a drop of more than a percentage point since the last newsletter. Greater Sacramento/Sierra region levels dropped to “very low.”

[More CA COVID dashboard data ›](#)

COVID hospitalizations ‘Very Low’

The COVID-associated hospital admission rate per 100,000 was “very low” at 0.37, down from 1.23 last newsletter. Greater Sacramento/Sierra region levels were also “very low.”

[More CA COVID dashboard data ›](#)

CDC COVID data for California

The CDC site said California COVID wastewater levels were very low as of Nov. 15. Hospitalization data was from late September.

[CDC wastewater data ›](#)

[CDC hospitalization 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 below, and on other 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.