



Resistance training: A health and longevity secret

One of the top predictors of longevity is muscle mass and strength. Learn how to build yours this year from a leading exercise physiology expert.

[Read more](#)

News you can use – Wellness

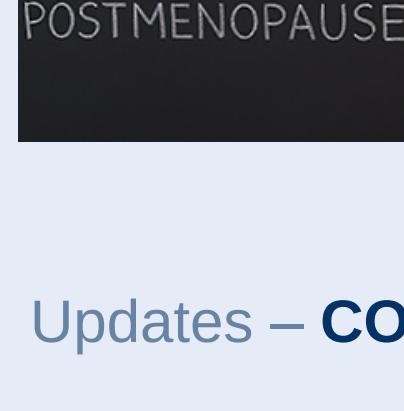


Why try Dry January?

This popular public health initiative can be an opportunity to reset and shift your perspective. A registered dietitian explains the benefits and shares some helpful tips (and non-alcoholic drink recipes).

[Read more ›](#)

[Explore mocktail recipes ›](#)

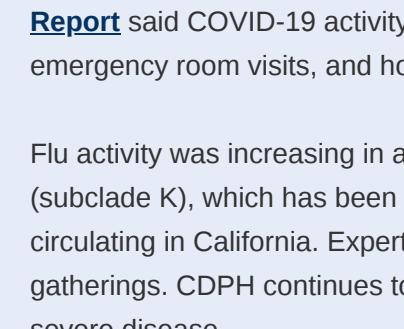


Fight seasonal depression

About 5% of U.S. adults experience seasonal affective disorder. Learn from a UC Davis Health psychologist about things you can do to combat symptoms – and when to seek professional help.

[Cultivating Health blog post ›](#)

[PBS KVIE Abridged article ›](#)



Making menopause manageable

Understanding the stages of menopause can help you manage symptoms and make informed decisions. It can also help you navigate what lifestyle changes and treatments may help reduce symptoms.

[Read more ›](#)

[Health Library: Menopause ›](#)

Updates – COVID-19 and flu

State of California respiratory virus data

In its Jan. 5 update, the California Department of Public Health (CDPH) [Respiratory Virus Report](#) said COVID-19 activity remains very low statewide, with minimal test positivity, emergency room visits, and hospitalizations.

Flu activity was increasing in all California regions. The new H3N2 seasonal influenza strain (subclade K), which has been causing an early Northern Hemisphere flu season, is now circulating in California. Experts caution that flu rates may rise due to holiday travel and gatherings. CDPH continues to recommend flu vaccination for protection, especially against severe disease.

Wastewater levels

- Flu:** Levels of influenza A in California wastewater were "moderate" and "strongly increasing" as of Dec. 31. Levels in the Sierra-Sacramento area were "high" with "a very strong increase."
- COVID:** Both statewide and Sacramento/Sierra region levels of COVID in wastewater were still very low, and either plateauing or decreasing.

[See more data ›](#)

Test positivity

- Flu:** As of Dec. 27, California and Sacramento area influenza A levels had jumped from "low" to "high" at around 17%, though less than the 22-30% at this time last year.
- COVID:** Statewide and Sacramento/Sierra COVID test positivity remained very low at under 2%.

[See more data ›](#)

Hospitalizations

- Flu:** As of Dec. 27 the flu-associated hospital admission rate per 100,000 people was "low" statewide at 2.82, versus 10 this time last year. In the Sacramento/Sierra area it was "moderate" at 4, compared to about 7 this time last year.
- COVID:** The COVID-associated hospital admission rate per 100,000 was "very low" at 0.78 statewide and 1.07 in the Greater Sacramento/Sierra region.

[See more data ›](#)

COVID and flu shots 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 our [COVID shot page](#) or [flu shot page](#).

Government respiratory virus resources

COVID-19 vaccine rules and advice from different levels of government may be 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).

- [Public Health For All vaccines page](#) (State of California)
- [Immunizations for Respiratory Viruses Prevention](#) (federal government)
- [COVID vaccine scheduling](#) (UC Davis Health)
- [Flu vaccine scheduling](#) (UC Davis Health)
- [COVID & flu tests & treatments \("I'm Feeling Sick" resource page\)](#) (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.