



## 8 tips for healthier holiday eating

On average, Americans gain 1 to 2 pounds over the holidays. Fortunately, there are several ways to avoid this while also enjoying the season.

[Learn more](#)

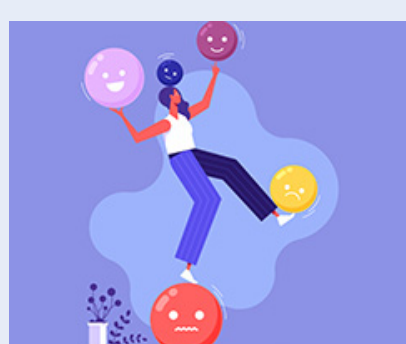
### News you can use – Wellness



#### Lighter holiday recipes

With these creative ideas from our dietitians, enjoy fall flavors with less guilt.

[Light pumpkin pie](#) ›  
[Apple crumble](#) ›  
[Simple winter fruit salad](#) ›  
[Winter squash recipes](#) ›  
[More recipes](#) ›



#### How do you carry your stress?

Between the elections and the holiday, how to deal with this month's "stress symphony?"

[TIME: Where do you store stress in your body?](#) ›  
[How to set boundaries](#) ›  
[10 benefits of meditation](#) ›  
[Social media's health impacts](#) ›  
[More mental health posts](#) ›



#### Is joint replacement right for you?

Colder weather often brings painful reminders of joint problems. How do you know if or when you need a joint replacement? And how long do they last now?

[Is joint replacement right for you?](#) ›  
[6 common types of arthritis](#) ›  
[Health Library: Joint disorders](#) ›

### Spotlight – Research and innovation



#### Asthma may place kids at risk of memory difficulties

We are becoming increasingly aware that chronic diseases – not only asthma but also diabetes, heart disease and others – may place children at increased risk of cognitive difficulties.

[Read about the research](#), and see our [asthma health library pages](#)



#### Dogs get head and neck cancers, too

Dogs are helping scientists advance cancer cell detection, with the potential to improve oral surgery outcomes for canines *and* their human companions.

[Read about the research](#), or see our [head & neck cancer health library pages](#) and [Beat Cancer podcast on comparative oncology](#)

### Updates – COVID-19

#### COVID data

##### COVID wastewater levels still 'Minimal'

California's adjusted [wastewater COVID viral activity level](#) remains "Minimal" at 1.24 as of the week ending Nov. 16, the CDC's latest report as of press time.

For comparison, last year at this time the level was 4.51, or "High." At the peak of this summer's wave in early August, the level was 13 or "Very High."

If you're traveling, [this CDC page](#) has tools for searching the current wastewater viral activity level for individual states, and for trends over time.

##### Hospitalizations remain very low

California's preliminary [weekly hospitalization rates](#) of COVID-associated hospitalizations per 100,000 population were 1.1 as of the week ending Nov. 16, the CDC's latest report as of press time. For comparison, levels were approximately:

- 1.6 in late October (reported in the last edition of this newsletter)
- 6.8 in early August during the summer wave
- 9 around New Year's during the winter peak

##### National snapshot and outlook

"As of November 22, the amount of acute respiratory illness causing people to seek health care is low nationally," the CDC wrote in its last national [Respiratory Virus Data Channel Weekly Snapshot](#) as of press time. "COVID-19 activity is stable or declining in most areas. Seasonal influenza activity remains low nationally. RSV activity is elevated and continues to increase in the southern, central, and eastern U.S., particularly in young children.

The agency said respiratory infections caused by the bacterium *Mycoplasma pneumoniae* – which can cause "walking pneumonia" – remain elevated among young children in the U.S. [Learn about walking pneumonia](#) and [other types of pneumonia](#).

##### More data sources

[Federal, state](#) and [county](#) sites may continue to report various COVID data. Some data may be in transition, less relevant than before, and/or involve longer lag times.

##### Updated COVID vaccines available for patients

UC Davis Health has received updated 2024–2025 COVID-19 vaccines and is offering limited self-scheduling for UC Davis Health patients.

Patients may contact their primary care provider's office to schedule an appointment, or self-schedule through [MyUCDavisHealth](#). (Note: not all UC Davis Health clinics offer the vaccines).

[According to the CDC](#), everyone ages 6 months and older should get the 2024–2025 COVID-19 vaccine. This includes people who have received a COVID-19 vaccine before and people who have had COVID-19. For more info, see [the CDC's COVID pages](#) or our [COVID pages](#).

Some other info sources about availability and scheduling are: consumer pharmacies/drug stores, the state [covid19.ca.gov website](#) and [MyTurn website](#), and the CDC's [Getting Your COVID-19 Vaccine page](#).

##### Free COVID tests return

The federal government has announced that U.S. households are eligible to order 4 free COVID-19 tests at [COVIDTests.gov](#).

The state [covid19.ca.gov website](#) also has information about groups that qualify for free tests, and about insurance coverage for tests.

##### Symptoms? 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 disease – such as diabetes, extra weight, and high blood pressure. [Info: COVID treatments page](#)