

3 ways getting out into nature helps to improve health

With the heat wave over (for now), consider getting out of the AC and reaping the mental and physical benefits of a nature break.

[Learn more](#)

News you can use – Wellness



The importance of isometrics

A UC Davis Health physiologist weighs in on different ways of exercising for people who are overweight or recovering from injuries.

[Read or watch more >](#)

[What is flexibility? >](#)

[Health Library: Joint disorders >](#)

[Sports Medicine services and resources >](#)



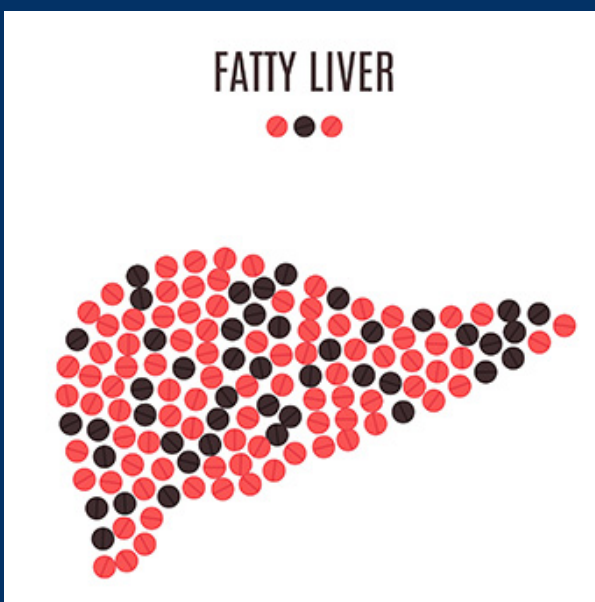
Plantar fasciitis: Who's at risk?

Plantar fasciitis is the leading cause of heel pain in adults. About 1 in 10 people will experience it at some point in their lives, with it affecting more women than men.

[Learn more >](#)

[Sports Medicine services and resources >](#)

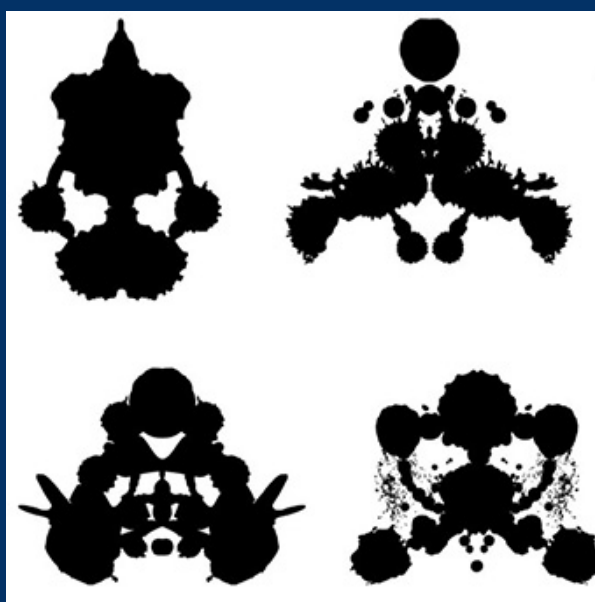
Spotlight – Research and innovation



A molecule that reverses fatty liver damage

UC Davis Health researchers have discovered that a natural molecule made by gut bacteria may offer a new, non-toxic way to prevent and treat non-alcoholic fatty liver disease (NAFLD), a growing health problem affecting more than 1 in 4 adults in the U.S.

[Read about the science](#)



Autoimmune disease or psychotic disorder?

An increase in nightmares and hallucinations could signal the onset of autoimmune diseases such as lupus, according to the findings of an international team of researchers from UC Davis and other institutions.

[Read more](#)

Updates – COVID-19

COVID rising during back-to-school

Infectious disease physician Dean Blumberg told local news that this year's summer peak may occur around the beginning of next month.

[Watch or read the story](#)

CDC COVID data for California

Wastewater levels rise to 'High'

As of August 2, wastewater numbers have risen above levels seen this past winter. However, they are still less than half of the "Very High" levels recorded at last summer's peak.

[CDC wastewater viral activity data](#)

Hospitalizations remain very low

As of August 2, the COVID-associated hospitalization rate per 100,000 was 2.0, similar to numbers last Halloween. In comparison, levels were around 8 at this time last year during the peak of the summer surge.

[CDC COVID-associated hospitalizations data](#)

State of California COVID data

'COVID-19 activity is increasing steadily'

The California Department of Public Health has restarted its [weekly respiratory virus dashboard](#), which updates most Fridays with statewide and regional COVID numbers.

For the week ending August 2, test positivity was "Moderate" at 9%, but more than double the rate from around July 4. The COVID-associated hospital admission rate per 100,000 was "Very Low" at around 2.2.

[California COVID-19 Dashboard data](#)

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

Government 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 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.