



A sense of purpose may protect against dementia

People who reported a higher sense of purpose were 28% less likely to develop cognitive impairment, according to a new UC Davis study.

[Learn more](#)

News you can use – Wellness



Stay safe in rivers and lakes

As many of us head out for that last summer blast, keep these safety tips in mind – and know how to help someone in trouble.

[River and lake safety tips](#) ›
[7 ways to keep kids safe around water](#) ›
[How to give drowning CPR](#) ›
[Kids Considered podcast: Water Safety](#) ›



Healthy Brain Aging talk Sept. 4

The series from our Alzheimer's Disease Research Center continues, with a session showcasing how lifestyle choices can foster resilience against some of the chronic diseases that plague late life.

[Register here](#) ›
[See all upcoming lectures](#) ›



When staying active's too achy

If knee or hip problems are affecting your Labor Day planning, it could be worth brushing up on the latest about reconstruction and replacement options, and the pathways to those procedures.

[Blog: Is joint replacement right for you?](#) ›
[Adult reconstruction services](#) ›

Spotlight – Research and innovation



Do parents' exposures affect autism severity?

A new study finds parents' workplace chemical exposure may be linked to a range of behavioral challenges and developmental delays in their children with autism.

[Read about the science](#)



Autism, ADHD or both? New research insights

In-depth research conducted by UC Davis Health shows that a significant number of autistic children also have attention-deficit/hyperactivity disorder (ADHD).

[Read about the science](#)

Updates – COVID-19

FDA approves updated COVID-19 shots, with limits for some kids and adults

The FDA approved updated COVID-19 shots Wednesday, limiting their use for many Americans and removing one of the two vaccines available for young children, according to The Associated Press. A CDC vaccination advisory panel is expected to meet in September, but no agenda has been released, the news agency said.

[Read the AP story.](#)

CDC COVID data for California

Wastewater levels 'High'

As of August 9, wastewater numbers were still rising above levels seen this past winter. However, they were still less than half of the "Very High" levels recorded at last summer's peak. The CDC website said it did not report more recent data due to a technical issue.

[CDC wastewater viral activity data](#)

Hospitalizations remain low

As of August 16, the preliminary COVID-associated hospitalization rate per 100,000 was 3.6. That's higher than at any time this past winter, but only half the rate measured at this time last summer.

[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 16, test positivity was "Moderate" at 11.6, an increase of 2.5% since the last newsletter and similar to rates at this time last year.

The COVID-associated hospital admission rate per 100,000 rose from "Very Low" to "Low," at around 3.0.

[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.