



## Recognizing National **HEART MONTH**

## Improving women's heart health awareness and care

Did you know that women are 50% more likely than men to receive the wrong initial diagnosis after a heart-related problem?

[Read more](#)

### News you can use – Wellness



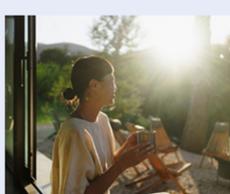
#### Heart disease is different in women

Women often have more subtle symptoms that can be confusing. Even mild-seeming signs can be dangerous. Learn more about key symptoms, risk factors and prevention tips below.

**Blog:** [Heart disease in women](#) ›

**Video:** [Heart attack risks for women](#) ›

**Health Library:** [Heart disease in women](#) ›



#### Mental health is different, too

Mental health disorders – which can contribute to chronic cardiovascular strain – can also look different for women. And women are almost twice as likely as men to experience depression or an anxiety disorder in their lifetimes. Learn more below.

**Blog post:** [Women's mental health](#) ›

**Health Library:** [Mental health in women](#) ›



#### Avoid winter sports injuries

To prevent injuries, it's important to prepare your body before you hit the slopes. Here are some tips for getting ready.

**Read the blog post** ›

**Sports Medicine services** ›

### Spotlight – Research & Innovation



#### Urban trees may help cardiovascular disease

A multi-institution study led by UC Davis found that living in urban areas with a higher percentage of visible trees is associated with a 4% decrease in cardiovascular disease. Researchers used deep learning to analyze more than 350 million street view images.

[Read about the science](#) ›

### Updates – COVID-19 and flu

#### State of California respiratory virus data

In its Feb. 6 update, the California Department of Public Health (CDPH) [Respiratory Virus Report](#) said COVID-19 activity remains very low statewide, but many California regions are experiencing high levels of seasonal influenza activity. Children are having higher positivity rates than adults.

##### Wastewater levels

- **Flu:** Levels of influenza A in California and Sacramento-Sierra wastewater were "moderate" as of late January.
- **COVID:** Both statewide and Sacramento/Sierra region levels of COVID in wastewater were still "very low," as they have been since Thanksgiving.

##### Test positivity

- **Flu:** As of Jan. 31, California and Sacramento area influenza A levels were still "high" at around 17-20%, though less than the 30% levels at this time last year.
- **COVID:** Statewide and Sacramento-Sierra test positivity have remained flat since mid-November, at "very low" levels under 2%.

##### Hospitalizations

- **Flu:** As of Jan. 31, the hospital admission rate per 100,000 people for flu was "low" statewide at around 4, versus 10 this time last year. In the Sacramento-Sierra area it was "moderate" at 4.5, versus about 11 this time last year.
- **COVID:** COVID hospital admission rates per 100,000 were still "very low" at around 0.66 statewide and in Sacramento-Sierra.

#### 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.*

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HEALTH**

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