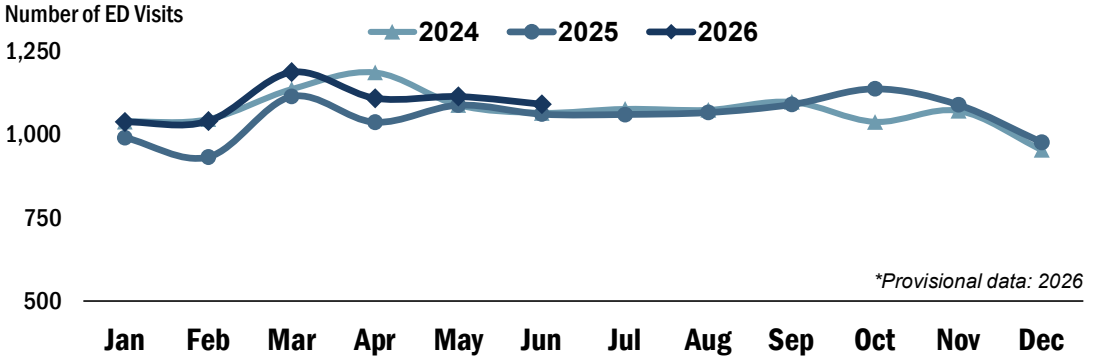
APR-JUN 2026 SELF-INFLICTED INJURY UPDATE

North Carolina Emergency Department (ED) Visits for Self-Inflicted Injury, Apr-Jun 2026 Update

3,308 Self-inflicted injury ED visits from Apr-Jun 2026 compared to **3,180** from Apr-Jun 2025

^Report is based on initial encounter ICD-10-CM self-inflicted injury codes. See the CSTE Self-Harm Indicator for comprehensive list of codes.
Note: Report is restricted to NC residents ages 10 and older and does not exclude ED visits resulting in death.
Data Source: NC DETECT, ED visits;data as of 09/14/2026

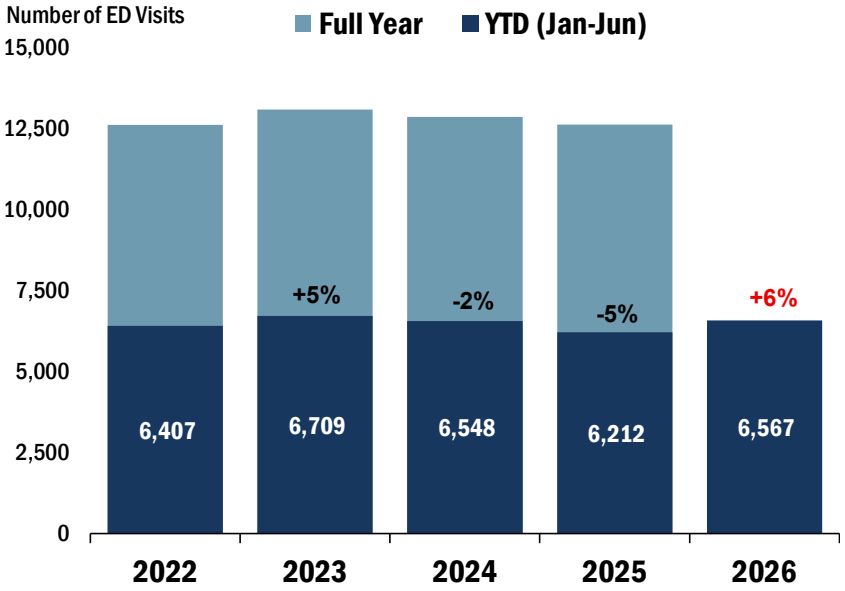
Self-Inflicted Injury ED Visits by Month: 2024-2026*



*Provisional data: 2026

Total Self-inflicted injury ED visits in 2026 increased by 6% compared to 2025.

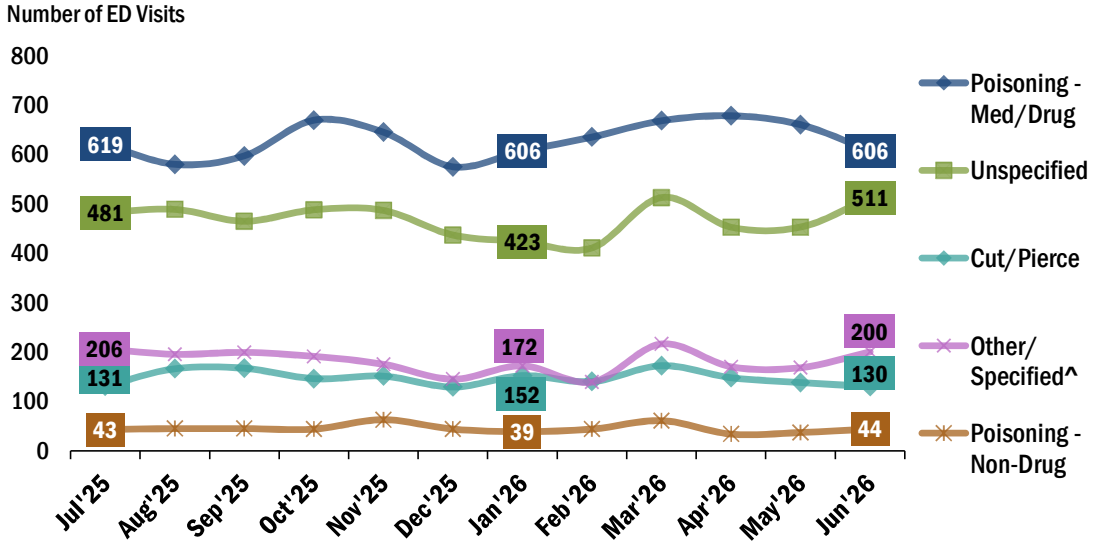
Self-Inflicted Injury ED Visits: 2022-2026*



YTD: Year to Date
Percent change: YTD total compared to YTD total of previous year
*Provisional data: 2026

Most self-inflicted injury ED visits during Apr-Jun 2026 were due to medication/drug poisoning (58.7%).

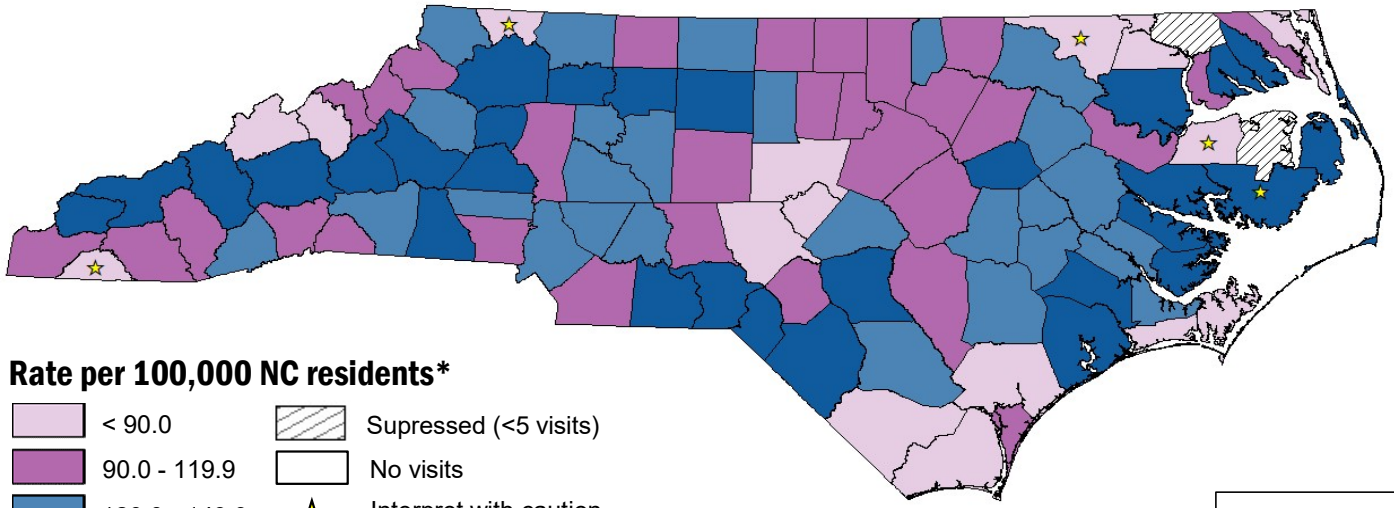
Last 12 Months of Self-Inflicted Injury ED Visits by Injury Mechanism: Jul 2025-Jun 2026*



Injury mechanisms shown are *not mutually exclusive* and do not sum to the total number of self-inflicted injuries.
For more information, see the NC Injury Data User Toolkit: Understanding Suicide and Self-Inflicted Injury Data.
^Other specified includes fire/burn, suffocation, firearm, motor vehicle, struck by/against, fall, natural/enviornmental, drowning/submersion, and visits with no additional detail.

*Provisional data: 2026

Last 12 Months Self-Inflicted Injury ED Visit Rates by County of Residence: July 2025 - June 2026*



Rate per 100,000 NC residents*

- < 90.0
- 90.0 - 119.9
- 120.0 - 149.9
- ≥ 150.0
- Supressed (<5 visits)
- No visits
- Interpret with caution, low numbers (5 to 9 visits)

**Provisional data: 2026*

Highest County Self-Inflicted Injury ED Visit Rates from the Last 12 Months, ≥10 visits: July 2025 - June 2026*

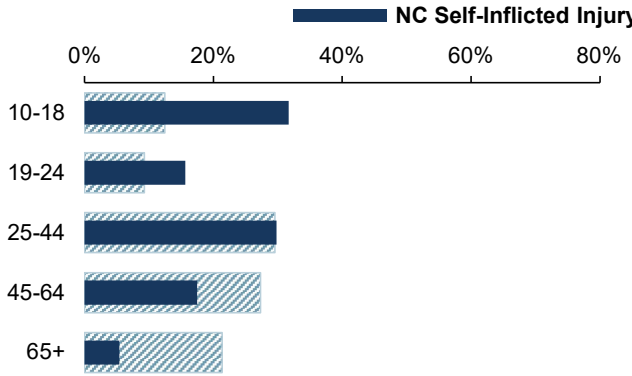
County	Count	Annual Rate†
Pasquotank	90	240.7
Wilson	148	206.6
McDowell	84	205.3
Yadkin	70	205.3
Alexander	67	201.6
Wilkes	116	195.5
Forsyth	695	195.2
Pamlico	23	195.0
Swain	24	192.4
Graham	14	191.9
Statewide	**12,974**	**130.7**

†Please note that rates are calculated using the most recent 12 months of data and 2025 U.S. Census population estimates. Counties listed in "Highest County Self-Inflicted Injury ED Visit Rates from the Last 12 Months" table will likely change each quarter.

Demographics of Self-Inflicted Injury ED Visits Compared to Overall NC Population Estimates

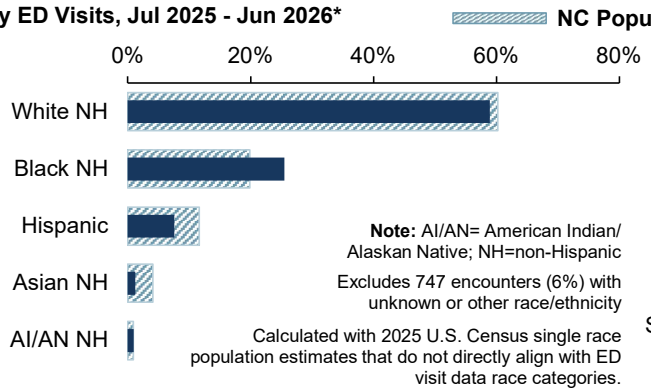
Most visits occurred among those ages 10-18 (32%) despite them making up only 12% of the population.

ED Visits by Age Group



Most visits were among non-Hispanic (NH) White residents (59%) followed by NH Black residents (25%).

ED Visits by Race/Ethnicity



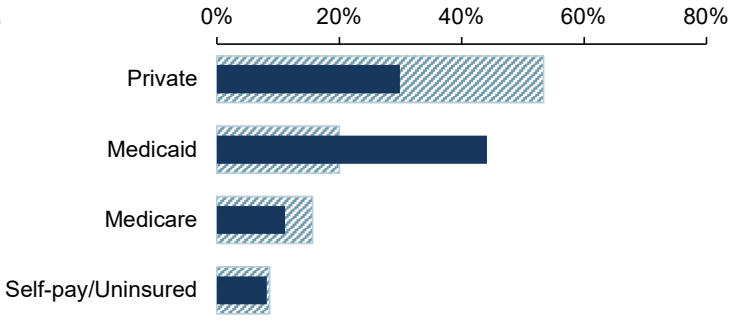
Note: AI/AN= American Indian/ Alaskan Native; NH=non-Hispanic

Excludes 747 encounters (6%) with unknown or other race/ethnicity

Calculated with 2025 U.S. Census single race population estimates that do not directly align with ED visit data race categories.

Most visits occurred among those with Medicaid (44%) followed by those with private insurance (30%).

ED Visits by Insurance Coverage

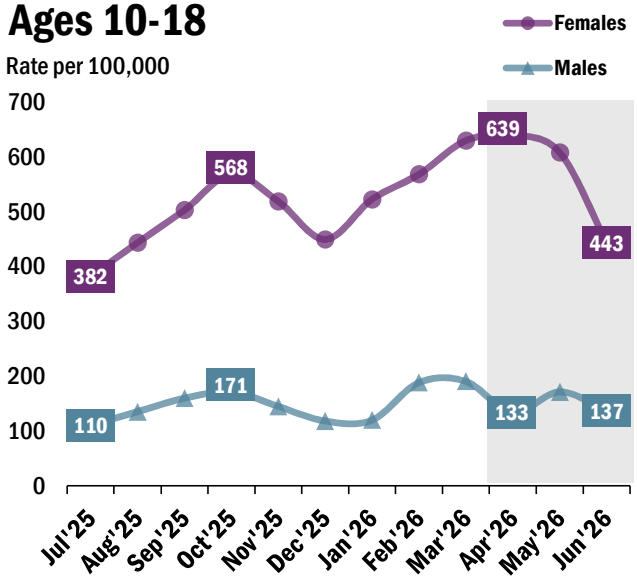


**Provisional data: 2026*

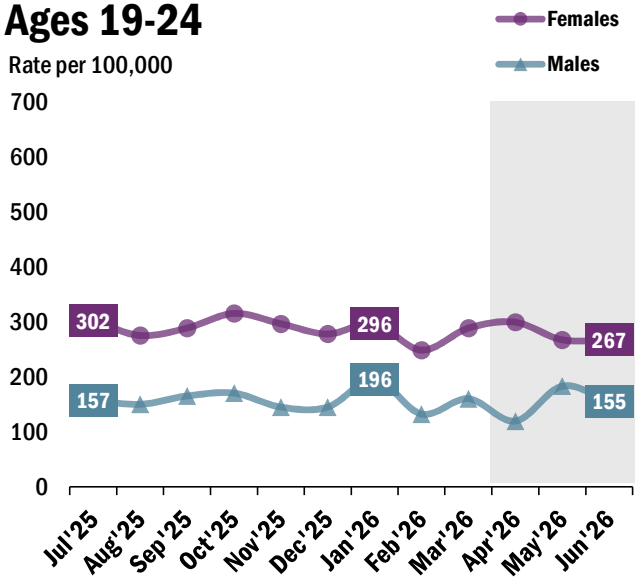
Rates of self-inflicted injury ED visits from Apr-Jun 2026* were highest among females ages 10-18 (563.2 per 100,000) followed by females ages 19-24 (277.7 per 100,000).

Among males, rates of self-inflicted injury ED visits were highest among those ages 19-24 (152.4 per 100,000).

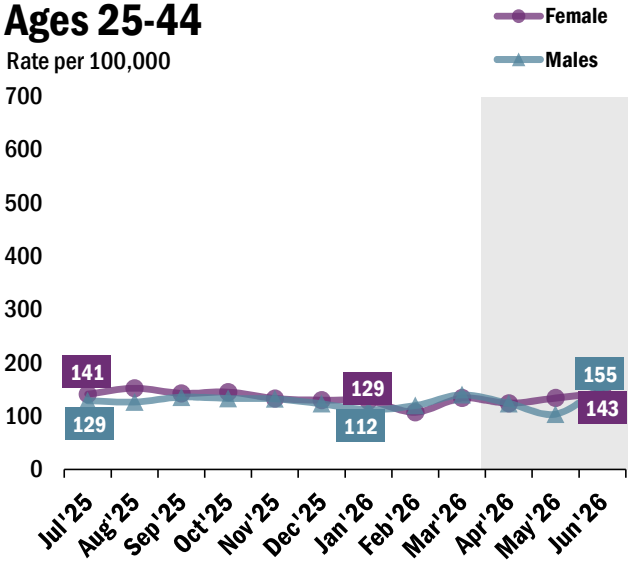
Ages 10-18



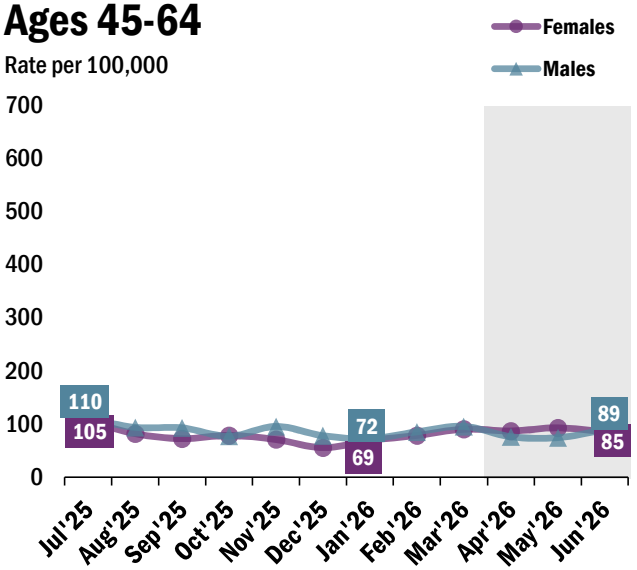
Ages 19-24



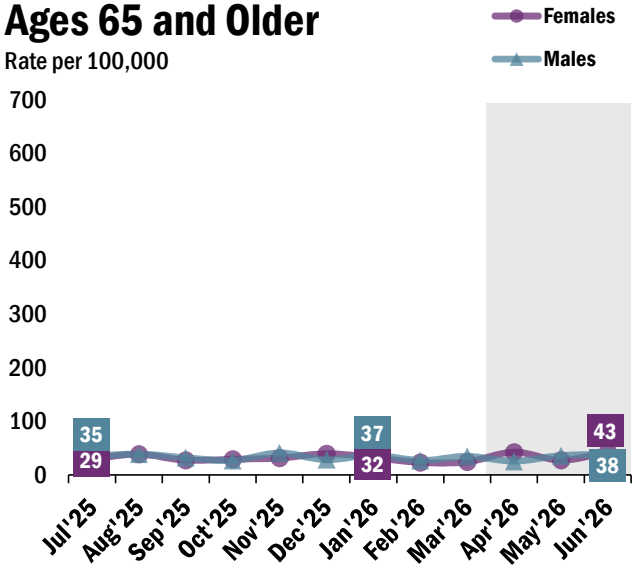
Ages 25-44



Ages 45-64



Ages 65 and Older



*Provisional data: 2026

Data Sources: ED Data-NC DETECT is North Carolina's statewide syndromic surveillance system. ED visit data from NC DETECT are provisional and should not be considered final. For training on NC DETECT, contact amy_ising@med.unc.edu; **Population Data-**National Center for Health Statistics; **Insurance coverage Data-**Kaiser Family Foundation estimates based on the Census Bureau's American Community Survey, 2024, www.kff.org/other/state-indicator/total-population. Self-pay ED visits are compared to the uninsured overall population estimate category.
^Report is based on initial encounter ICD-10-CM self-inflicted injury codes. See the **CSTE Self-Harm Indicator** for comprehensive list of codes.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health
Injury and Violence Prevention Branch