

JANUARY-MARCH 2026 SELF-INFLICTED INJURY UPDATE

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

3,168 Self-inflicted injury ED visits from Jan-Mar 2026 compared to **2,962** from Jan-Mar 2025

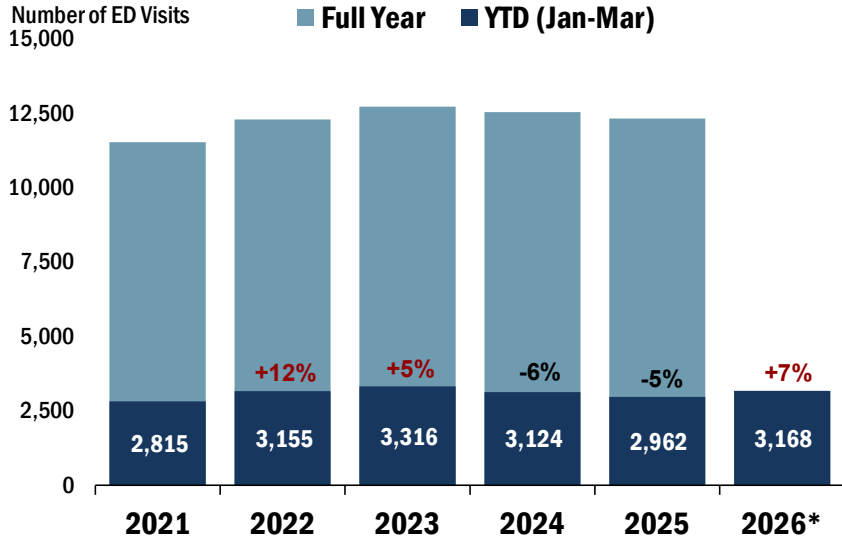
^Report is based on initial encounter ICD-10-CM self-inflicted injury codes. See the [CSTE Self-Harm Indicator](#) for comprehensive list of codes.

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 06/15/2026

Total self-inflicted injury ED visits in 2026 increased by 7% compared to 2025.

Self-Inflicted Injury ED Visits: 2021-2026*



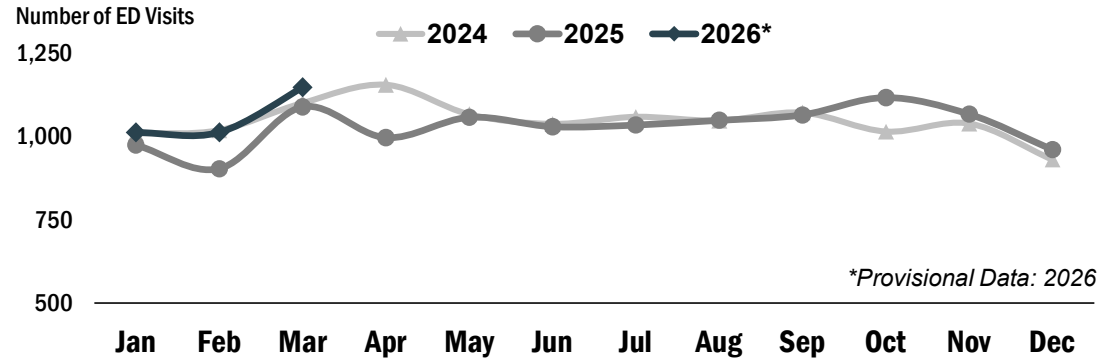
Note: There was an 18% decrease in overall ED utilization (for any cause) from 2019-2020. ED visits remained 11% lower in 2021, but have returned to pre-pandemic levels in 2024.

YTD: Year to Date

*Provisional Data: 2026

Percent change: YTD total compared to YTD total of previous year

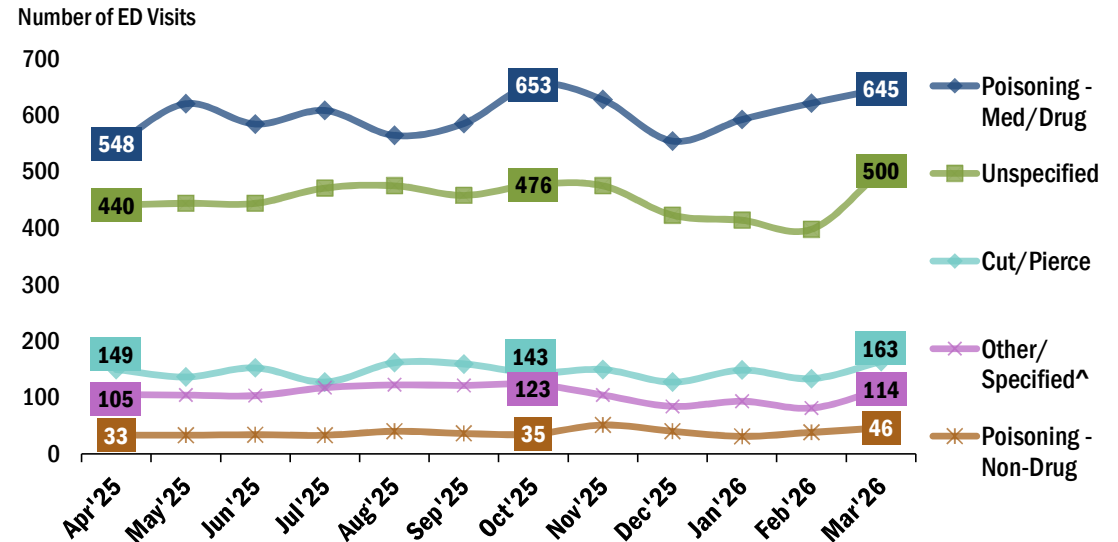
Self-Inflicted Injury ED Visits by Month: 2024-2026*



*Provisional Data: 2026

Most self-inflicted injury ED visits during Jan-Mar 2026* were due to medication/drug poisoning (58.6%).

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

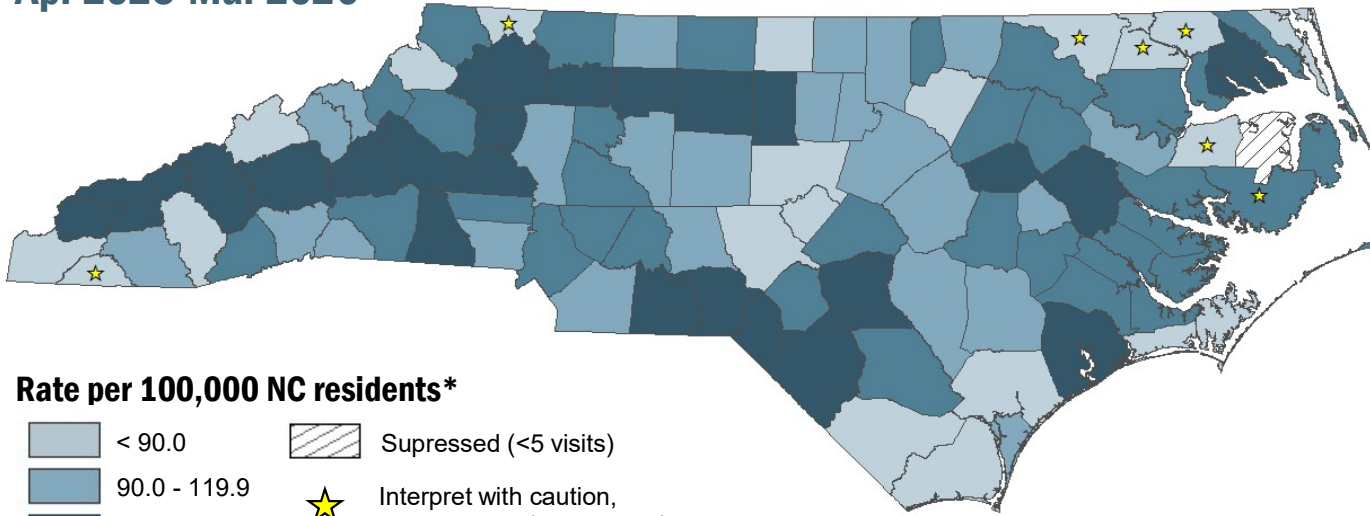


Injury mechanisms shown are not mutually exclusive and do not sum to the total number of self-inflicted injuries. For more information, see the IVPB [Injury Surveillance Technical Notes](#) document.

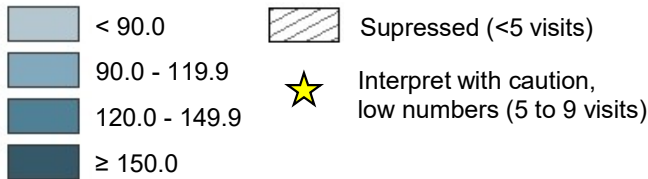
^Other specified includes fire/burn (11%), suffocation (9%), and firearm (6%); no additional detail was available for 63% of self-inflicted injuries with a code for other specified mechanism.

*Provisional Data: 2026

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



Rate per 100,000 NC residents*



*Provisional Data: 2026

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

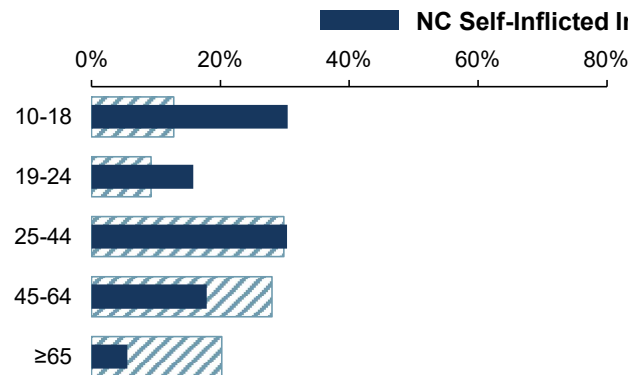
County	Count	Rate per 100,000†
McDowell	94	229.7
Pasquotank	76	206.8
Perquimans	25	204.0
Yadkin	67	198.3
Wilson	138	195.9
Forsyth	688	195.6
Cumberland	540	186.3
Wilkes	110	185.3
Guilford	861	174.1
Catawba	257	172.8
Anson	34	170.1
Scotland	50	168.7
Statewide	12,529	128.1

†Please note that rates are calculated using the most recent 12 months of data and 2024 U.S. Census population estimates. Counties listed in "Highest Monthly Rates of Self-Inflicted Injury ED visits" table will likely change each quarter.

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

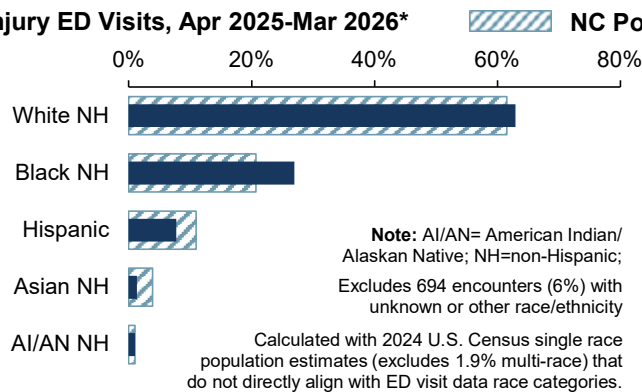
30% of visits occurred among ages 10-18 despite that age group making up only 13% of the population.

ED Visits by Age Group



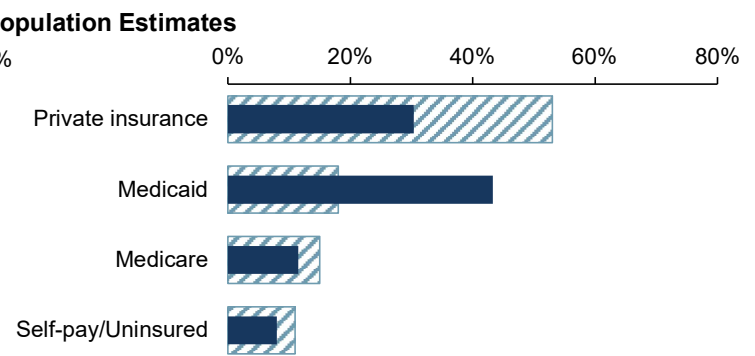
Most visits were among non-Hispanic (NH) White residents (63%) followed by NH Black residents (27%).

ED Visits by Race/Ethnicity



Most visits occurred among those with Medicaid (43%) followed by those with private insurance (30%).

ED Visits by Insurance Coverage

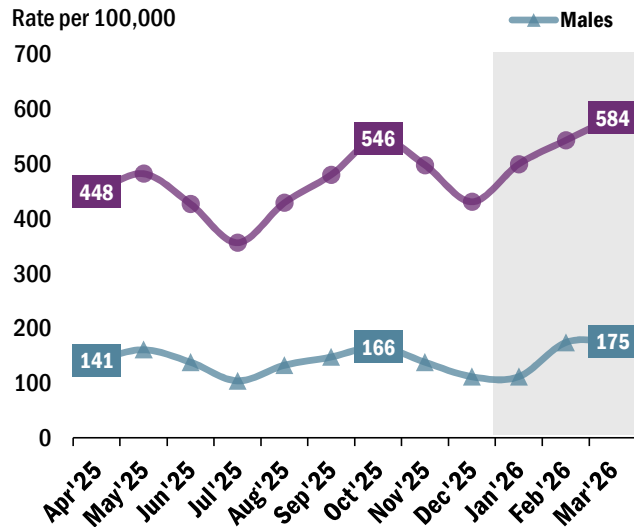


*Provisional Data: 2026

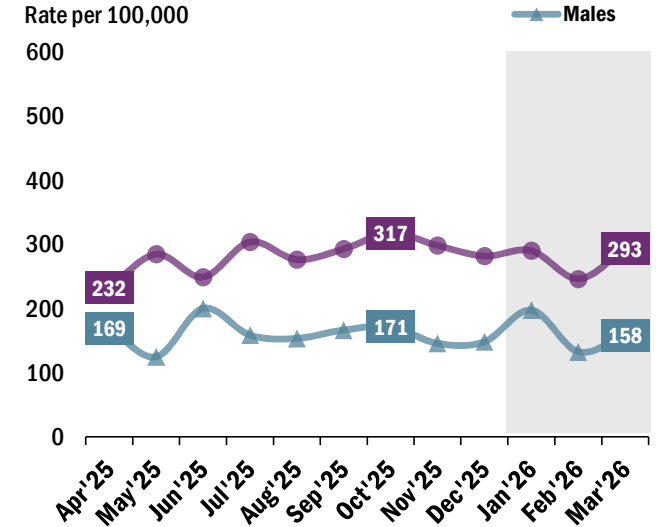
Rates of self-inflicted injury ED visits from Jan-Mar 2026* were highest among females ages 10-18 (541.6 per 100,000) followed by females ages 19-24 (276.2 per 100,000).

Among males, rates of self-inflicted injury ED visits were highest among those ages 19-24 (162.8 per 100,000).

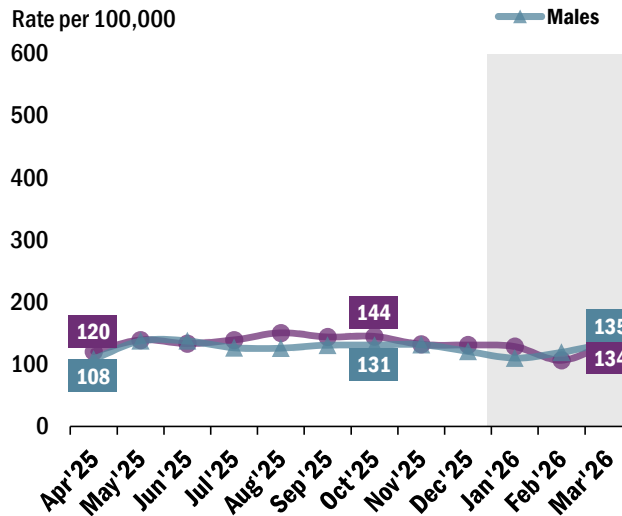
Ages 10-18



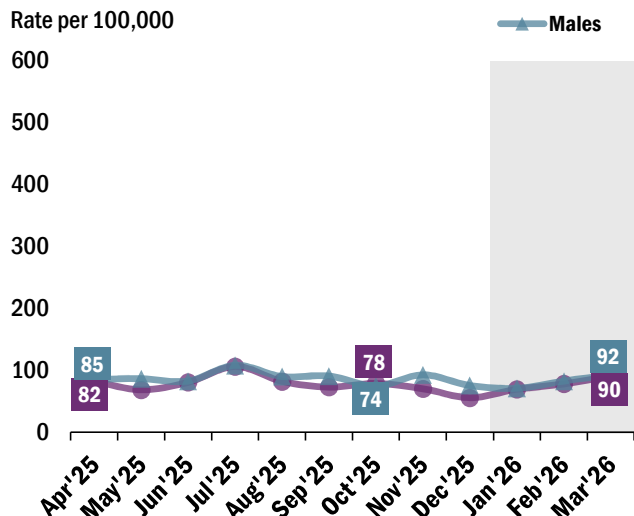
Ages 19-24



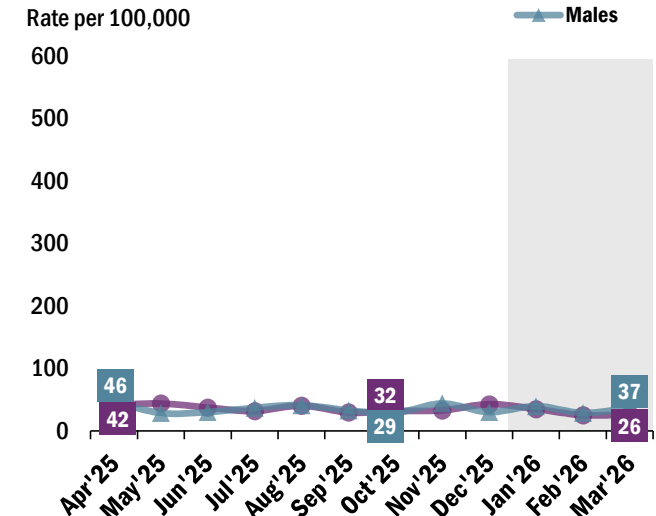
Ages 25-44



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 ising@ad.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, 2008-2017, www.kff.org/other/state-indicator/total-population. Self-pay ED visits are compared to the uninsured overall population estimate category.

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

