North Carolina Statewide Weekly Heat-related Illness Surveillance Report

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Statewide Key Messages

The average weekly rate of heat-related illness (HRI) emergency department (ED) visits **this season to date is 3 per 100,000 population.**

This week (August 16-22, 2026):

- There were **453* HRI ED visits** (0.4% of total ED visits), with a **rate of 4.2 per 100,000 population**
- The rate was highest among **males** aged **45-64 years (7.7 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Southeast** (**8 per 100,000 population**), (Figure 2; Region 1)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 141; 55.3%)** (Table 1)
- The maximum daily heat index ranged from **84.4** to **104.8°F** at Raleigh-Durham International Airport (Figure 3)
- There were **5** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age

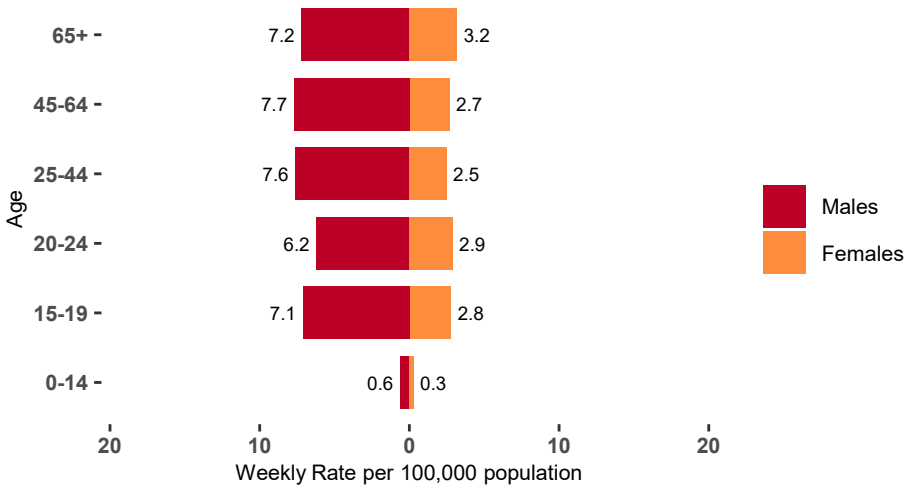
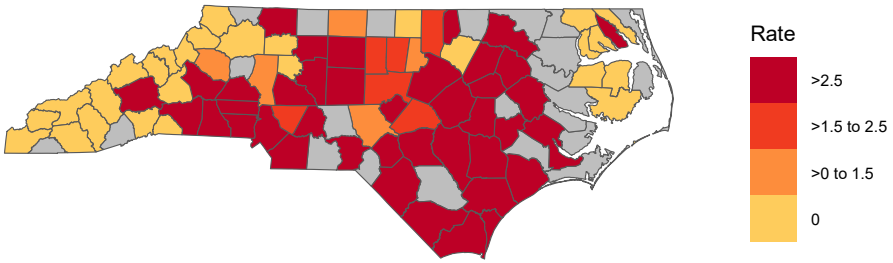


Figure 2. Rate of Heat-related Illness Emergency Department Visits per 100,000 Population



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=255‡)	Percent†
Heat Stroke	6	2.4
Heat Exhaustion	141	55.3
Heat Syncope	36	14.1
Heat Cramps	11	4.3
Other Effects‖	61	23.9

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

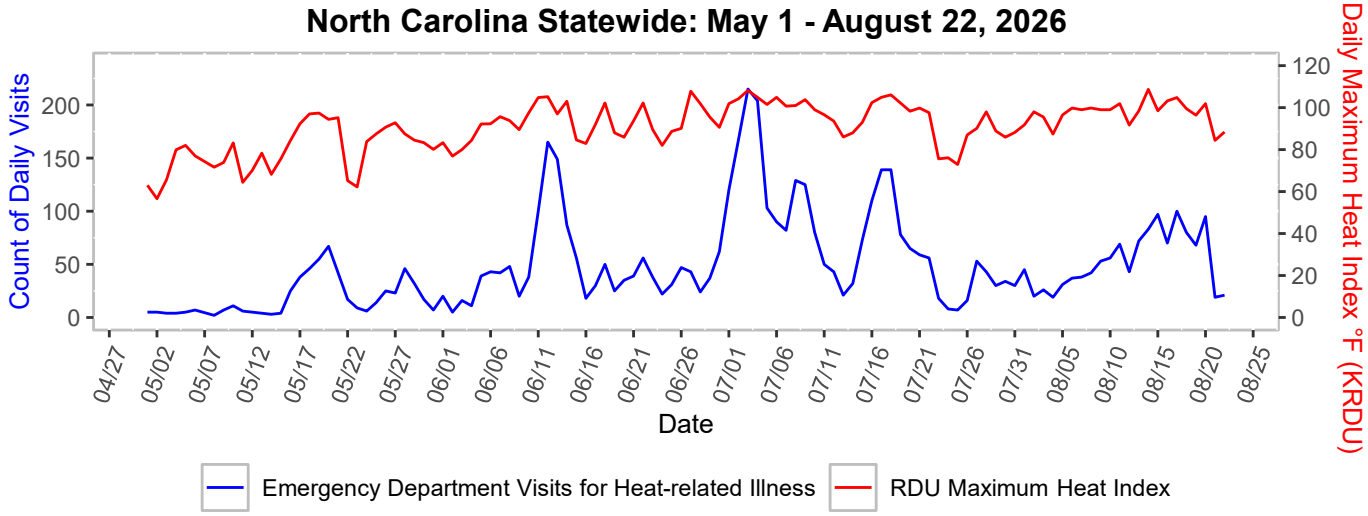
‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 198

† May not total 100 due to rounding

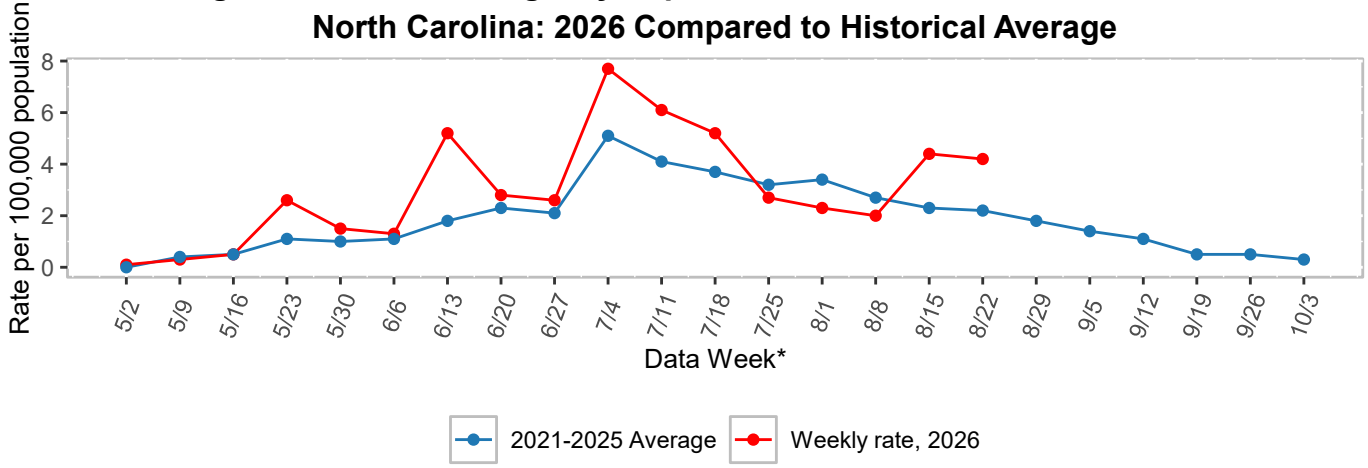
*The 453 total HRI ED visits includes 23 visits that were missing county of residence. These 23 visits are excluded from the regional reports.

Figure 3. Emergency Department Visits for Heat-related Illness and Maximum Heat Index
North Carolina Statewide: May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Figure 4. Rate of Emergency Department Visits for Heat-related Illness
North Carolina: 2026 Compared to Historical Average



Week ending dates may vary by a few days for earlier years.
For data week definitions see https://ndc.services.cdc.gov/wp-content/uploads/MMWR-Week-Log-2025-2026.pdf

North Carolina Weekly Heat-related Illness Surveillance Report: Southeast (Region 1)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 3.7 per 100,000 population.**

This week (August 16-22, 2026):

- There were **72** HRI ED visits (0.9% of total ED visits), with a rate of **8 per 100,000 population**
- The rate was highest among **males** aged **25-44 years (17 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **New Hanover County (9.8 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 27; 69.2%)** (Table 1)
- The maximum daily heat index ranged from **95.1 to 112.8°F** at Wilmington International Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Southeast (Region 1)

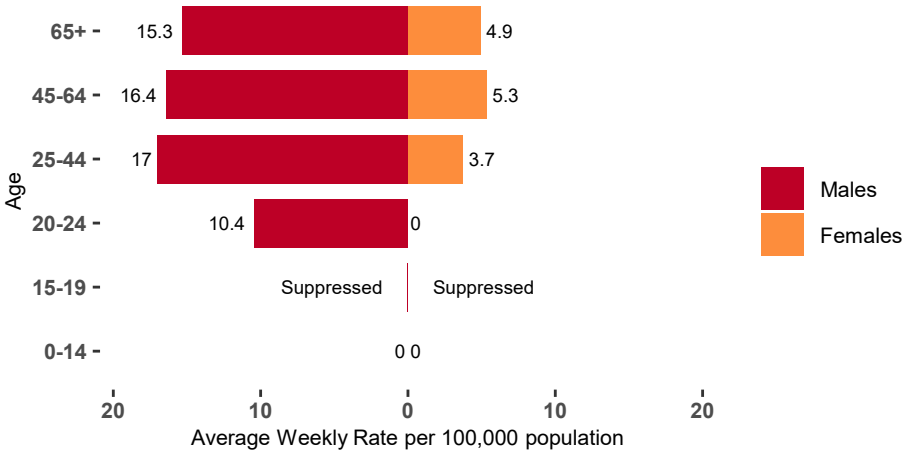
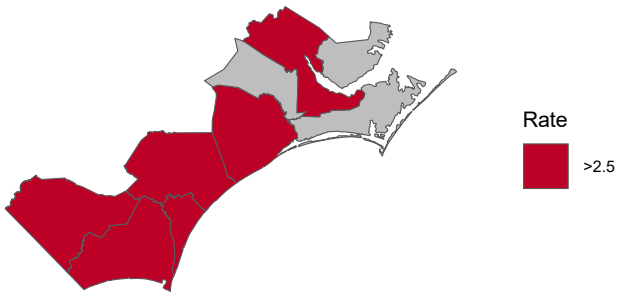
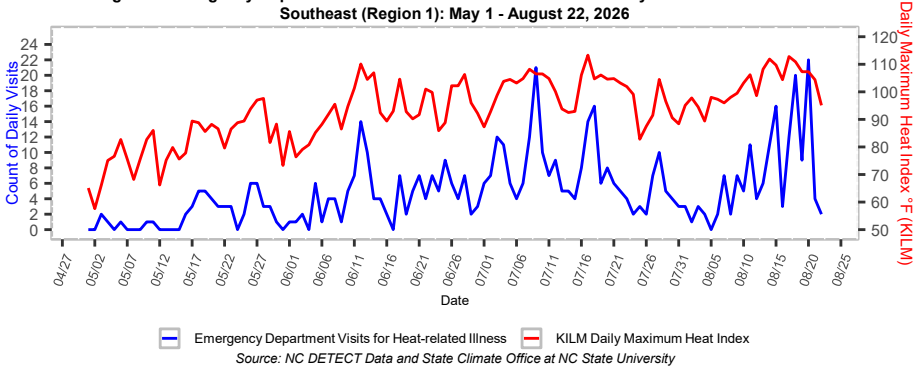


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Southeast (Region 1)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Southeast (Region 1): May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=39‡)	Percent†
Heat Stroke	2	5.1
Heat Exhaustion	27	69.2
Heat Syncope	2	5.1
Heat Cramps	1	2.6
Other Effects‖	7	17.9

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 33

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: North Central (Region 2)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

North Central (Region 2) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 2.5 per 100,000 population.**

This week (August 16-22, 2026):

- There were **52** HRI ED visits (0.3% of total ED visits), with a rate of **2.4 per 100,000 population**
- The rate was highest among **males** aged **20-24 years (6.8 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Vance County (4.7 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis codes were **heat exhaustion, heat syncope,** and **other effects (n = 8; 32%)** (Table 1)
- The maximum daily heat index ranged from **84.1 to 103.4°F** at Piedmont Triad International Airport (Figure 3)
- There were **5** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
North Central (Region 2)

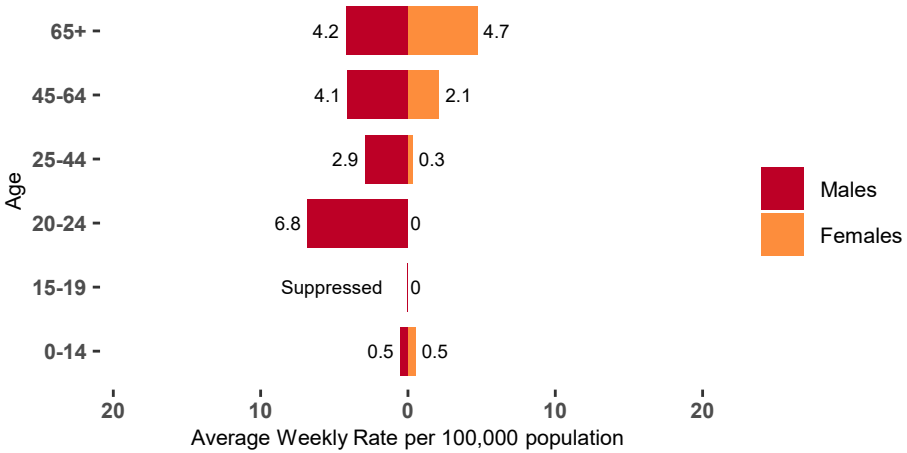
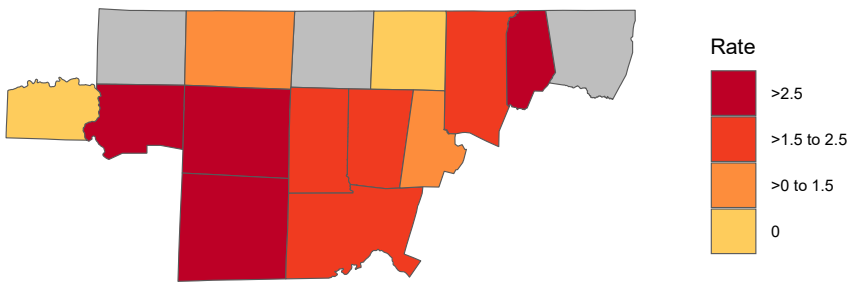
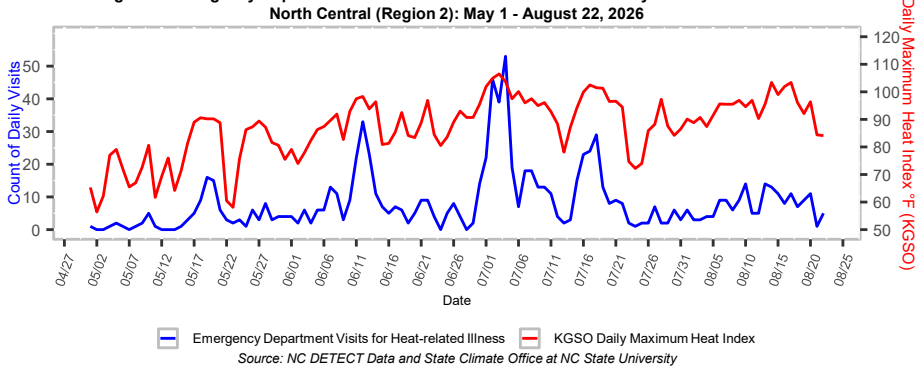


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
North Central (Region 2)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
North Central (Region 2): May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=25‡)	Percent†
Heat Stroke	0	0.0
Heat Exhaustion	8	32.0
Heat Syncope	8	32.0
Heat Cramps	1	4.0
Other Effects‖	8	32.0

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 27

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: Northeast (Region 3)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Northeast (Region 3) Key Messages

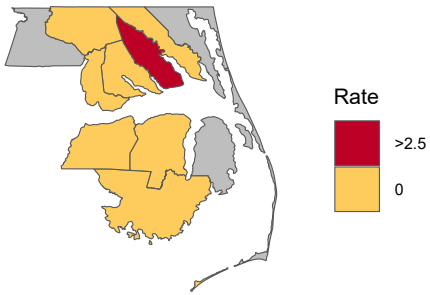
The average weekly rate of heat-related illness emergency department visits **this season to date is 4.2 per 100,000 population.**

This week (August 16-22, 2026):

- There were **10** HRI ED visits (0.5% of total ED visits), with a rate of **5.1 per 100,000 population**
- The rate of HRI ED visits was highest in **Pasquotank County (9.8 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 3; 50%)** (Table 1)
- The maximum daily heat index ranged from **82.1 to 107.4°F** at Pitt-Greenville Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

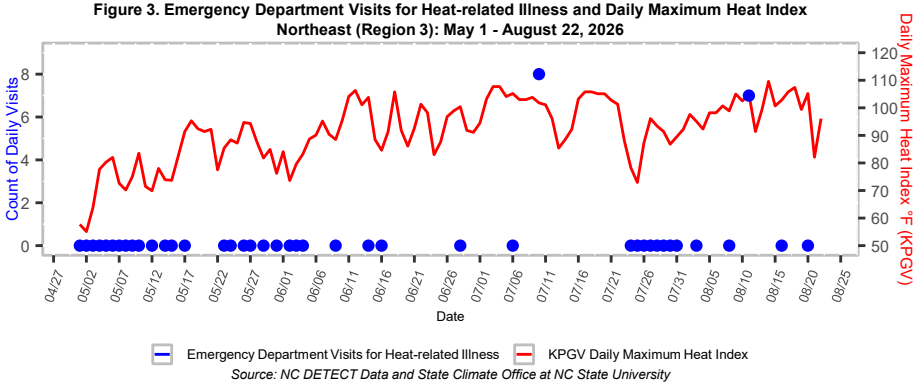
Figure 1 is not provided for the Northeast region this week due to the small number of ED visits for heat-related illness.

Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Northeast (Region 3)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Northeast (Region 3): May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=6‡)	Percent†
Heat Stroke	0	0.0
Heat Exhaustion	3	50.0
Heat Syncope	0	0.0
Heat Cramps	1	16.7
Other Effects‖	2	33.3

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 4

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: South Central (Region 4)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

South Central (Region 4) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 2.8 per 100,000 population.**

This week (August 16-22, 2026):

- There were **93** HRI ED visits (0.3% of total ED visits), with a rate of **3.5 per 100,000 population**
- The rate was highest among **males** aged **65+ years (7.4 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Cleveland County (6.9 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 25; 49%)** (Table 1)
- The maximum daily heat index ranged from **85.5 to 104.9°F** at Charlotte/Douglas International Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
South Central (Region 4)

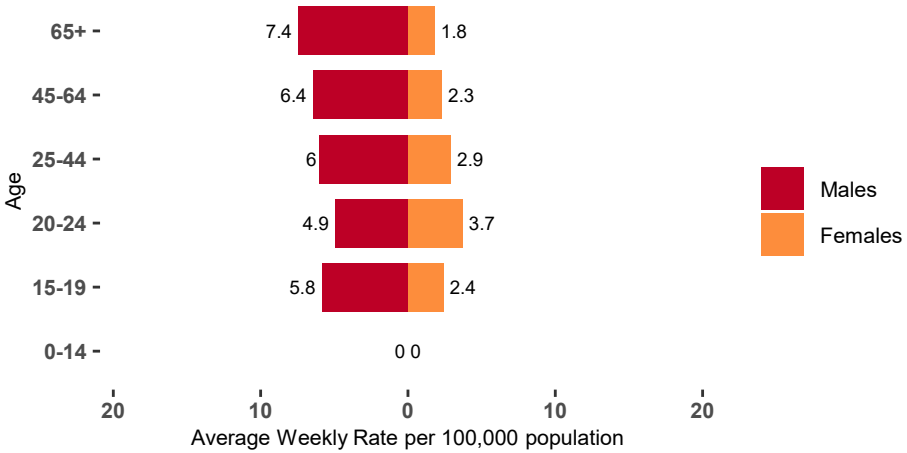
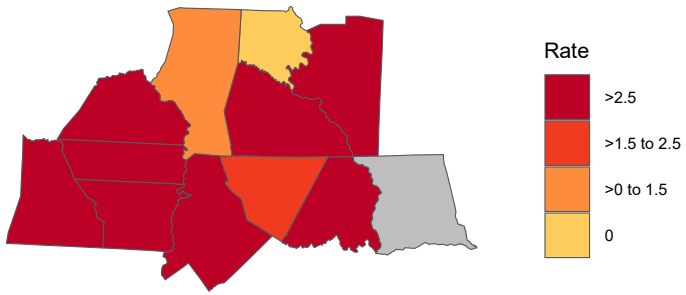


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
South Central (Region 4)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
South Central (Region 4): May 1 - August 22, 2026

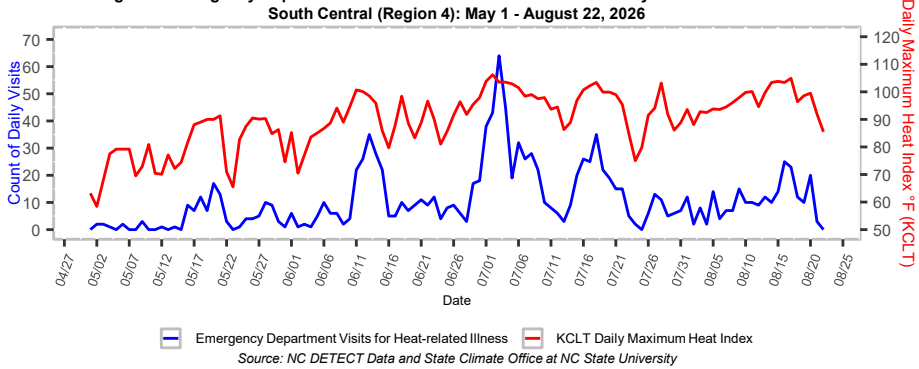


Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=51‡)	Percent†
Heat Stroke	2	3.9
Heat Exhaustion	25	49.0
Heat Syncope	8	15.7
Heat Cramps	4	7.8
Other Effects‖	12	23.5

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 42

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: North Coastal Plain (Region 5)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

North Coastal Plain (Region 5) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 2.6 per 100,000 population.**

This week (August 16-22, 2026):

- There were **91** HRI ED visits (0.4% of total ED visits), with a rate of **4.1 per 100,000 population**
- The rate was highest among **males** aged **45-64 years (8.7 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Edgecombe County (14.4 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 37; 62.7%)** (Table 1)
- The maximum daily heat index ranged from **79.2 to 104.7°F** at Rocky Mount-Wilson Regional Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
North Coastal Plain (Region 5)

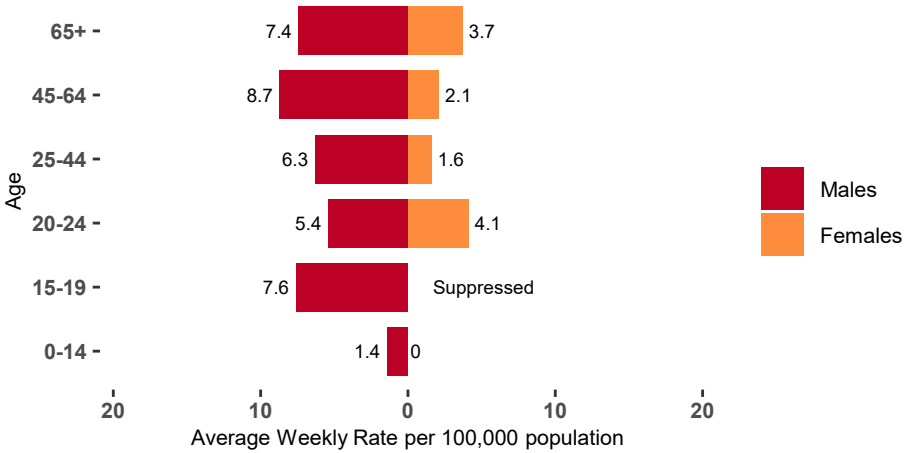
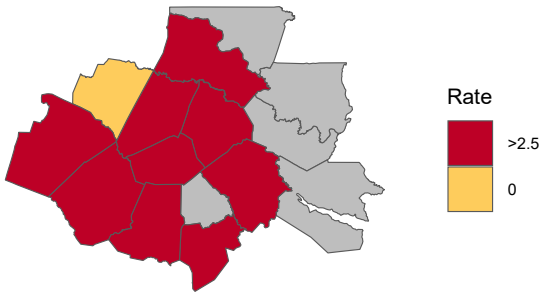
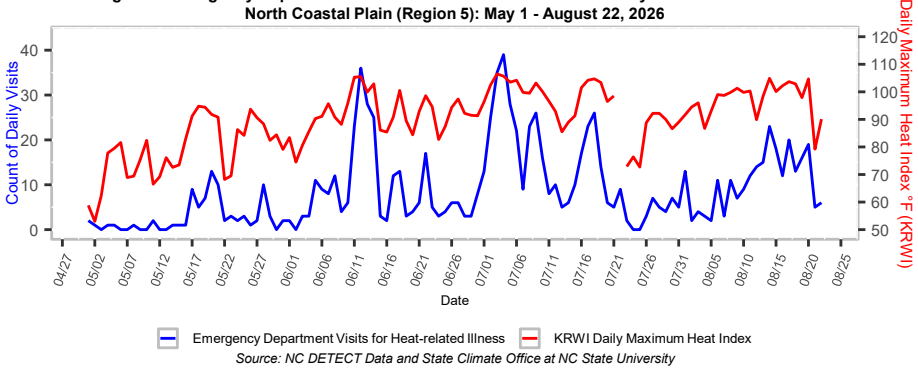


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
North Coastal Plain (Region 5)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
North Coastal Plain (Region 5): May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=59‡)	Percent†
Heat Stroke	1	1.7
Heat Exhaustion	37	62.7
Heat Syncope	6	10.2
Heat Cramps	2	3.4
Other Effects‖	13	22.0

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 32

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: Foothills (Region 6)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Foothills (Region 6) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 3.3 per 100,000 population.**

This week (August 16-22, 2026):

- There were **15** HRI ED visits (0.3% of total ED visits), with a rate of **3.2 per 100,000 population**
- The rate was highest among **males** aged **25-44 years (9.2 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Rutherford County (12.3 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 71.4%)** (Table 1)
- The maximum daily heat index ranged from **88.7 to 107.7°F** at Morganton-Lenoir Airport (Figure 3)
- There were **3** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Foothills (Region 6)

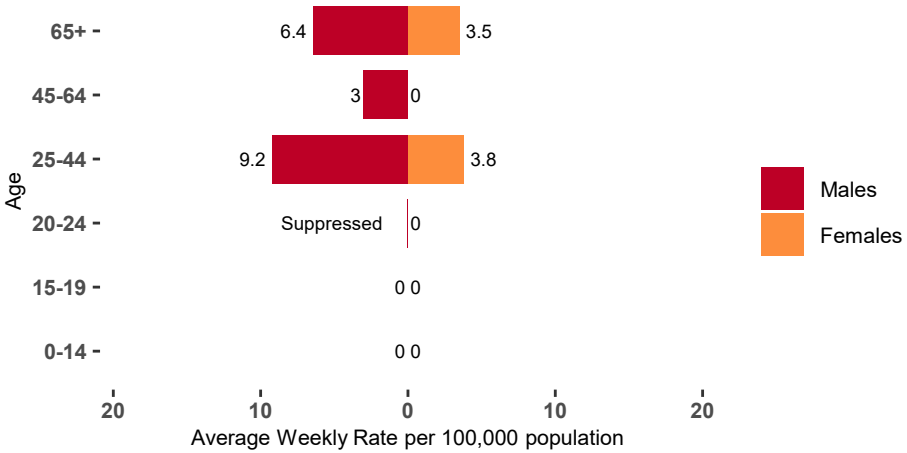
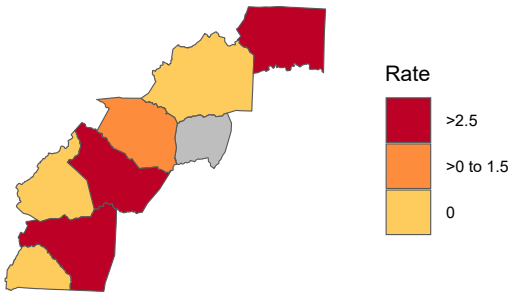


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Foothills (Region 6)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Foothills (Region 6): May 1 - August 22, 2026

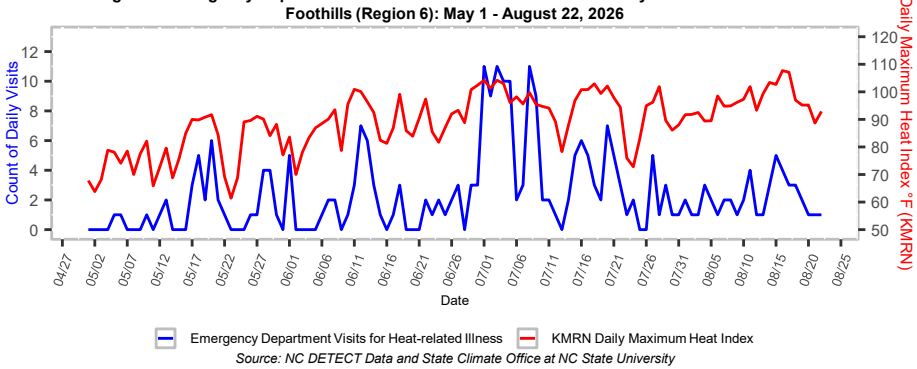


Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=7‡)	Percent†
Heat Stroke	0	0.0
Heat Exhaustion	5	71.4
Heat Syncope	1	14.3
Heat Cramps	0	0.0
Other Effects‖	1	14.3

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 8

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: Sandhills (Region 7)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Sandhills (Region 7) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 4 per 100,000 population.**

This week (August 16-22, 2026):

- There were **86** HRI ED visits (0.7% of total ED visits), with a rate of **6.6 per 100,000 population**
- The rate was highest among **males** aged **25-44 years (15.9 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Sampson County (20.2 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 24; 49%)** (Table 1)
- The maximum daily heat index ranged from **88.8 to 107.8°F** at Fayetteville Regional/Grannis Field Airport (Figure 3)
- There were **7** days when the minimum temperature was above 70°F.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Sandhills (Region 7)

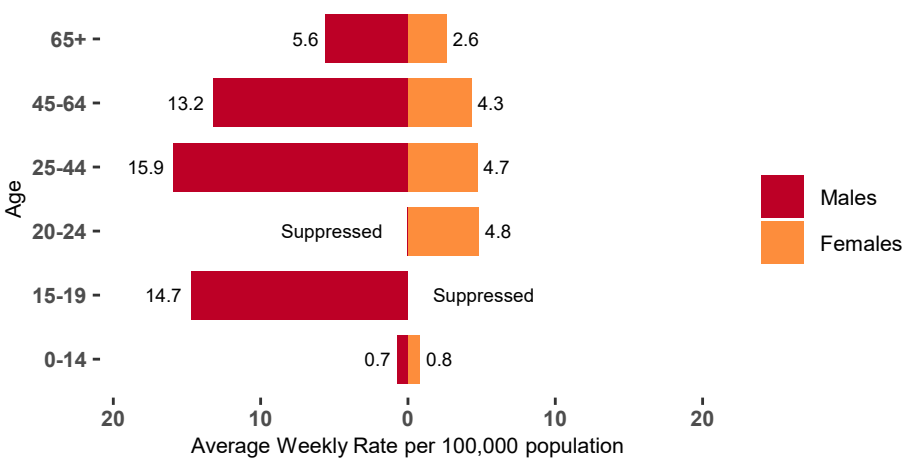
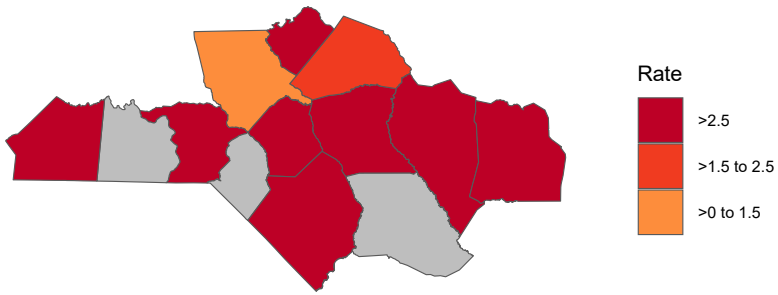
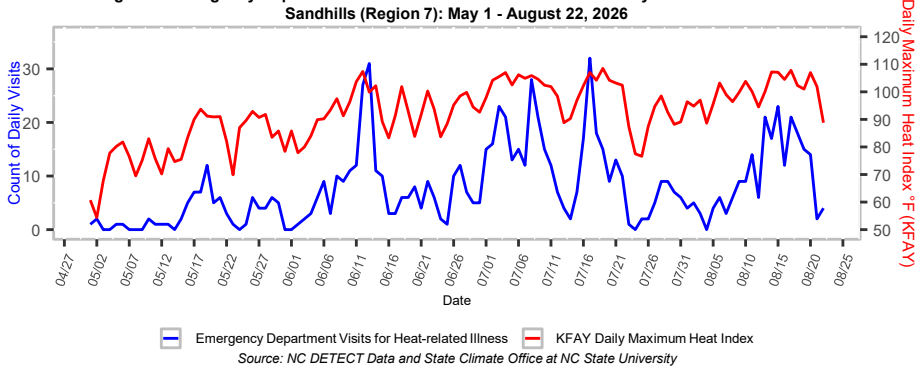


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Sandhills (Region 7)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Sandhills (Region 7): May 1 - August 22, 2026



Source: NC DETECT Data and State Climate Office at NC State University

Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=49‡)	Percent†
Heat Stroke	0	0.0
Heat Exhaustion	24	49.0
Heat Syncope	11	22.4
Heat Cramps	2	4.1
Other Effects‖	12	24.5

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 37

† May not total 100 due to rounding

North Carolina Weekly Heat-related Illness Surveillance Report: Mountains (Region 8)

August 16-22, 2026

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

NC DETECT

Mountains (Region 8) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 1.3 per 100,000 population.**

This week (August 16-22, 2026):

- There were **11** HRI ED visits (0.2% of total ED visits), with a rate of **1.4 per 100,000 population**
- The rate was highest among **males** aged **65+ years (3.4 HRI ED visits per 100,000 population**) (Figure 1)
- The rate of HRI ED visits was highest in **Buncombe County (2.6 per 100,000 population**) (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 83.3%)** (Table 1)
- The maximum daily heat index ranged from **85.1 to 94.6°F** at Asheville Regional Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7** days this week.

Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Mountains (Region 8)

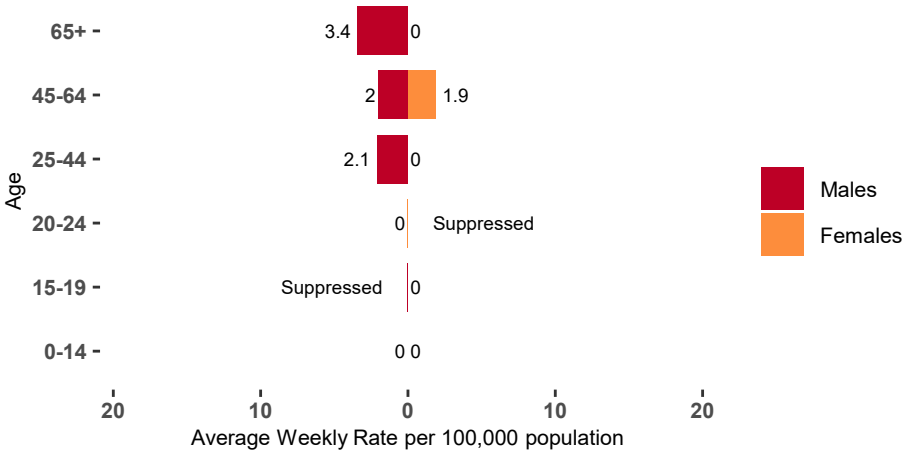
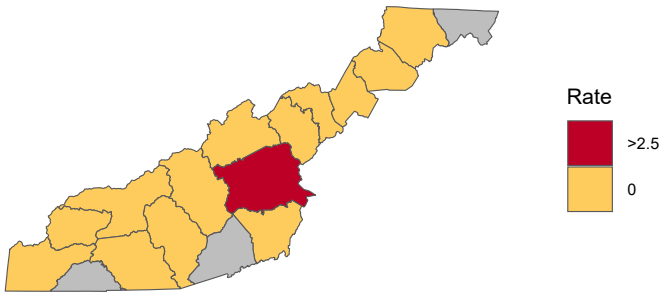


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
Mountains (Region 8)



Rates based on counts between 1-4 are suppressed for counties with less than 500 total ED visits, as shown in gray.

Figure 3. Emergency Department Visits for Heat-related Illness and Daily Maximum Heat Index
Mountains (Region 8): May 1 - August 22, 2026

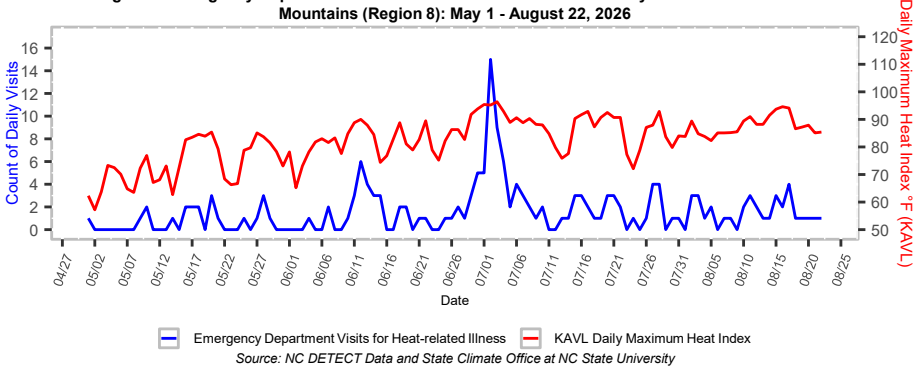


Table 1. Heat-related illness ED visits by Severity

Severity§	Number (N=6‡)	Percent†
Heat Stroke	0	0.0
Heat Exhaustion	5	83.3
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects‖	1	16.7

§ Definitions of heat-related illness severity categories: https://www.cdc.gov/niosh/heat-stress/about/illnesses.html

‖ other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 5

† May not total 100 due to rounding

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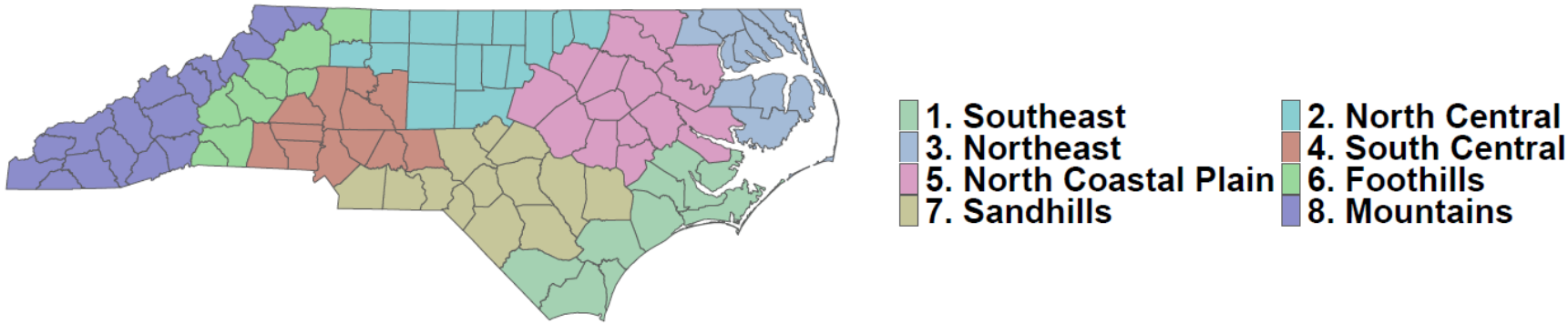
North Carolina HRI Surveillance Regions

(updated for 2025 to match the new Heat Health Alert System regions)



About the data

The heat-related illness data in the report is from NC DETECT. NC DETECT is a statewide public health syndromic surveillance system, funded by the NC Division of Public Health (NC DPH) Federal Public Health Emergency Preparedness Grant and managed through collaboration between NC DPH and the UNC-CH Department of Emergency Medicine's Carolina Center for Health Informatics. The NC DETECT Data Oversight Committee is not responsible for the scientific validity or accuracy of methodology, results, statistical analyses, or conclusions presented.

Climate data

The maximum heat index and minimum temperature data in this report are from the North Carolina State Climate Office. The Raleigh-Durham International Airport weather station (RDU) was selected to represent the climate data for the statewide report. One weather station from each region was selected to represent the climate data for each region. The weather station locations and their corresponding regions are as follows:

Wilmington International Airport (ILM) – Southeast (Region 1), Piedmont Triad Airport (GSO) – North Central (Region 2), Pitt-Greenville Airport (PGV) – Northeast (Region 3), Charlotte/Douglas International Airport (CLT) – South Central (Region 4),
Rocky Mount-Wilson Regional Airport (RWI) – North Coastal Plain (Region 5), Morganton-Lenoir Airport (MRN) – Foothills (Region 6), Fayetteville Regional/Grannis Field Airport (FAY) – Sandhills (Region 7), Asheville Regional Airport (AVL) – Mountains (Region 8). During 6/19, climate data was obtained from the NC School of Science and Math - Morganton (MORG) EcoNet weather station (Foothills, Region 6).

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This report is available on the NC DHHS Climate and Health website at https://www.dph.ncdhhs.gov/programs/epidemiology/occupational-and-environmental-epidemiology/climate-and-your-health/extreme-heat/nc-heat-health-data-and-reports