

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 (September 13-19, 2026):

- There were **199*** HRI ED visits (0.2% of total ED visits), with a **rate of 1.9 per 100,000 population**
- The rate was highest among **males aged 45-64 years (2.9 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **Southeast (2.4 per 100,000 population)**, (Figure 2; Region 1)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 51; 49.5%)** (Table 1)
- The maximum daily heat index ranged from **81.8 to 100.3°F** at Raleigh-Durham International Airport (Figure 3)
- There were **4** days when the minimum temperature was above 70°F.

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

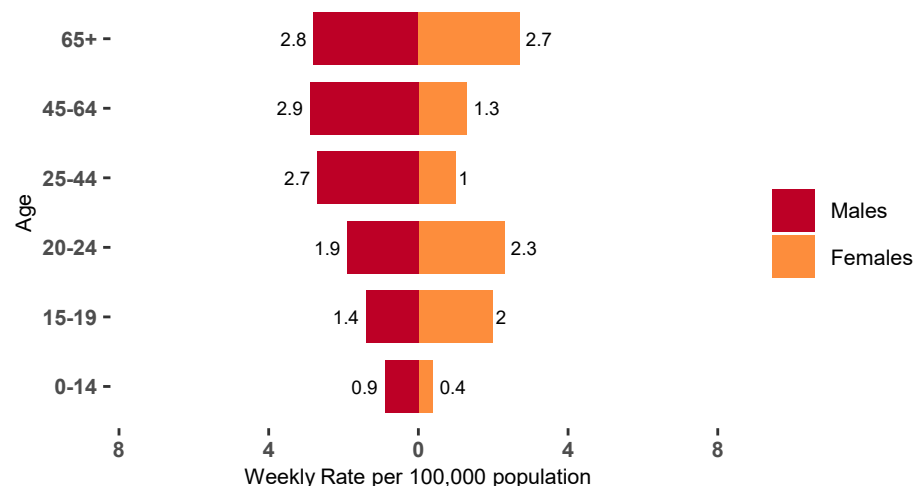
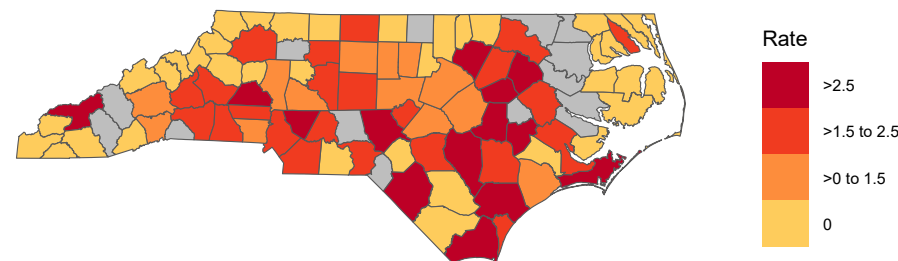


Figure 2. Rate of Heat-related Illness Emergency Department Visits per 100,000 Population



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=103 [‡])	Percent [†]
Heat Stroke	2	1.9
Heat Exhaustion	51	49.5
Heat Syncope	18	17.5
Heat Cramps	2	1.9
Other Effects	30	29.1

§ Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

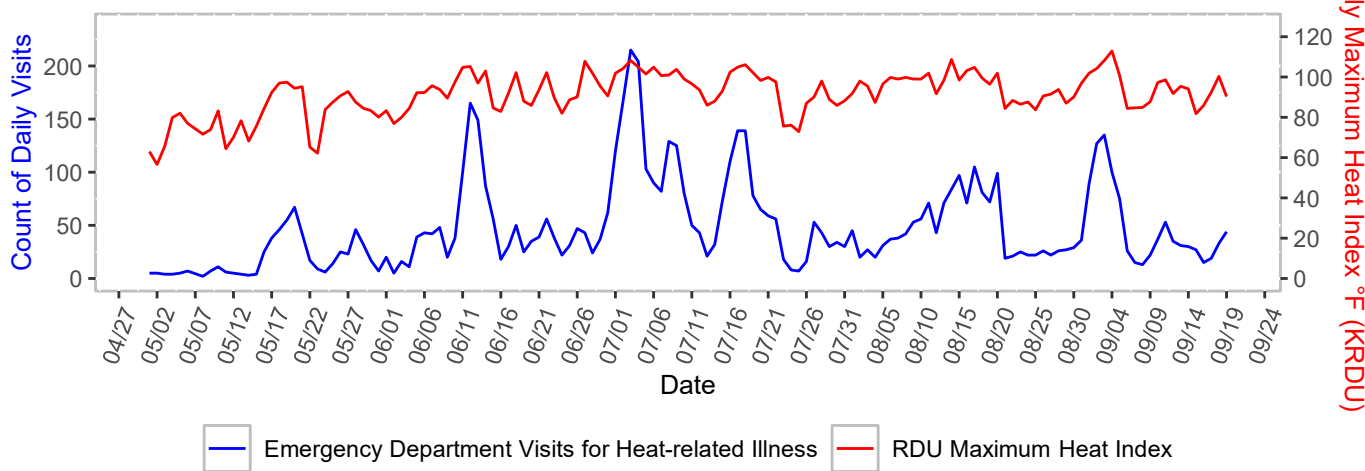
|| other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

‡ Missing severity data = 96

† May not total 100 due to rounding

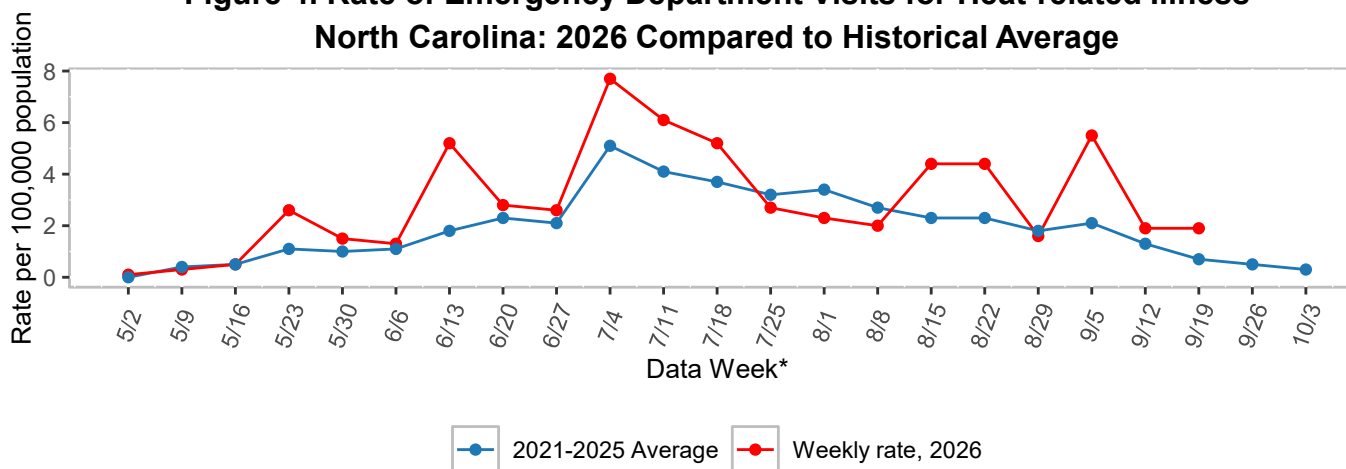
*The 199 total HRI ED visits includes 21 visits that were missing county of residence. These 21 visits are excluded from the regional reports.

Figure 3. Emergency Department Visits for Heat-related Illness and Maximum Heat Index
North Carolina Statewide: May 1 - September 19, 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>

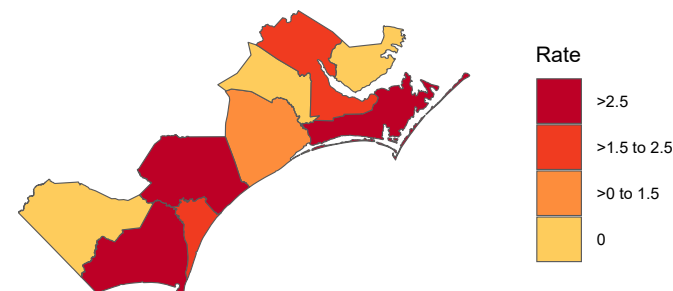
Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.5 per 100,000 population**.

This week (September 13-19, 2026):

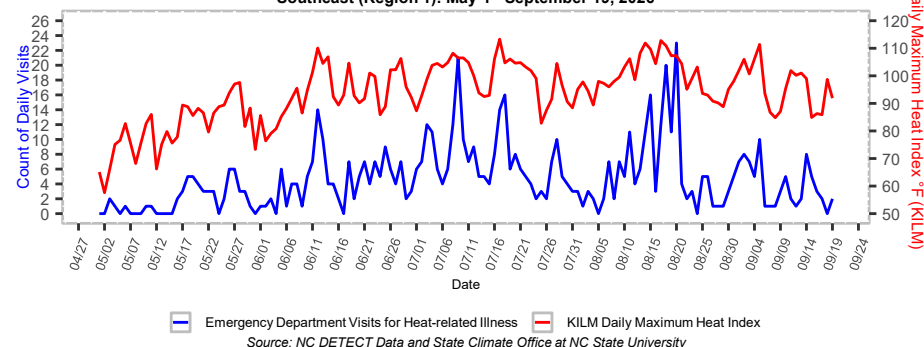
- There were **22 HRI ED visits** (0.3% of total ED visits), with a rate of **2.4 per 100,000 population**
- The rate was highest among **females aged 65+ years (3.9 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Pender County (7.6 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 11; 78.6%)** (Table 1)
- The maximum daily heat index ranged from **84.9 to 101°F** at Wilmington International Airport (Figure 3)
- There were **3 days** when the minimum temperature was above 70°F.

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 - September 19, 2026



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

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

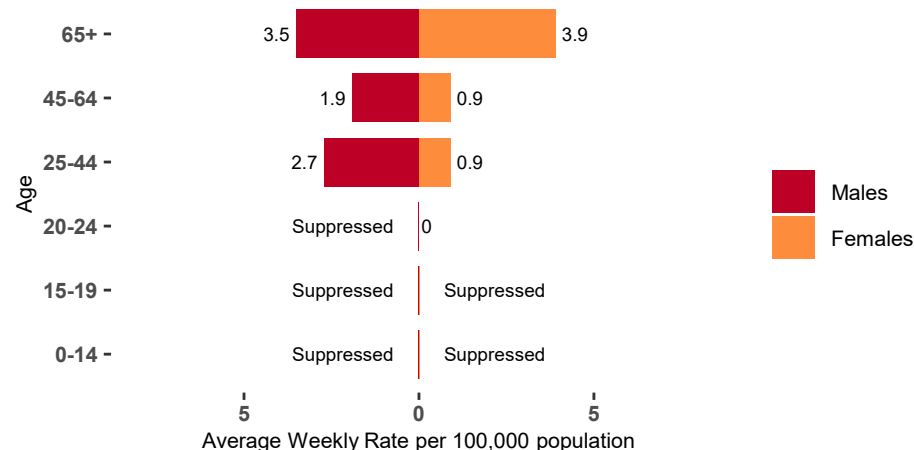


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=14 [‡])	Percent [†]
Heat Stroke	2	14.3
Heat Exhaustion	11	78.6
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects	1	7.1

§ 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

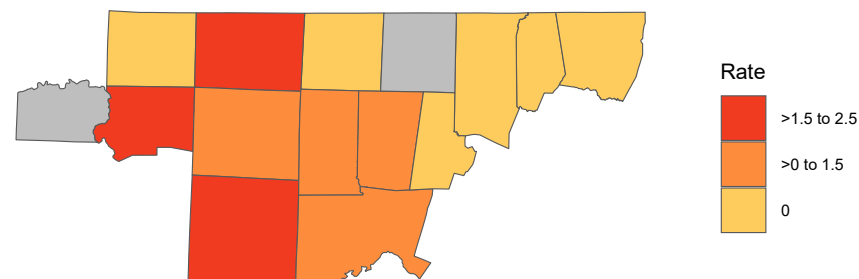
North Central (Region 2) Key Messages

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

This week (September 13-19, 2026):

- There were **26 HRI ED visits** (0.1% of total ED visits), with a rate of **1.2 per 100,000 population**
- The rate was highest among **males aged 45-64 years (3 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Rockingham County (2.2 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 50%)** (Table 1)
- The maximum daily heat index ranged from **82.7 to 96.9°F** at Piedmont Triad International Airport (Figure 3)
- There were **3 days** when the minimum temperature was above 70°F.

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 - September 19, 2026

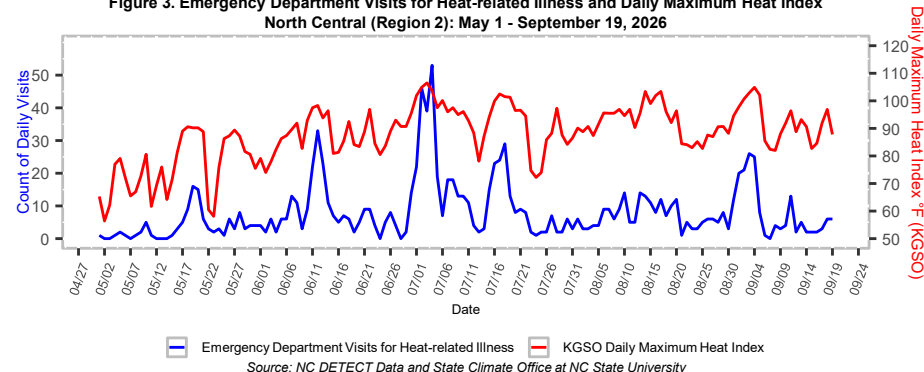


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
North Central (Region 2)

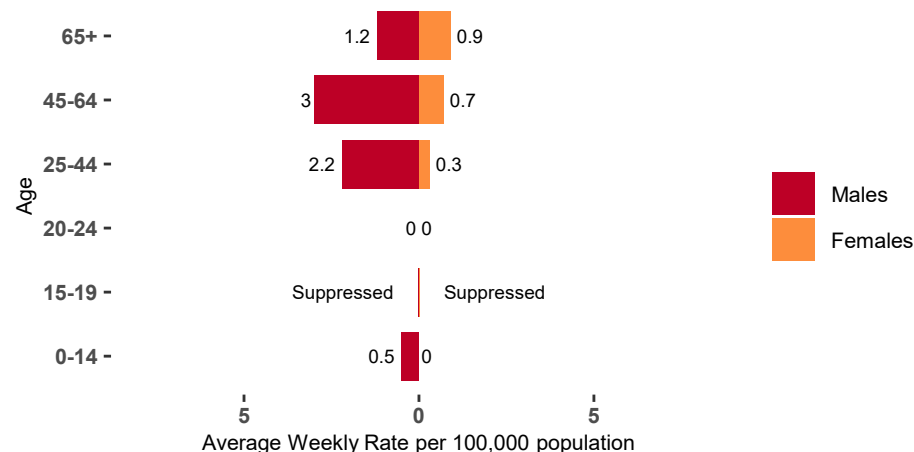


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=10 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	5	50.0
Heat Syncope	3	30.0
Heat Cramps	0	0.0
Other Effects	2	20.0

§ 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 = 16

† May not total 100 due to rounding

Northeast (Region 3) Key Messages

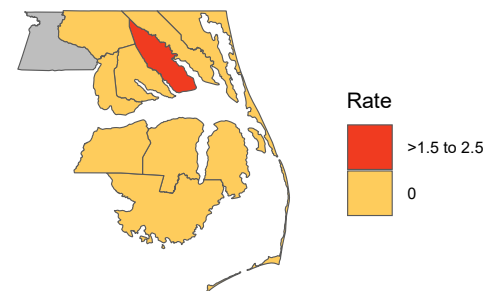
The average weekly rate of heat-related illness emergency department visits **this season to date is 4.2 per 100,000 population.**

This week (September 13-19, 2026):

- There were **3 HRI ED visits** (0.1% of total ED visits), with a rate of **1.5 per 100,000 population**
- The rate of HRI ED visits was highest in **Pasquotank County (2.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 2; 100%)** (Table 1)
- The maximum daily heat index ranged from **82 to 101.1°F** at Pitt-Greenville Airport (Figure 3)
- There was **1 day** 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 - September 19, 2026

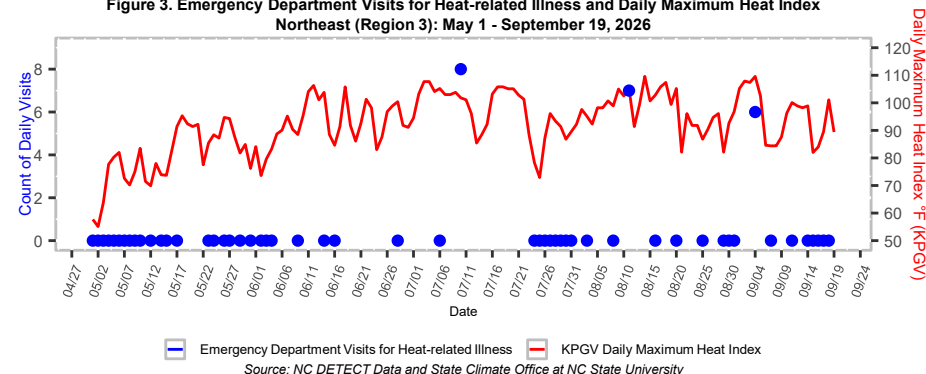


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=2 [†])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	2	100.0
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects	0	0.0

[§] 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 = 1

[†] May not total 100 due to rounding

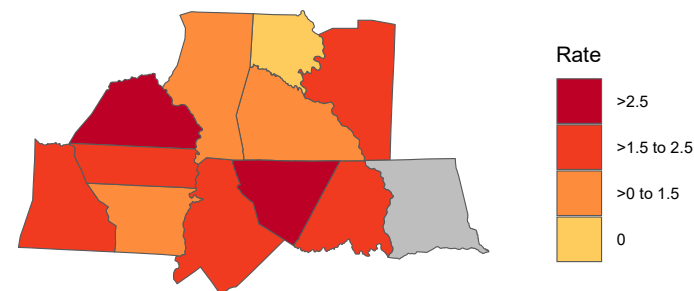
South Central (Region 4) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.7 per 100,000 population**.

This week (September 13-19, 2026):

- There were **47 HRI ED visits** (0.2% of total ED visits), with a rate of **1.8 per 100,000 population**
- The rate was highest among **males aged 65+ years (4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Catawba County (3.1 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis codes were **heat exhaustion and other effects (n = 11; 45.8%)** (Table 1)
- The maximum daily heat index ranged from **84.9 to 98.5°F** at Charlotte/Douglas International Airport (Figure 3)
- There were **5 days** when the minimum temperature was above 70°F.

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 - September 19, 2026

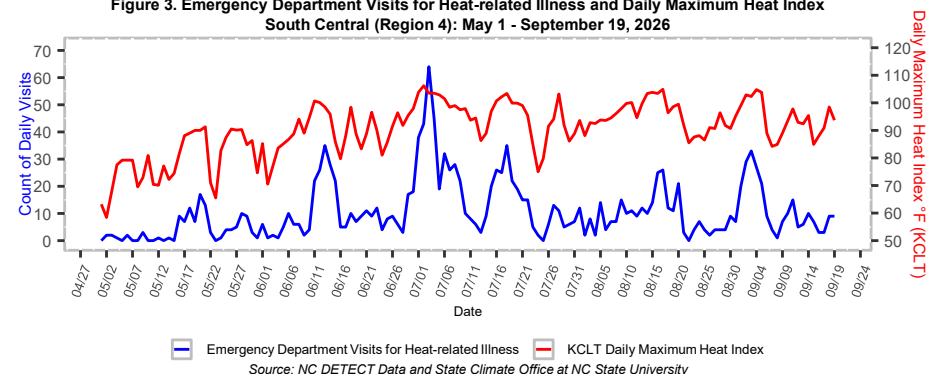


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
South Central (Region 4)

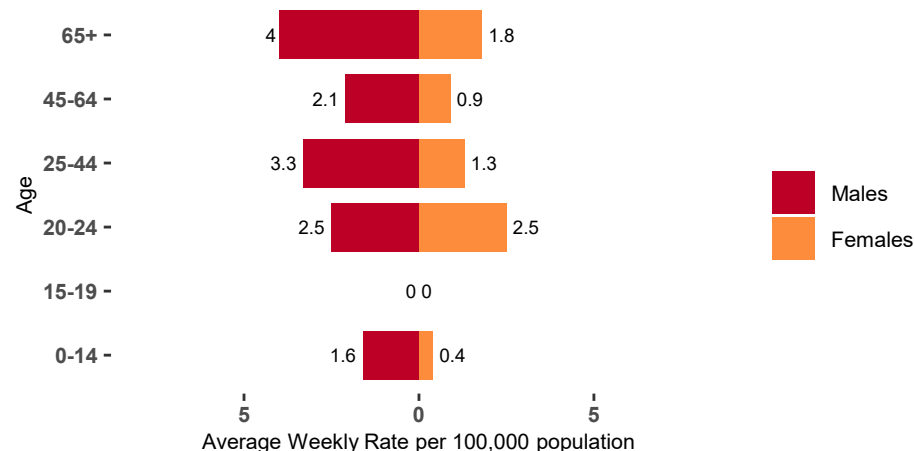


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=24 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	11	45.8
Heat Syncope	2	8.3
Heat Cramps	0	0.0
Other Effects	11	45.8

[§] 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 = 23

[†] May not total 100 due to rounding

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 (September 13-19, 2026):

- There were **41 HRI ED visits** (0.2% of total ED visits), with a rate of **1.8 per 100,000 population**
- The rate was highest among **females aged 20-24 years (6.8 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Wayne County (4.2 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis codes were **heat exhaustion and other effects (n = 7; 38.9%)** (Table 1)
- The maximum daily heat index ranged from **83.5 to 99.7°F** at Rocky Mount-Wilson Regional Airport (Figure 3)
- There were **4 days** when the minimum temperature was above 70°F. (The KRWI weather station was missing observations for maximum heat index data on 7/22 and 7/23.)

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

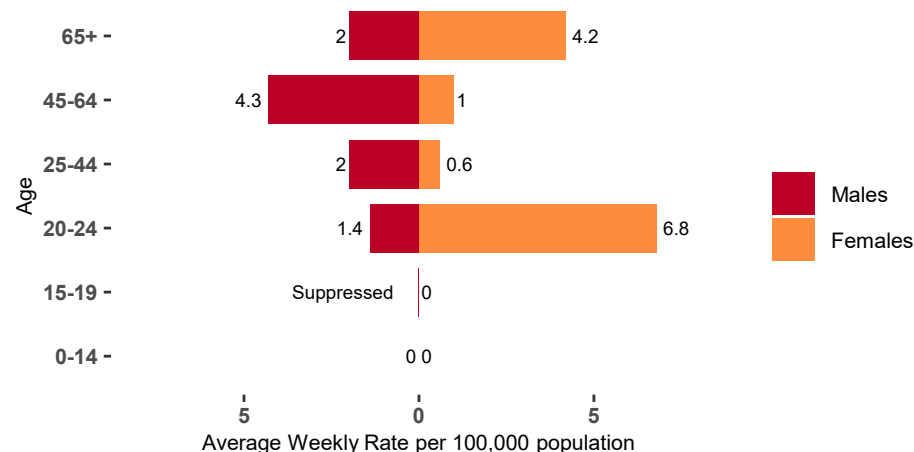
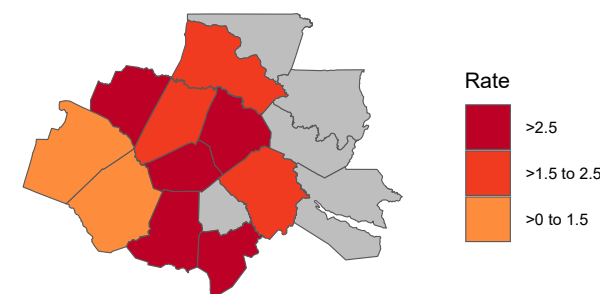


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
North Coastal Plain (Region 5)



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 - September 19, 2026

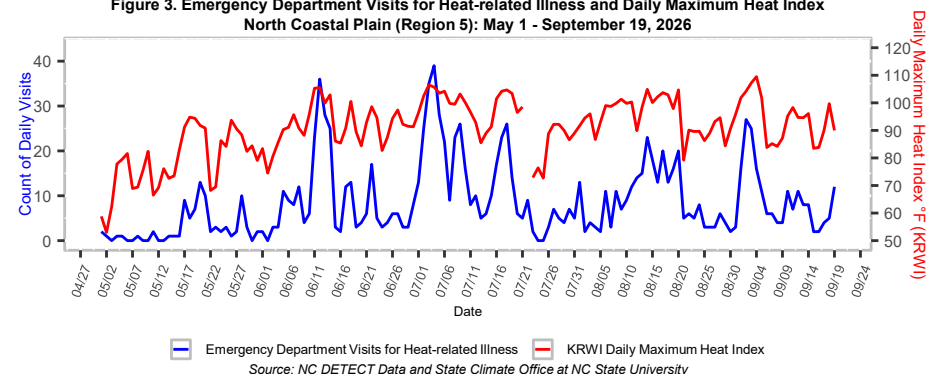


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=18 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	7	38.9
Heat Syncope	3	16.7
Heat Cramps	1	5.6
Other Effects	7	38.9

[§] 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 = 23

[†] May not total 100 due to rounding

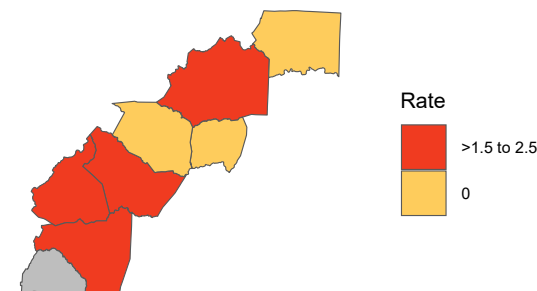
Foothills (Region 6) Key Messages

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

This week (September 13-19, 2026):

- There were **6 HRI ED visits** (0.1% of total ED visits), with a rate of **1.3 per 100,000 population**
- The rate was highest among **males aged 25-44 years (3.7 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Burke County (2.3 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion and other effects (n = 1; 50%)** (Table 1)
- The maximum daily heat index ranged from **81.6 to 102.6°F** at Morganton-Lenoir Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7 days** this week.

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 - September 19, 2026

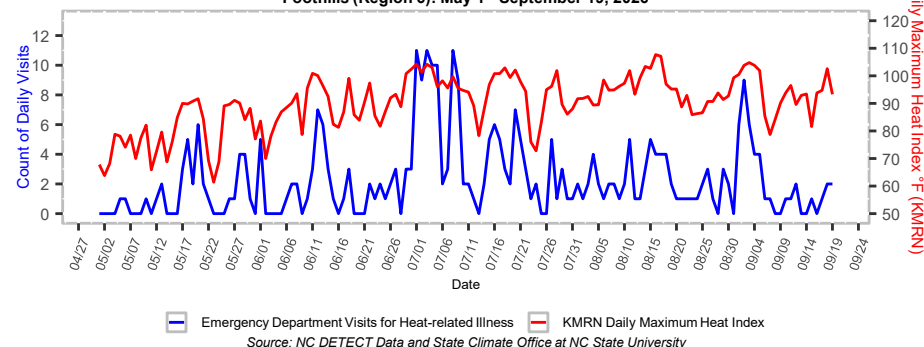


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Foothills (Region 6)

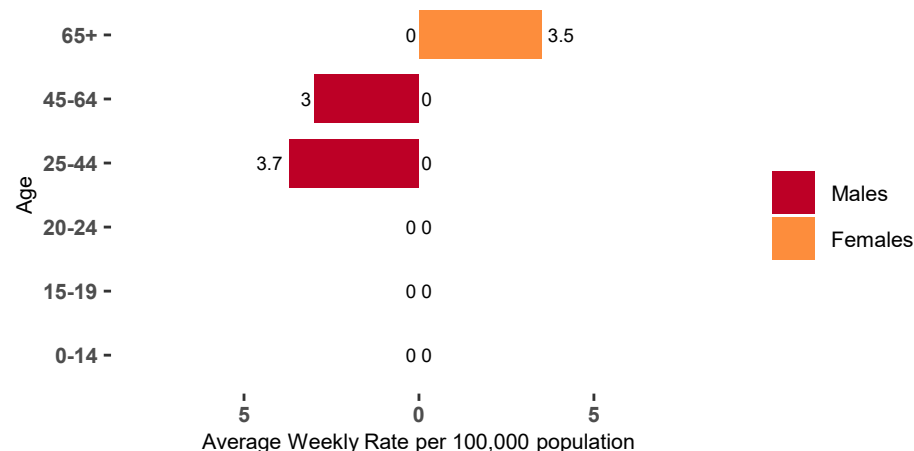


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=2 [†])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	1	50.0
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects	1	50.0

[§] 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 = 4

[†] May not total 100 due to rounding

Sandhills (Region 7) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.9 per 100,000 population**.

This week (September 13-19, 2026):

- There were **28 HRI ED visits** (0.2% of total ED visits), with a rate of **2.1 per 100,000 population**
- The rate was highest among **females aged 65+ years (4.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Sampson County (6.7 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat syncope (n = 7; 46.7%)** (Table 1)
- The maximum daily heat index ranged from **83.8 to 100.3°F** at Fayetteville Regional/Grannis Field Airport (Figure 3)
- There were **4 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)

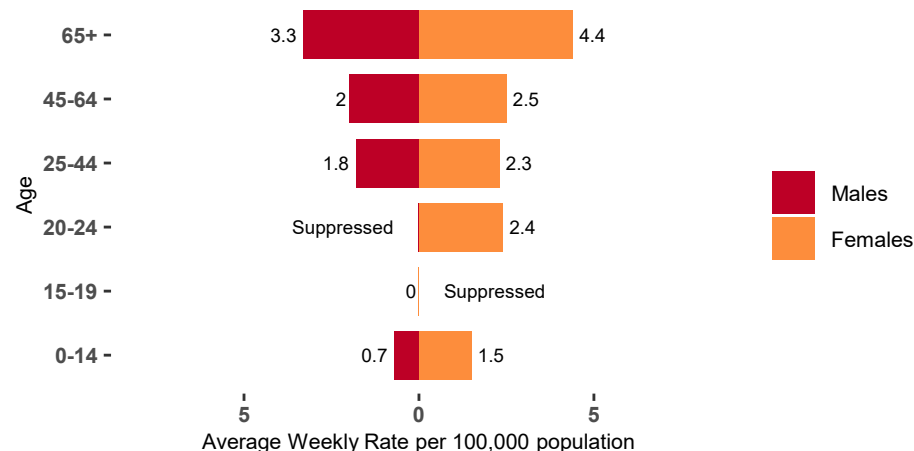
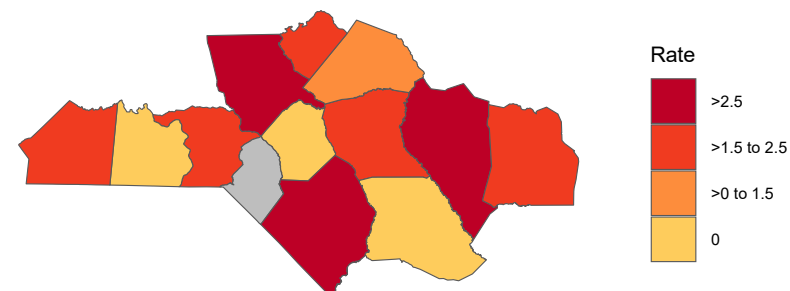


Figure 2. Weekly Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population Sandhills (Region 7)



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 - September 19, 2026

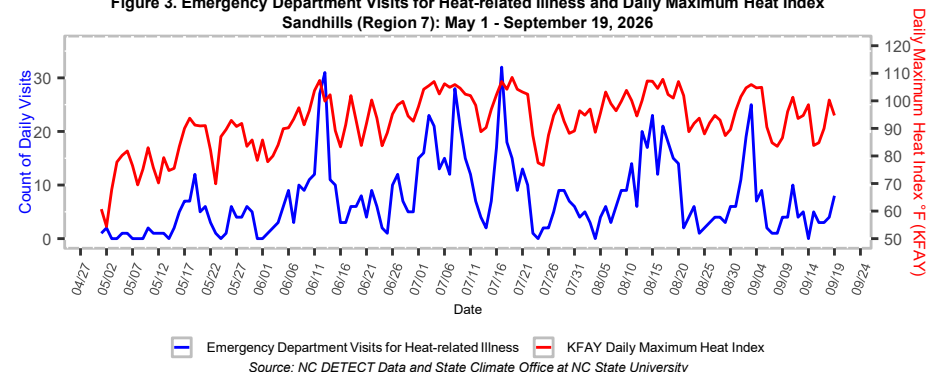


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=15 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	6	40.0
Heat Syncope	7	46.7
Heat Cramps	0	0.0
Other Effects	2	13.3

[§] 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 = 13

[†] May not total 100 due to rounding

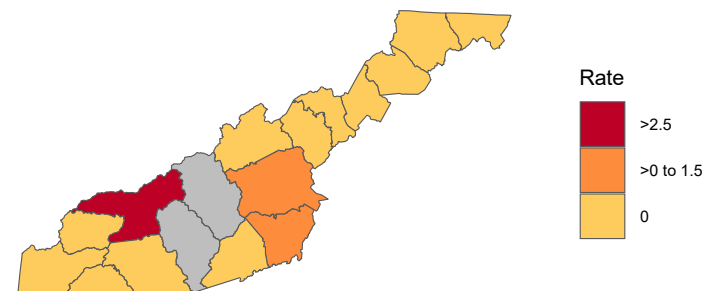
Mountains (Region 8) Key Messages

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

This week (September 13-19, 2026):

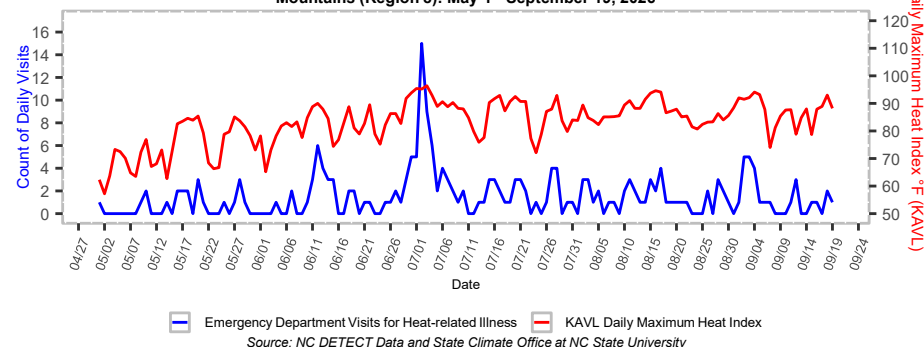
- There were **5 HRI ED visits** (0.1% of total ED visits), with a rate of **0.6 per 100,000 population**
- The rate was highest among **males aged 25-44 years (2.1 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Swain County (7.1 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion and other effects (n = 2; 50%)** (Table 1)
- The maximum daily heat index ranged from **78.7 to 93°F** at Asheville Regional Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **7 days** this week.

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 - September 19, 2026



Emergency Department Visits for Heat-related Illness KAVI Daily Maximum Heat Index
Source: NC DETECT Data and State Climate Office at NC State University

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

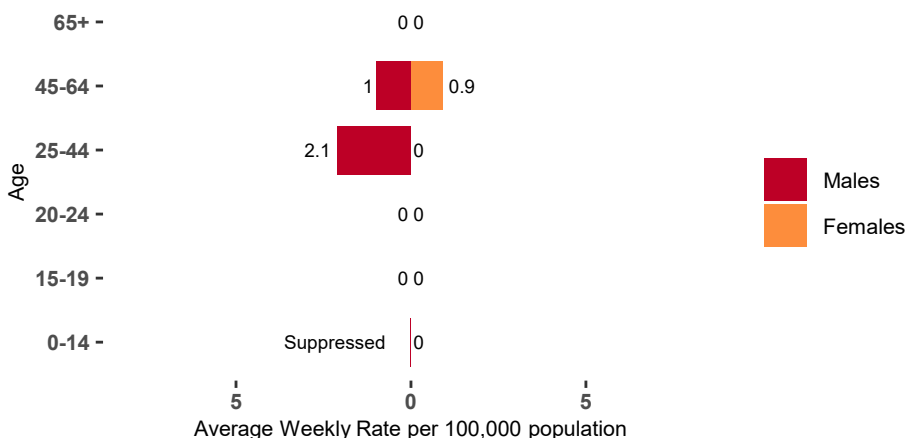


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=4 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	2	50.0
Heat Syncope	0	0.0
Heat Cramps	0	0.0
Other Effects	2	50.0

[§] Definitions of heat-related illness severity categories:

<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

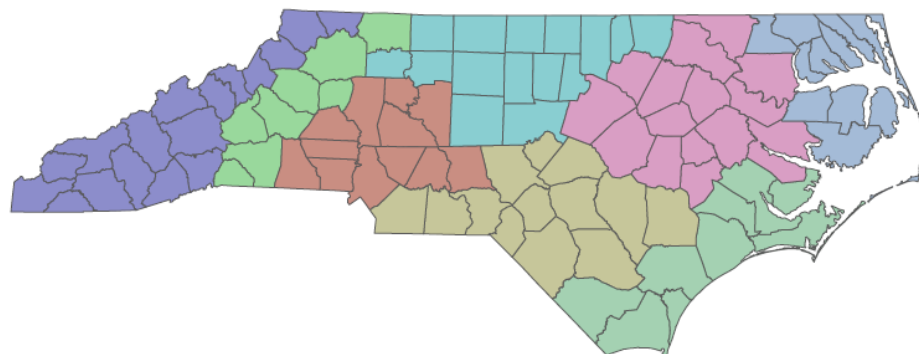
^{||} other effects include heat fatigue, heat edema, other effects of heat and light, and other effects unspecified

[‡] Missing severity data = 1

[†] May not total 100 due to rounding

North Carolina HRI Surveillance Regions

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



- | | |
|------------------------|------------------|
| 1. Southeast | 2. North Central |
| 3. Northeast | 4. South Central |
| 5. North Coastal Plain | 6. Foothills |
| 7. Sandhills | 8. Mountains |

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>