

Note: this report includes three additional days to end the 2025 Heat Season

Statewide Key Messages

The average weekly rate of heat-related illness (HRI) emergency department (ED) visits this season to date is **2.4 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **91*** HRI ED visits (.06% of total ED visits), with a **rate of 0.9 per 100,000 population**
- The rate was highest among **males aged 20-24 years (1.9 per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in the **North Coastal Plain (1.2 per 100,000 population)**, (Figure 2; Region 5)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 29; 58%)** (Table 1)
- The maximum daily heat index ranged from **71 to 96.1°F** at Raleigh-Durham International Airport (Figure 3)
- There were **2** days when the minimum temperature was above 70°F.

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

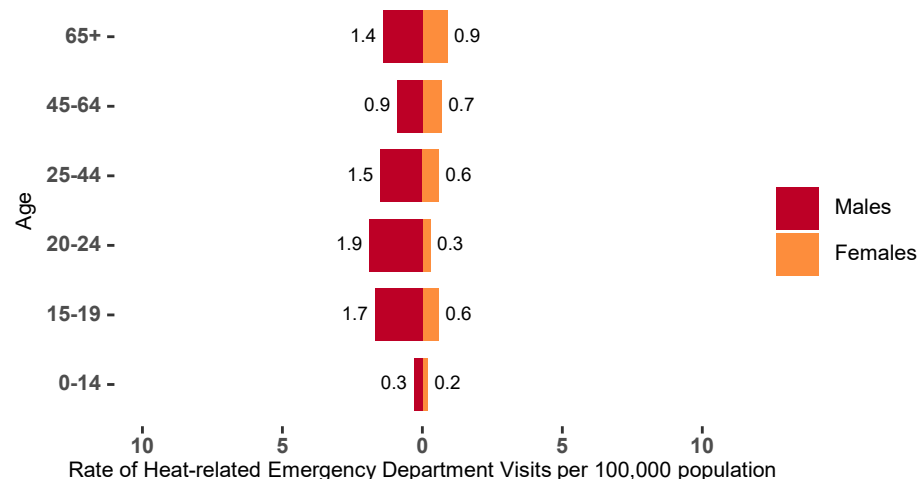
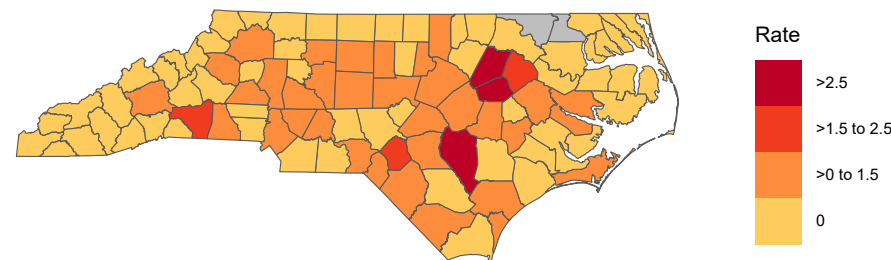


Figure 2. Rate of Heat-related Illness Emergency Department Visits per 100,000 Population



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=50 [‡])	Percent [†]
Heat Stroke	1	2.0
Heat Exhaustion	29	58.0
Heat Syncope	10	20.0
Heat Cramps	1	2.0
Other Effects	9	18.0

[§] 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 = 41

[†] May not total 100 due to rounding

*The 91 total HRI ED visits includes 6 visits that were missing county of residence. These 6 visits are excluded from the regional reports.

Note: this report includes three additional days to end the 2025 Heat Season

Figure 3. Emergency Department Visits for Heat-related Illness and Max Heat Index
North Carolina Statewide: May 1 - September 30, 2025

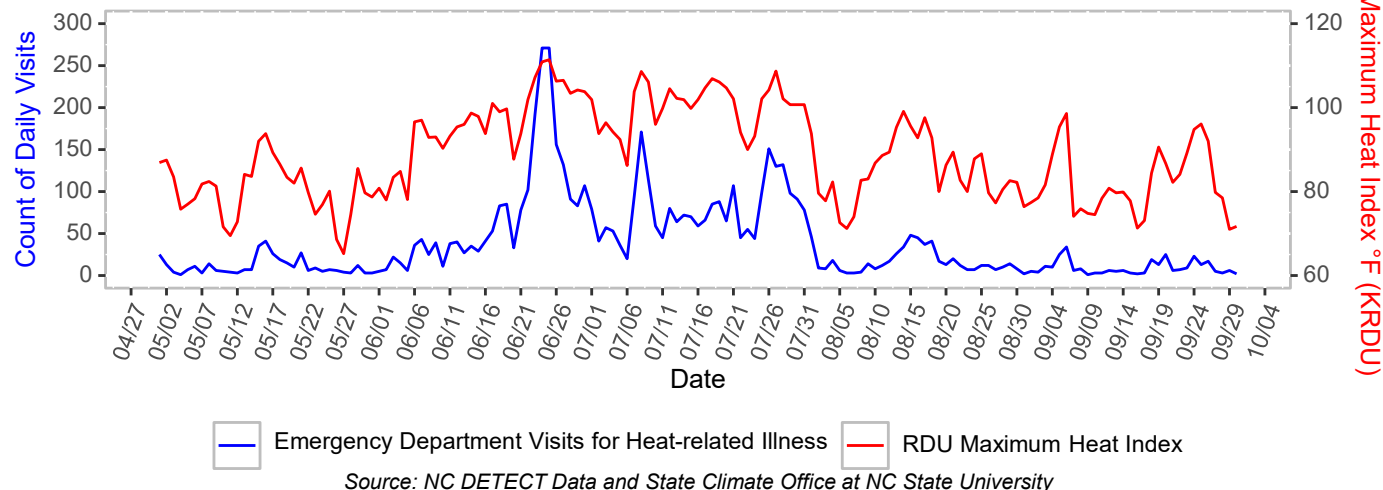
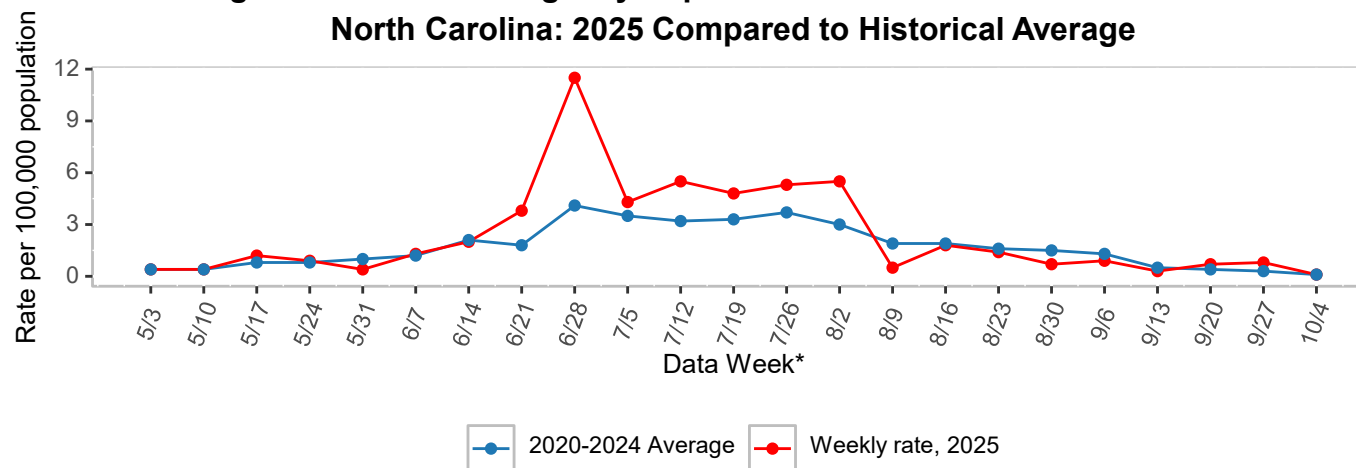


Figure 4. Rate of Emergency Department Visits for Heat-related Illness
North Carolina: 2025 Compared to Historical Average



*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-Weeks-Calendar_2024-2025.pdf

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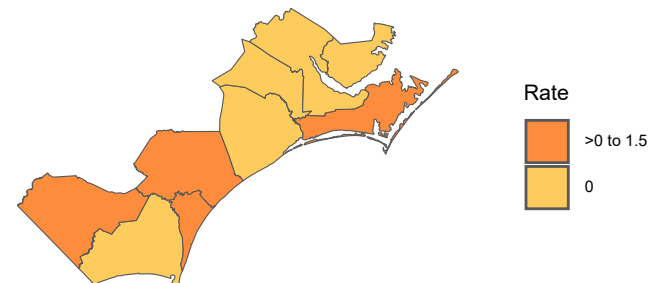
Southeast (Region 1) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.9 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **8 HRI ED visits** (0.07% of total ED visits), with a rate of **0.9 per 100,000 population**
- The rate was highest among **males aged 25-44 years (2.7 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Carteret County (1.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 2; 40%)** (Table 1)
- The maximum daily heat index ranged from **77.1 to 97.4°F** at Wilmington International Airport (Figure 3)
- There were **5 days** when the minimum temperature was above 70°F.

Figure 2. 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 Maximum Heat Index
Southeast (Region 1): May 1 - September 30, 2025

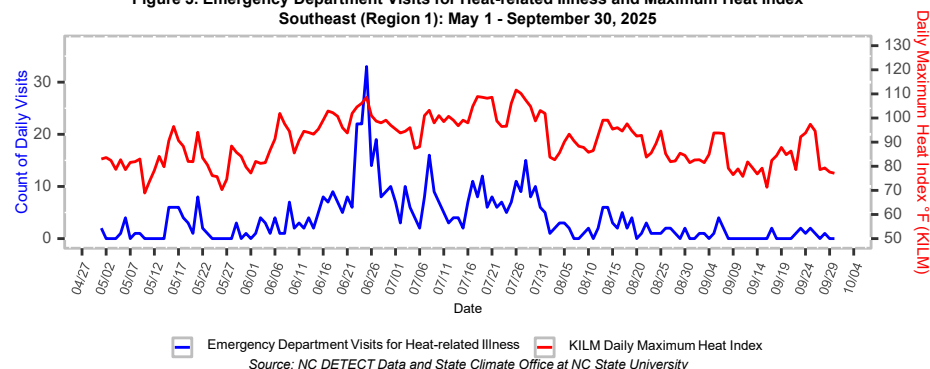


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=5 [†])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	2	40.0
Heat Syncope	1	20.0
Heat Cramps	1	20.0
Other Effects	1	20.0

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

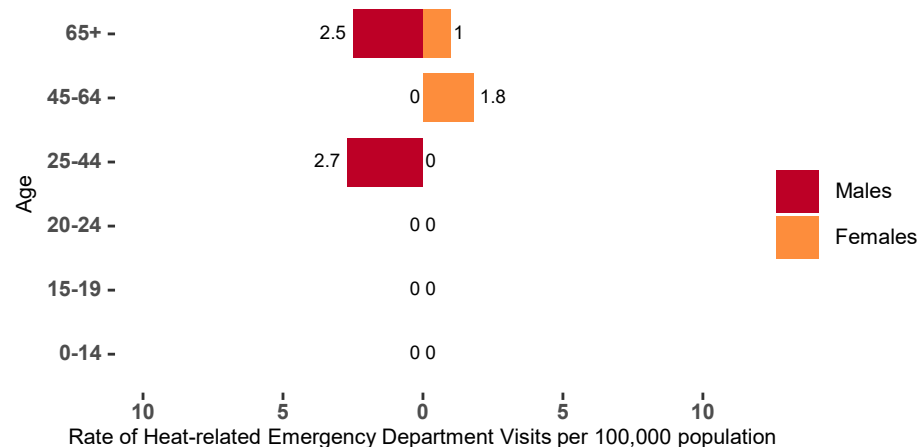
<https://www.cdc.gov/niosh/heat-stress/about/illnesses.html>

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

[†] Missing severity data = 3

[†] May not total 100 due to rounding

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



Note: this report includes three additional days to end the 2025 Heat Season

North Central (Region 2) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **12 HRI ED visits** (0.04% of total ED visits), with a rate of **0.6 per 100,000 population**
- The rate was highest among **females aged 65+ years (1.5 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Granville County (0.8 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 **67.9 to 90°F** at Piedmont Triad International Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10 days** this reporting period.

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

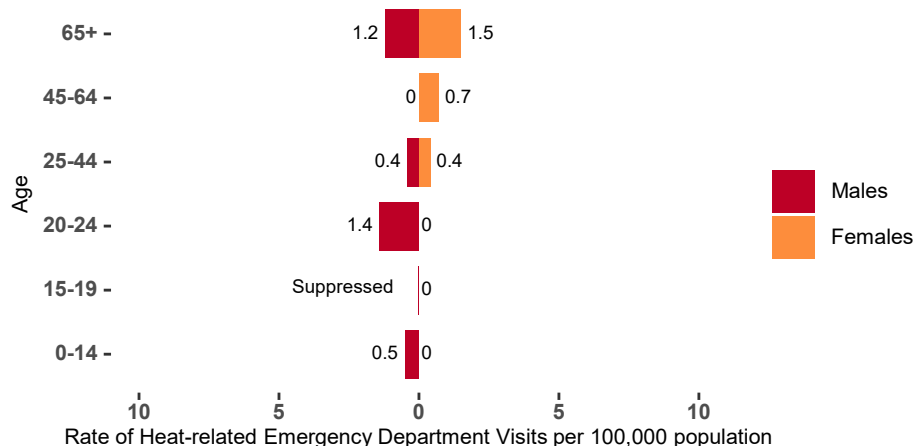
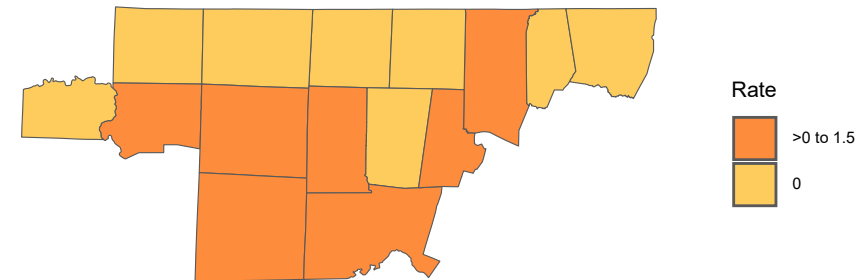


Figure 2. Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population
North Central (Region 2)



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 Maximum Heat Index
North Central (Region 2): May 1 - September 30, 2025

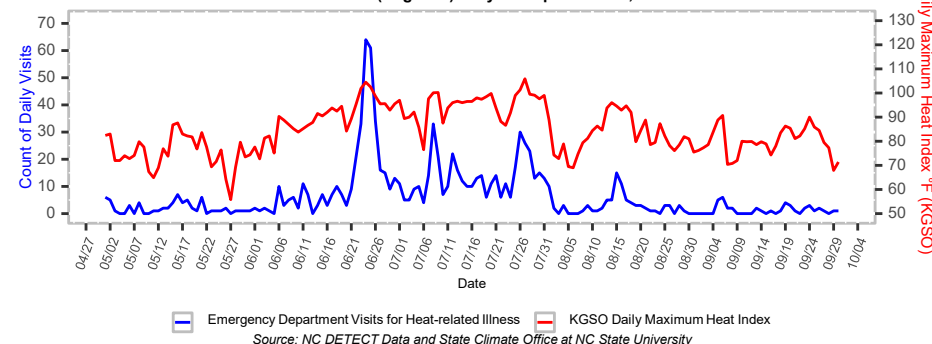


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=7 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	5	71.4
Heat Syncope	2	28.6
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 = 5

[†] May not total 100 due to rounding

Note: this report includes three additional days to end the 2025 Heat Season

Northeast (Region 3) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date is 3.1 per 100,000 population.**

This reporting period (September 21-30, 2025):

- There was **1** HRI ED visit (0.03% of total ED visits), with a rate of **0.5 per 100,000 population**
- The most frequent heat related diagnosis code was **heat syncope (n = 1; 100%)** (Table 1)
- The maximum daily heat index ranged from **79.1 to 96.8°F** at Pitt-Greenville Airport (Figure 3)
- There were **3** days when the minimum temperature was above 70°F. *Weather station data was missing on 9/27 and 9/28.

Figure 2 is not provided for the Northeast this week due to the small number of ED visits for heat-related illnesses.

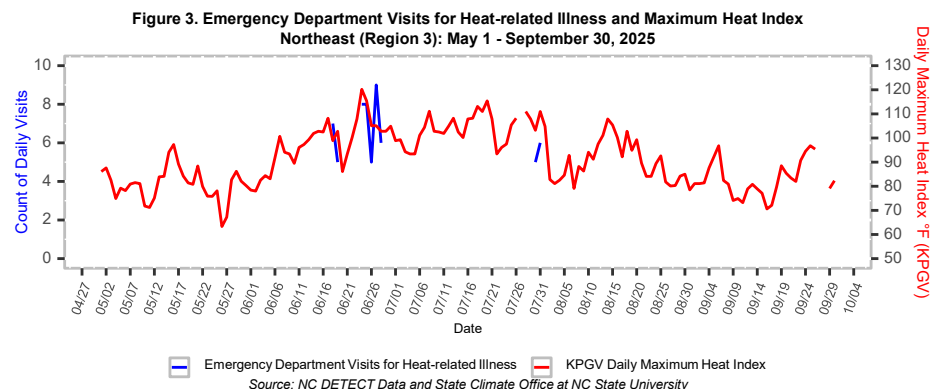


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=1 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	0	0.0
Heat Syncope	1	100.0
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 = 0

[†] May not total 100 due to rounding

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

Note: this report includes three additional days to end the 2025 Heat Season

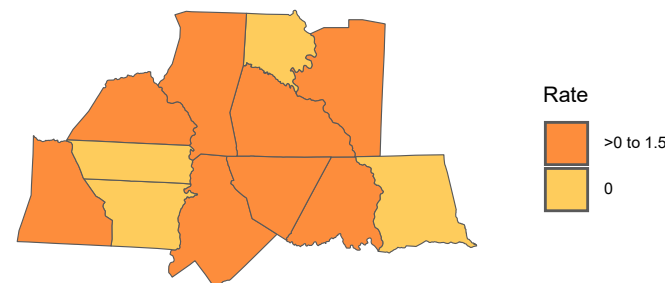
South Central (Region 4) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.1 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **17 HRI ED visits** (0.04% of total ED visits), with a rate of **0.7 per 100,000 population**
- The rate was highest among **males aged 15-19 years (2.4 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Cleveland County (1.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 62.5%)** (Table 1)
- The maximum daily heat index ranged from **69.8 to 93°F** at Charlotte/Douglas International Airport (Figure 3)
- There were **2 days** when the minimum temperature was above 70°F.

Figure 2. 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 Maximum Heat Index
South Central (Region 4): May 1 - September 30, 2025

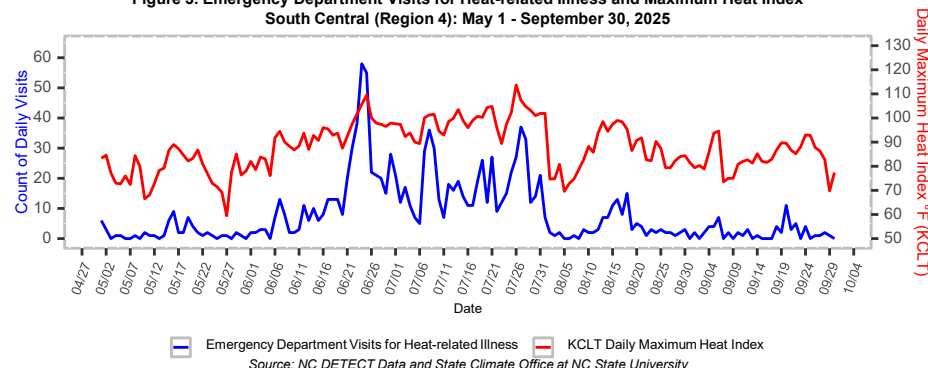


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
South Central (Region 4)

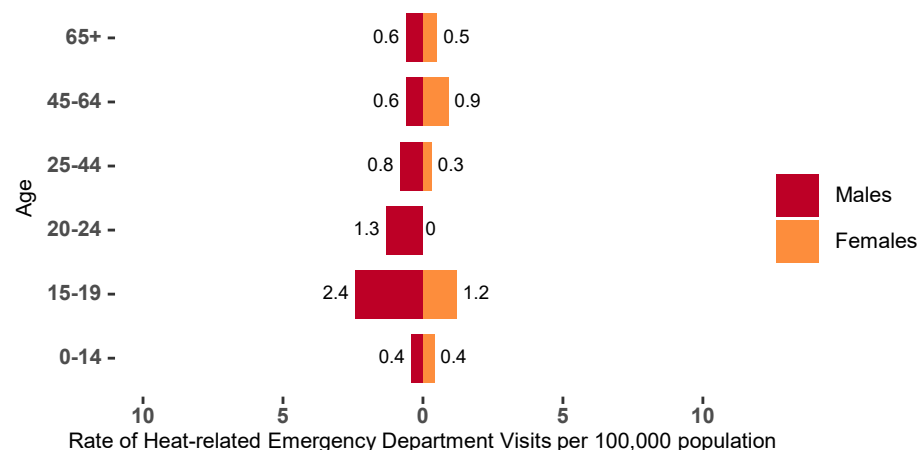


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=8 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	5	62.5
Heat Syncope	2	25.0
Heat Cramps	0	0.0
Other Effects	1	12.5

§ 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 = 9

† May not total 100 due to rounding

Note: this report includes three additional days to end the 2025 Heat Season

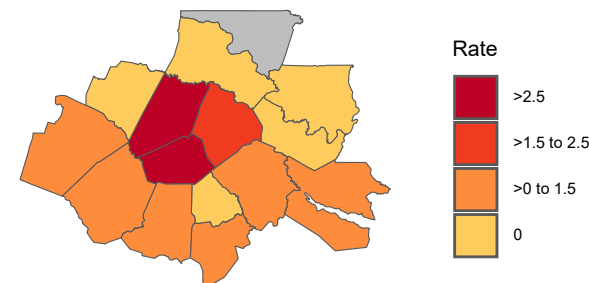
North Coastal Plain (Region 5) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **2.2 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **26 HRI ED visits** (0.09% of total ED visits), with a rate of **1.2 per 100,000 population**
- The rate was highest among **males aged 20-24 years (4.2 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Nash County (3.7 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 10; 62.5%)** (Table 1)
- The maximum daily heat index ranged from **75 to 96.9°F** at Rocky Mount-Wilson Regional Airport (Figure 3)
- There were **2 days** when the minimum temperature was above 70°F.

Figure 2. 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 Maximum Heat Index
North Coastal Plain (Region 5): May 1 - September 30, 2025

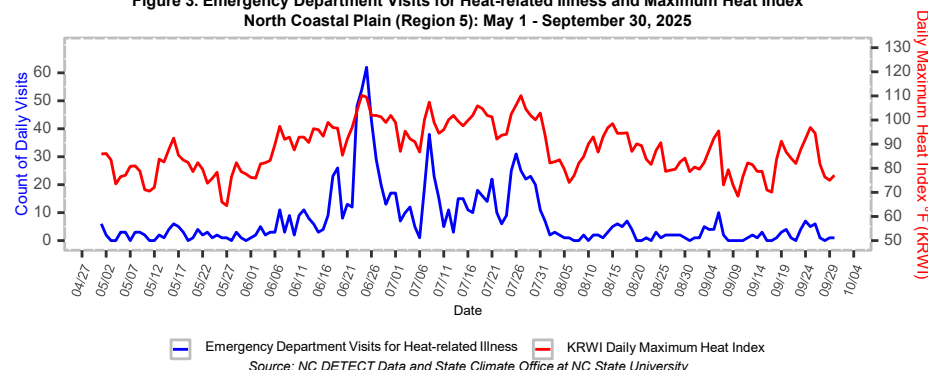


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
North Coastal Plain (Region 5)

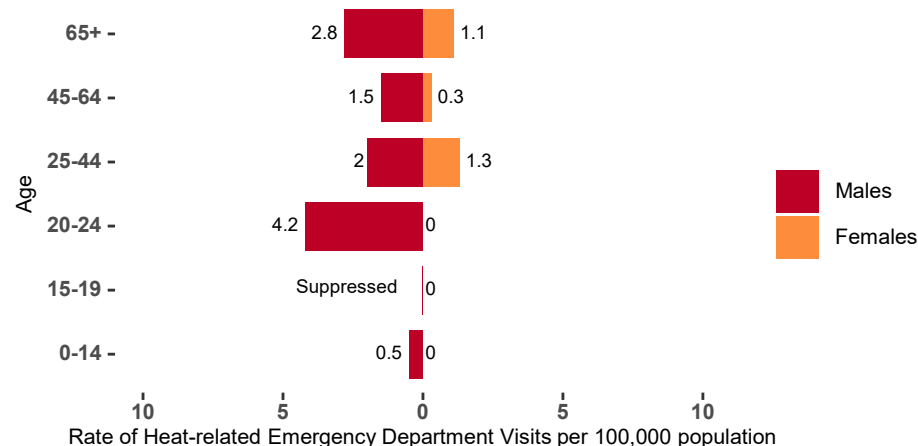


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=16 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	10	62.5
Heat Syncope	1	6.2
Heat Cramps	0	0.0
Other Effects	5	31.2

§ 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 = 10

† May not total 100 due to rounding

Note: this report includes three additional days to end the 2025 Heat Season

Foothills (Region 6) Key Messages

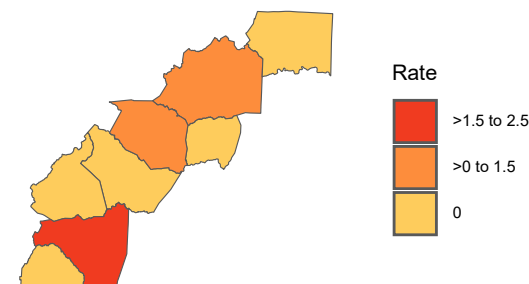
The average weekly rate of heat-related illness emergency department visits **this season to date** is **3.1 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There were **5 HRI ED visits** (0.08% of total ED visits), with a rate of **1.1 per 100,000 population**
- The rate was highest among **females aged 65+ years (1.8 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Rutherford County (2.3 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis codes were **heat exhaustion, heat syncope, and heat cramps (n = 1; 33.3%)** (Table 1)
- The maximum daily heat index ranged from **68.8 to 90.9°F** at Morganton-Lenoir Airport (Figure 3)
- The daily minimum temperature was below 70°F on all **10 days** this reporting period. *Weather station data was missing on 9/27 and 9/28

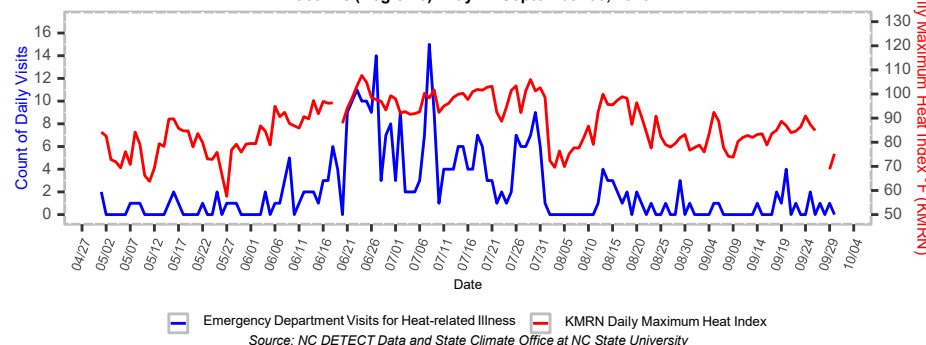
Figure 2. Rate of Heat-Related Illness Emergency Department Visits per 100,000 Population

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 Maximum Heat Index
Foothills (Region 6): May 1 - September 30, 2025



Emergency Department Visits for Heat-related Illness KMRN 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
Foothills (Region 6)

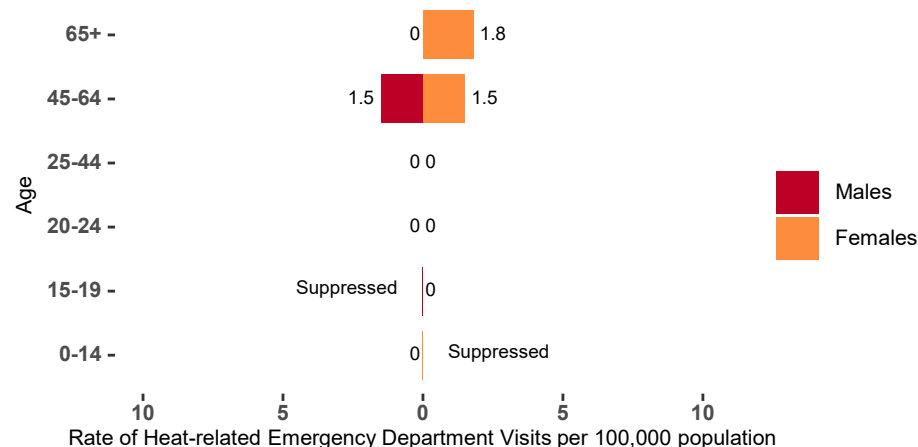


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=3 [‡])	Percent [†]
Heat Stroke	0	0.0
Heat Exhaustion	1	33.3
Heat Syncope	1	33.3
Heat Cramps	0	0.0
Other Effects	1	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 = 2

† May not total 100 due to rounding

Note: this report includes three additional days to end the 2025 Heat Season

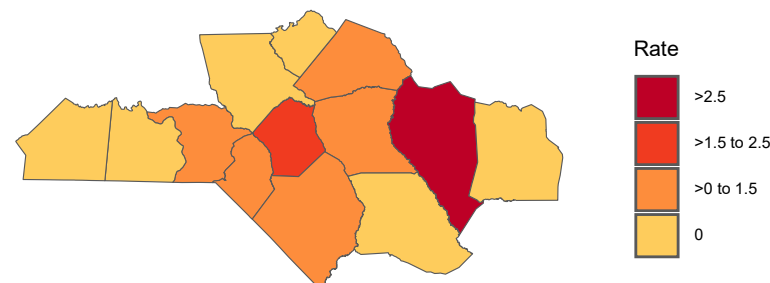
Sandhills (Region 7) Key Messages

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

This reporting period (September 21-30, 2025):

- There were **15 HRI ED visits** (0.08% of total ED visits), with a rate of **1.16 per 100,000 population**
- The rate was highest among **males aged 25-44 years (3 HRI ED visits per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Sampson County (2.5 per 100,000 population)** (Figure 2)
- The most frequent heat related diagnosis code was **heat exhaustion (n = 5; 62.5%)** (Table 1)
- The maximum daily heat index ranged from **72.4 to 98.6°F** at Fayetteville Regional/Grannis Field Airport (Figure 3)
- There were **3 days** when the minimum temperature was above 70°F.

Figure 2. 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 Maximum Heat Index
Sandhills (Region 7): May 1 - September 30, 2025

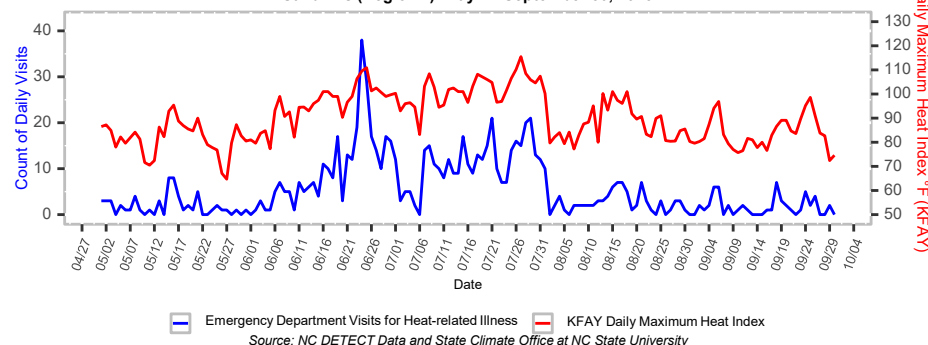


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Sandhills (Region 7)

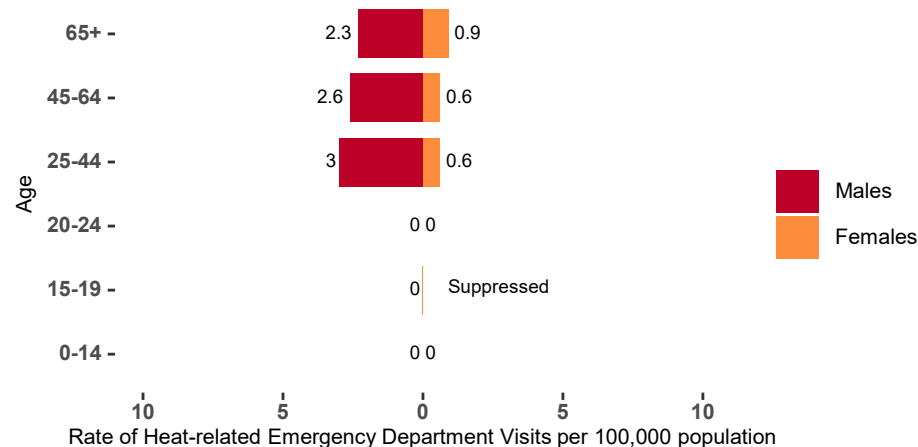


Table 1. Heat-related illness ED visits by Severity

Severity [§]	Number (N=8 [‡])	Percent [†]
Heat Stroke	1	12.5
Heat Exhaustion	5	62.5
Heat Syncope	1	12.5
Heat Cramps	0	0.0
Other Effects	1	12.5

[§] 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 = 7

[†] May not total 100 due to rounding

Note: this report includes three additional days to end the 2025 Heat Season

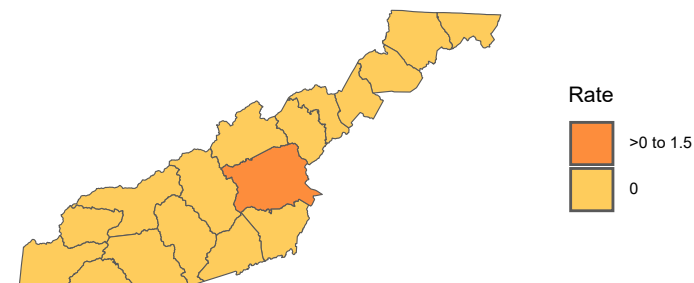
Mountains (Region 8) Key Messages

The average weekly rate of heat-related illness emergency department visits **this season to date** is **0.8 per 100,000 population**.

This reporting period (September 21-30, 2025):

- There was **1 HRI ED visit** (0.01% of total ED visits), with a rate of **0.13 per 100,000 population**
- The rate was highest among **males aged 45-64 years (1 HRI ED visit per 100,000 population)** (Figure 1)
- The rate of HRI ED visits was highest in **Buncombe County (0.2 per 100,000 population)** (Figure 2)
- The maximum daily heat index ranged from **67.1 to 83.6°F** at Asheville Regional Airport (Figure 3)
- The daily minimum temperature was below 70 °F on all **10 days** this reporting period.

Figure 2. 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 Maximum Heat Index
Mountains (Region 8): May 1 - September 30, 2025

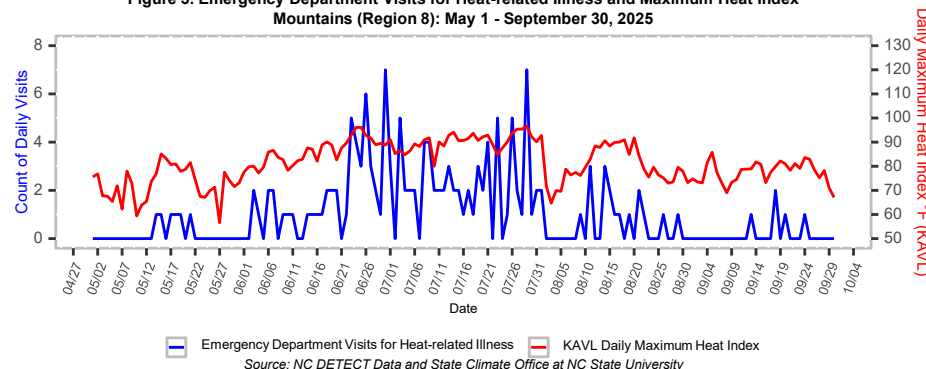


Figure 1. Rate of Heat-Related Illness Emergency Department Visits by Sex and Age
Mountains (Region 8)

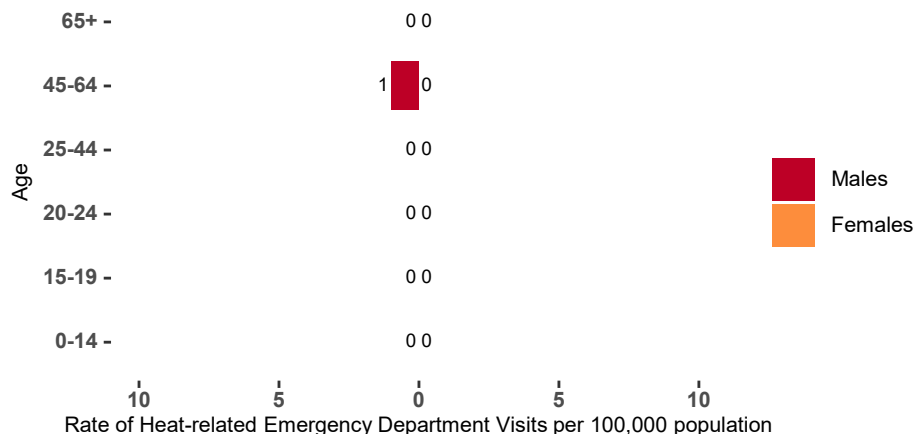
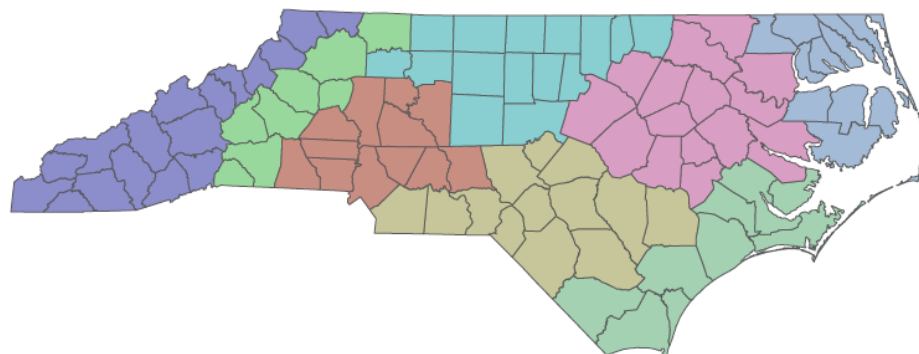


Table 1 is not provided for the Northeast this week due to the small number of ED visits for heat-related illnesses.

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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