

# TARRANT COUNTY PUBLIC HEALTH

## Heat-Related Illnesses and Deaths



Public Health

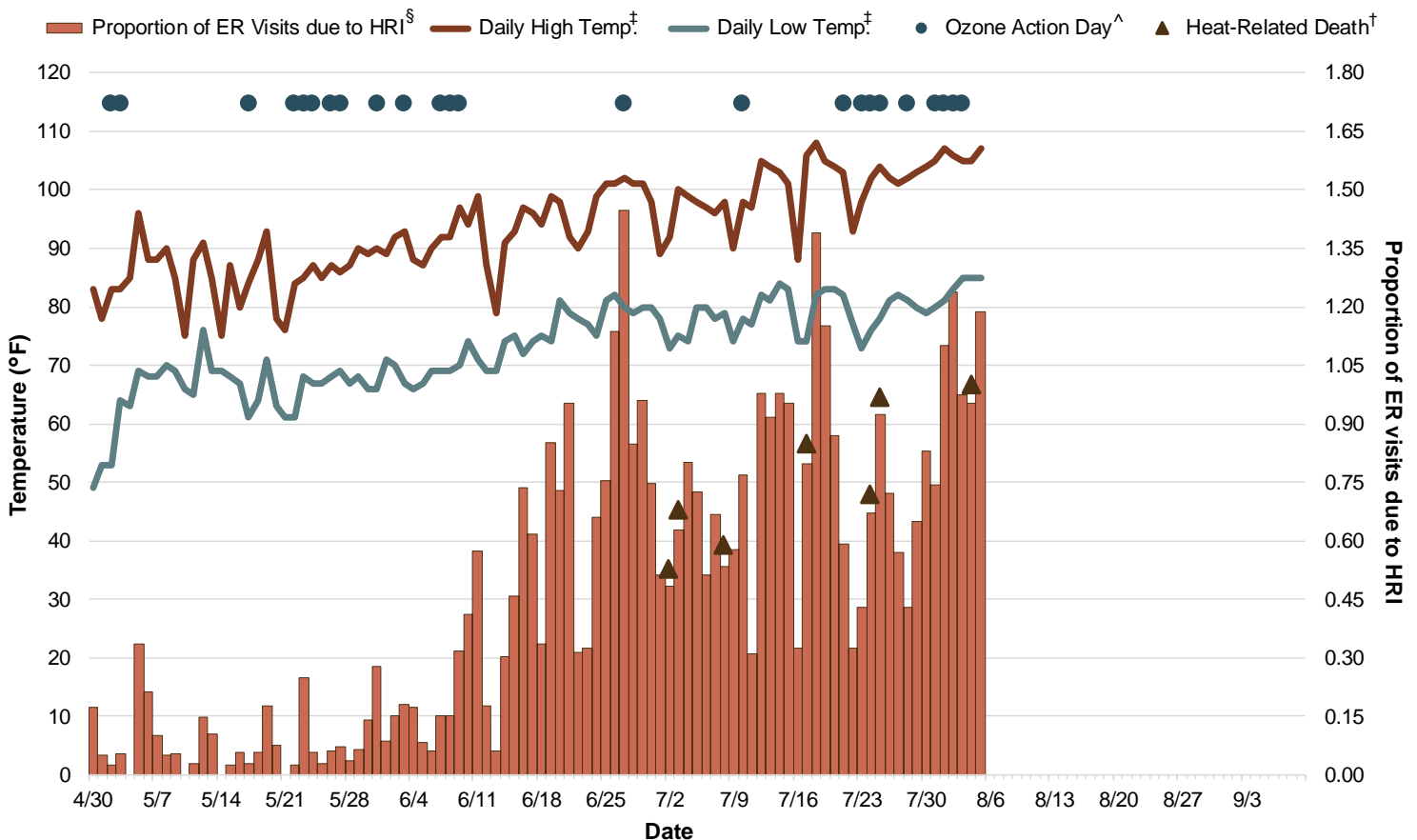


MMWR Week 31 (July 30 – August 5, 2023)

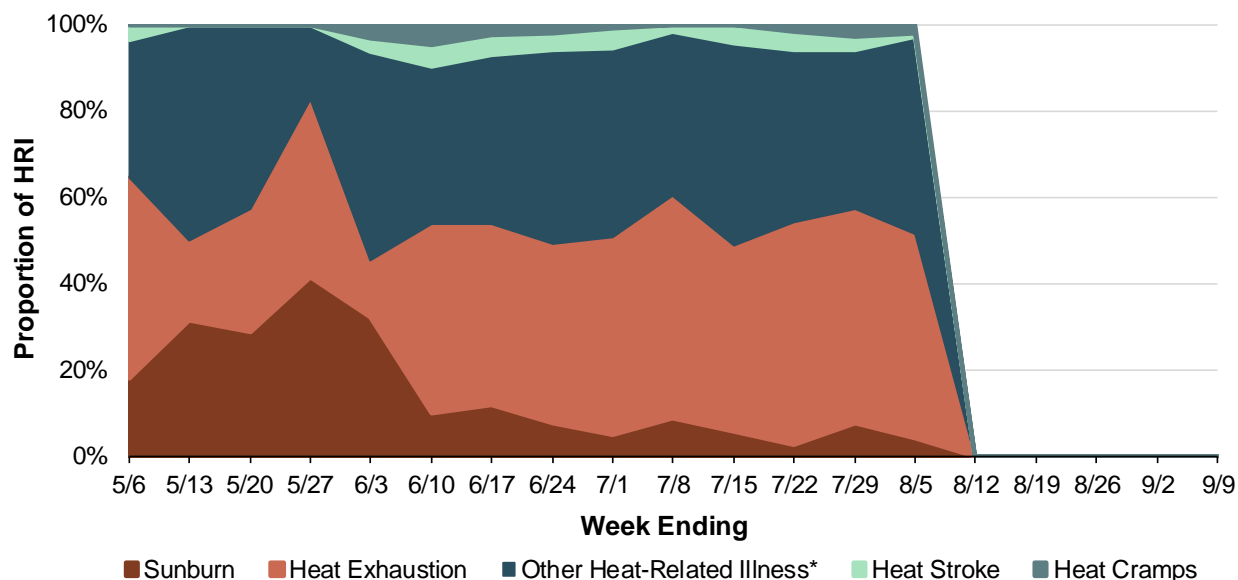
### Summary

- **Heat Exhaustion** was the most observed heat-related illness (HRI) category during the week of July 30 – August 5, accounting for **48%** of HRI cases that week
- The most observed HRI category for the 2023 season so far is **Heat Exhaustion**, accounting for **45%** of all HRI cases
- The highest percentages of HRI cases this season are among **Males (68%)** and adults **aged 25-44 years (36%)**
- As of August 5, there have been **24 Ozone Action Days** reported in the 2023 season. 21 days had an ozone category of **'Unhealthy for Sensitive Groups'** and three days had an ozone category of **'Unhealthy'**
- As of August 5, there have been **seven confirmed heat-related deaths<sup>†</sup>** reported in the 2023 surveillance season (May 1 – August 5). Three were **Females** and four were **Males**. Six were in the **65+ year age group** and one was in the **25-44 year age group**

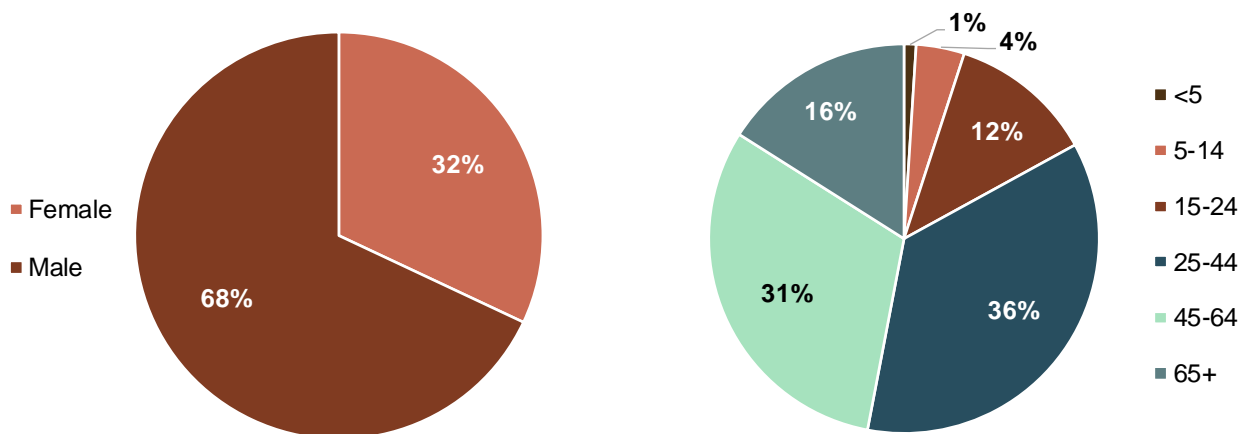
**Figure 1. Daily proportion of ER visits due to HRI with temperature highs and lows and Ozone Action Days, Tarrant County, April 30 – August 5, 2023**



**Figure 2. Weekly proportion of HRI by type, Tarrant County, April 30 – August 5, 2023<sup>§</sup>**



**Figure 3. HRI by gender and age group, Tarrant County, April 30 – August 5, 2023<sup>§</sup>**



† Data source: Tarrant County Medical Examiner’s Office; data subject to change due to on-going investigations

§ Data source: Syndromic Surveillance (NTXSS ESSENCE 1.22) from 100+ hospitals that voluntarily provide data based on chief complaints and discharge diagnosis of Tarrant County residents admitted to emergency departments in North Central Texas

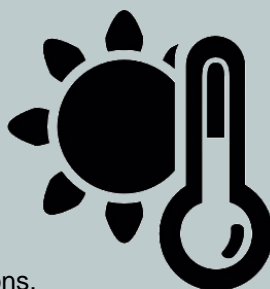
‡ Data source: National Weather Services; daily temperatures reported from the Dallas-Fort Worth International Airport

^ Data source: AirNow.gov (Texas Commission on Environmental Quality and the EPA); daily ozone data based on the AQI and reported from the Dallas-Fort Worth International Airport; Ozone Action Days occur when the ozone category is Unhealthy for Sensitive Groups, Unhealthy, Very Unhealthy, or Hazardous. These categories are determined by the daily air quality index (AQI)

\* Other HRI includes heat exposure, rash, sickness/illness, stress, and syncope; overheating; and other HRIs not listed in Figure 2

**Populations at greater risk of developing heat-related illnesses:**

- Households without air conditioning
- Infants and young children
- People aged 65 years or older
- People who are homeless
- People who are overweight/obese
- People who exercise/play sports outside
- People who have chronic health conditions, especially heart disease or high blood pressure
- People who take certain medications, such as for depression, insomnia, or poor circulation
- People who work outside



**Learn more about heat-related illnesses and how to prevent them:**

[[tarrantcountytexas.gov/en/public-health/disease-control-prevention/when-it-s-hot-as-heck.html](http://tarrantcountytexas.gov/en/public-health/disease-control-prevention/when-it-s-hot-as-heck.html)]

[[texasready.gov/be-informed/natural-disasters/extreme-heat.html](http://texasready.gov/be-informed/natural-disasters/extreme-heat.html)]

[[cdc.gov/disasters/extremeheat/index.html](http://cdc.gov/disasters/extremeheat/index.html)]

[[epa.gov/natural-disasters/extreme-heat](http://epa.gov/natural-disasters/extreme-heat)]

[[weather.gov/safety/heat](http://weather.gov/safety/heat)]