

TARRANT COUNTY PUBLIC HEALTH

Heat-Related Illnesses and Deaths



Public Health



MMWR Week 39 (September 24 – 30, 2023)

Summary

- **Heat Exhaustion** was the most observed heat-related illness (HRI) category during the week of September 24 – 30, accounting for **54%** of HRI cases that week
- The most observed HRI categories for the 2023 season were **Heat Exhaustion** and **'Other,'** each accounting for **45%** of all HRI cases
- The highest percentages of HRI cases this season were among **Males (69%)** and adults **aged 25-44 years (36%)**
- As of September 30, there have been **51 Ozone Action Days** reported in the 2023 season: 43 days had an ozone category of **'Unhealthy for Sensitive Groups'** and eight days had an ozone category of **'Unhealthy'**
- As of September 30, there have been **19 confirmed heat-related deaths[†]** reported in the 2023 surveillance season (May 1 - September 30): 11 were **Females** and eight were **Males**; 13 were in the **65+ year age group**, two were in the **45-64 year age group**, and four were in the **25-44 year age group**

Figure 1. Daily proportion of ER visits due to HRI with temperature highs and lows, Ozone Action Days, and heat-related deaths, Tarrant County, April 30 – September 30, 2023

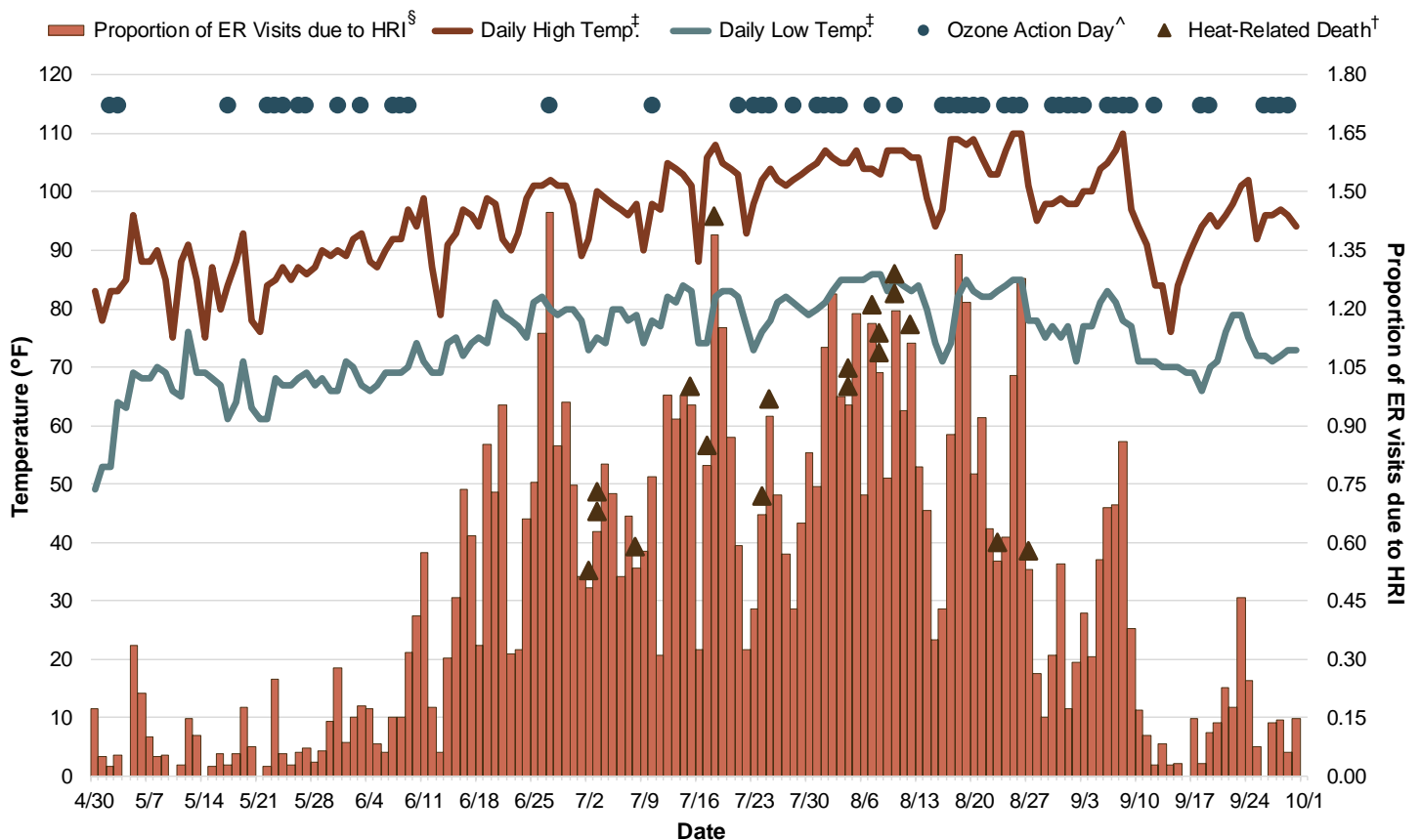


Figure 2. Weekly proportion of HRI by type, Tarrant County, April 30 – September 30, 2023[§]

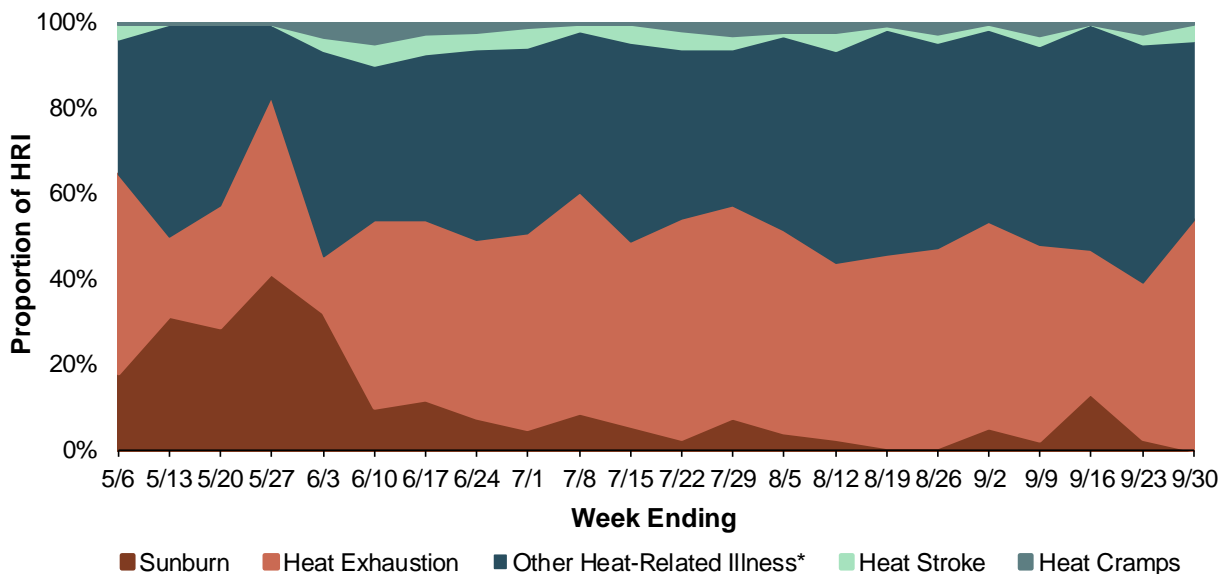
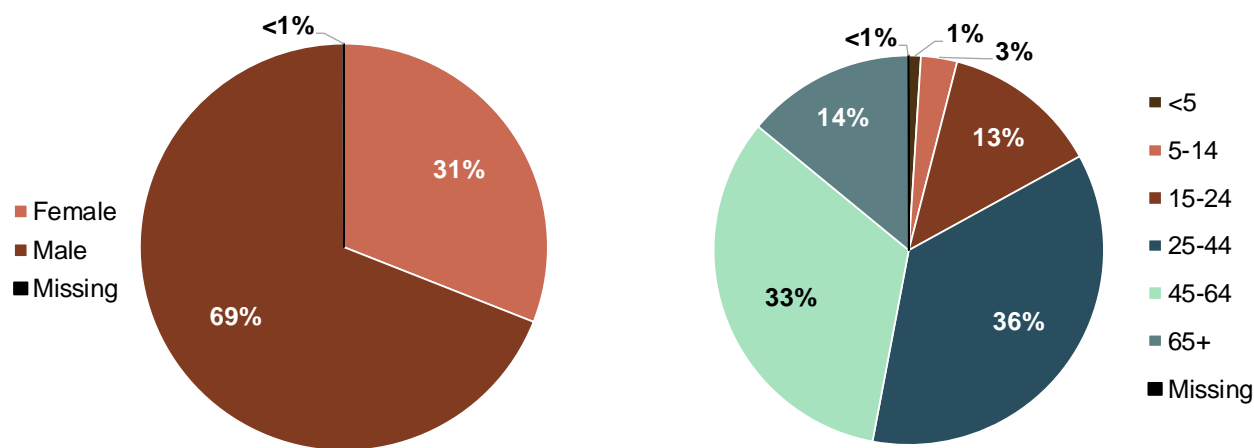


Figure 3. HRI by gender and age group, Tarrant County, April 30 – September 30, 2023[§]



† 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

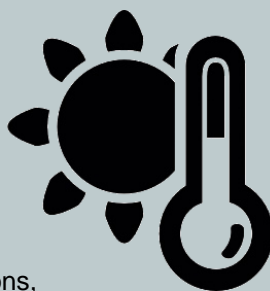
‡ Data source: National Weather Services; daily temperatures reported from the Dallas-Fort Worth International Airport

^ 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]

[texasready.gov/be-informed/natural-disasters/extreme-heat.html]

[cdc.gov/disasters/extremeheat/index.html]

[epa.gov/natural-disasters/extreme-heat]

[weather.gov/safety/heat]