



**PIMA COUNTY**  
HEALTH DEPARTMENT

# Heat Relief in Pima County

May 2026

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# Extreme Heat

## *Heat remains the #1 weather-related cause of death*

- **Overall trend:** Heat events are becoming more frequent, temperatures are rising earlier in spring, and dangerous heat now extends well into fall
- 2025 tied with 2017 as Pima County's warmest year on record
- Tucson saw 46 days above 100°F, including:
  - 39 days over 105°F
  - 7 days over 110°F
- 2025: Earliest 100°F day on record at the time — April 11
- June 14–August 24, 2025:
  - 14 extreme heat warnings
  - 13 extreme heat advisories
- 2026: New record set — first 100°F day on March 19



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# Historic Heat Trends

# 2025 Heat Season Review

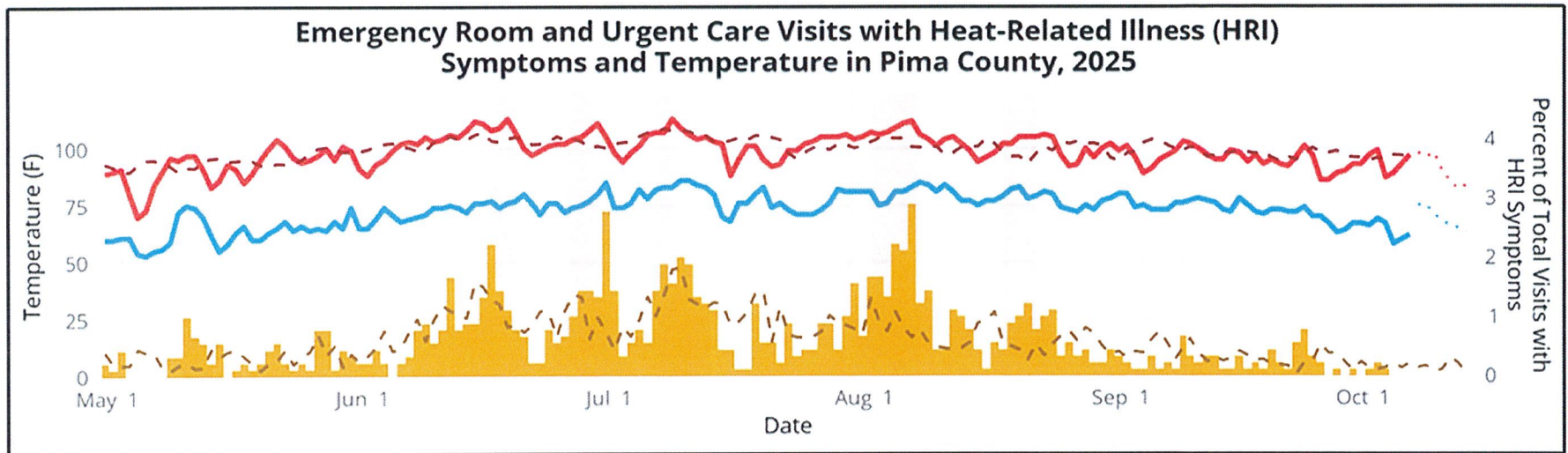
*May 1-September 30, 2025*

## Emergency Department & Urgent Care Visits

- 893 Heat-Related Illness (HRI) visits (up from 787 in 2024)
  - 13% increase 2024 to 2025
- Of 893 HRIs – demographic breakdown:
  - Male (68.5%)
  - Ages 20–44 (34.5%)
  - White non-Hispanic (59.1%) and Hispanic (28.8%)
- Housing status:
  - 90.9% housed
  - 9.1% unhoused—*disproportionate to population size (<1%)*

# 2025 Heat Season Review

May 1-September 30, 2025



<p><b>Percent of Total HRI Visits</b></p> <p>■ 2025</p> <p>- - 5-Year Average</p>	<p><b>Daily Temperature in Tucson</b></p> <p>— 2025 Maximum      — 2025 Minimum</p> <p>···· Forecasted Maximum      ···· Forecasted Minimum</p> <p>- - 5-Year Average of Maximum</p>	<p><b>NWS Alert</b></p> <p>Watch</p> <p>Advisory</p> <p>Warning</p>
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# Heat Mortality Glossary

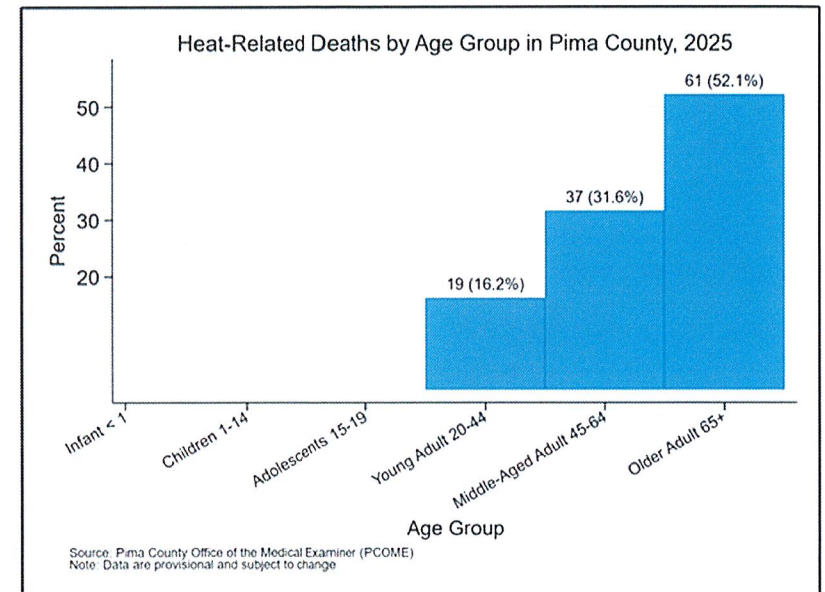
- **Heat-related death:** Any case of death where heat was involved as a factor.
- **Heat-caused death:** A case where heat was determined to be the primary cause of death.
  - Ex. Hiker exposed to the elements, healthy adult found deceased in non-air conditioned dwelling
- **Heat-contributed death:** A case where heat was determined to be a contributing factor, but not the primary one.
  - Ex. Overdose outdoors

# 2025 Heat Season - HRDs

May 1-September 30, 2025

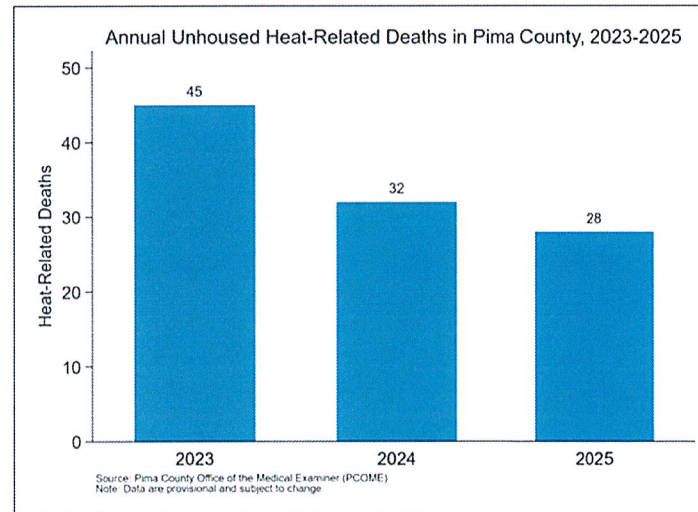
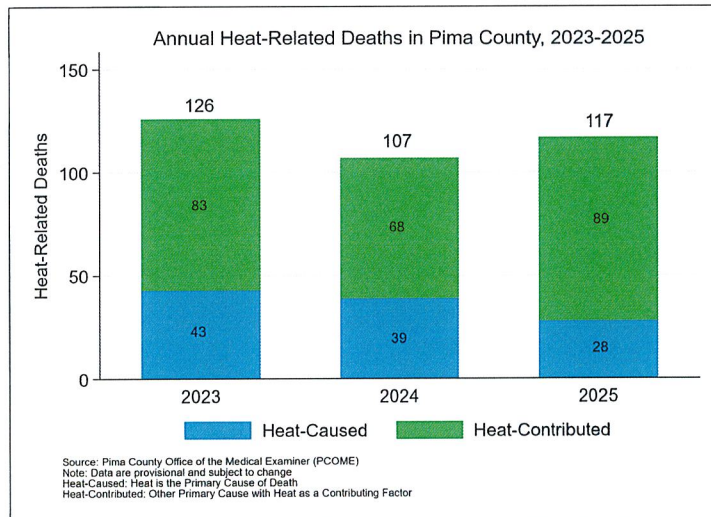
## Heat-Related Deaths

- More than half of heat-caused deaths occurred outdoors (58.1%)
- Of 117 Heat-related Deaths –
  - 72.6% Male
  - 64.1% White non-Hispanic
- High Risk Age Groups:
  - Adults 45–64 were 2.7 times more likely to die than young adults ages 20-44
  - Adults 65+ were 4.7 times more likely to die than young adults ages 20-44



# Heat Season Trends '23-'25

- Heat-related deaths have remained flat
- Deaths among unhoused individuals decreased by 37.8%
- Heat-contributed deaths related to chronic disease have increased 23.3% since 2023, specifically:
  - Deaths linked to hypertension (up 150%)



# 2025 Heat Season

## Notable Patterns

- Leading contributing factors of heat-related deaths are:
  - > Substance use and Chronic disease (Cardiovascular Disease and Hypertension)
- 20% of indoor deaths occurred in mobile or manufactured homes
  - > Represent only 8% of housing type
- 90% of indoor deaths involved non- functioning or turned-off AC systems.

**Primary Cause of Heat-Related Deaths in Pima County, 2025**

	Frequency	Percent
<b>Heat-Related Death Category</b>		
Heat-Caused	28	23.9%
Substance Use	42	35.9%
Chronic Disease	37	31.6%
Other	10	8.5%
<b>Total</b>	<b>117</b>	<b>100%</b>

**AC Status of Indoor Heat-Related Deaths in Pima County, 2025**

	Frequency	Percent
<b>Air-Conditioner Status</b>		
AC turned off or unplugged	18	38.3%
Did not have AC	3	6.4%
AC not functioning	21	44.7%
No details regarding AC	4	8.5%
AC turned on	1	2.1%
<b>Total</b>	<b>47</b>	<b>100%</b>

Source: Pima County Office of the Medical Examiner (PCOME); Arizona Department of Health Services Population Denominators (2024)

Note: Data are provisional and subject to change



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# 2026 Heat Season Action Plan

# 2026 Heat Response Goals

1. Lead and coordinate a unified, countywide heat-response system that aligns partners, resources, and policies to protect public health
2. Strengthen community awareness and understanding of extreme-heat events and promote equitable access to heat-relief information and resources.
3. Reduce heat-related illness, emergency system strain, and preventable deaths through targeted, data-driven interventions
4. Advance long-term climate adaptation through cross-sector collaboration, sustainable funding, continuous evaluation, and data-driven policy development

# 2026 Heat Priorities/Activities

**Priority 1:** Heat Relief Network Coordination

**Priority 2:** Heat & Medication Education and Outreach

**Priority 3:** Community Health Worker Resource Navigation

**Priority 4:** Targeted Outreach to Unhoused, Mobile Home Residents, Older Adults, and people with substance use disorder

**Priority 5:** Vulnerability Mapping

**Priority 6:** Transportation to and from Cooling Centers

**Priority 7:** Expanding Access to Cooling and Respite Services

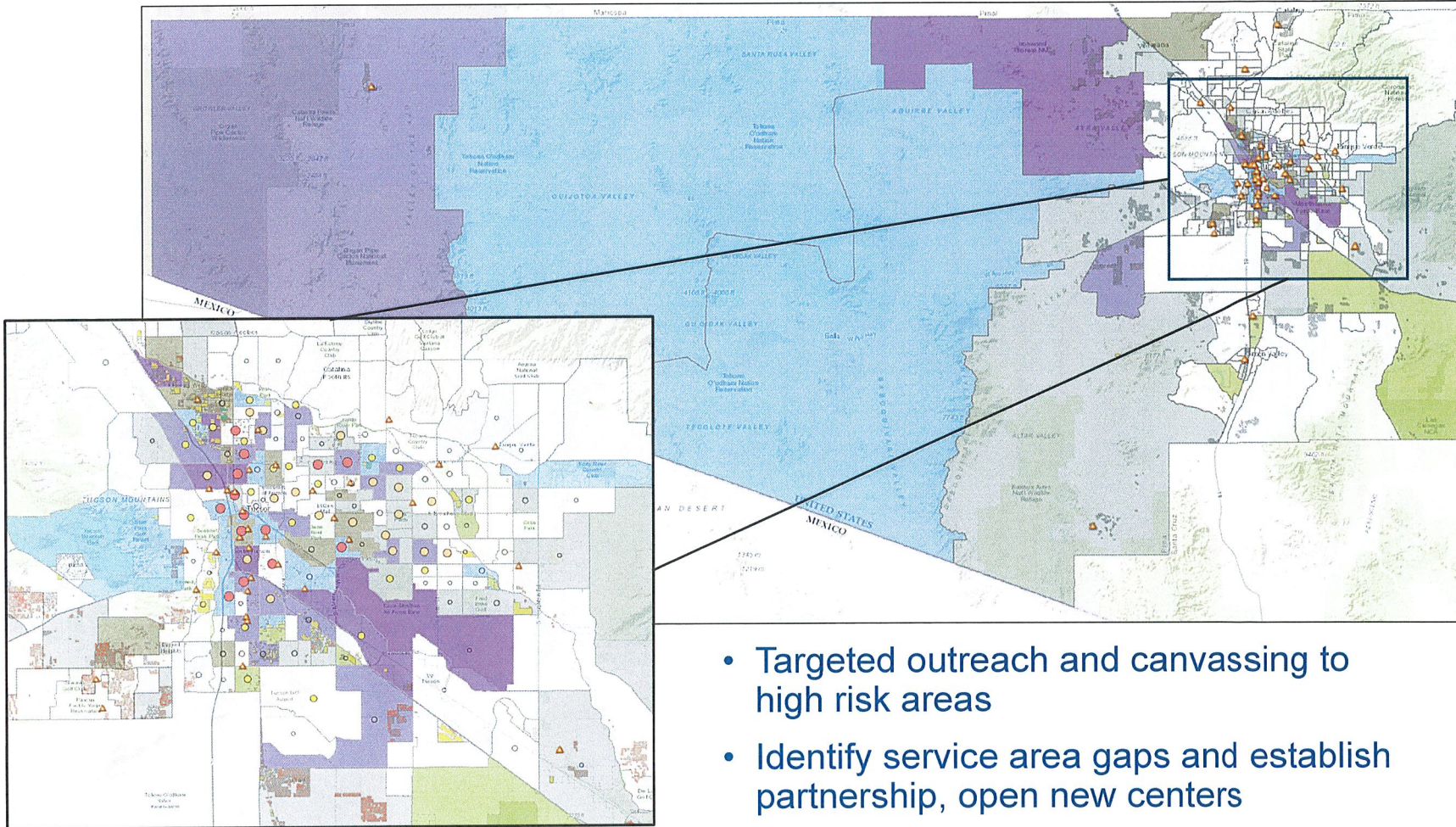
**Priority 8:** Heat Hotline and Wellness Check Program

**Priority 9:** Cooling Center and Heat Relief Services Analysis & Evaluation

# 2026 Heat Season

- 45 Cooling Centers registered and counting (33 in 2025)
  - 90% opened May 4th, rest opening up 1st week of June
  - 26 Library Cool Spaces, 13 Cooling Centers, 4 Respite Centers, 2 Hydration Centers,
- ADHS granted PCHD new COOLTainer
  - Augie Acuna Los Ninos Park – identified gap in services
- Ajo COOLTainer – *new location downtown, higher need area*
- Working to expand accessibility to Cooling Centers –
  - *transportation, respite services, resource navigation, preparedness and mitigation*

# Extreme Heat Vulnerability Mapping



**2026 Heat Relief Network Locations**

EMAP: 2026 Heat Relief Network Registration

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**CoT EMS Calls**

Total\_Heat\_23\_25

- 0-1
- 2-3
- 4-5
- 6-8
- 9-10
- 11-35

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**Mobile Homes and Parks**

- Co-op
- Park
- SubDivided Lot
- SubDivision

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**Heat Vulnerability**

**Tract Heat Vulnerability**

Relationship

- ↑ Count of HRD
- Count of HRI

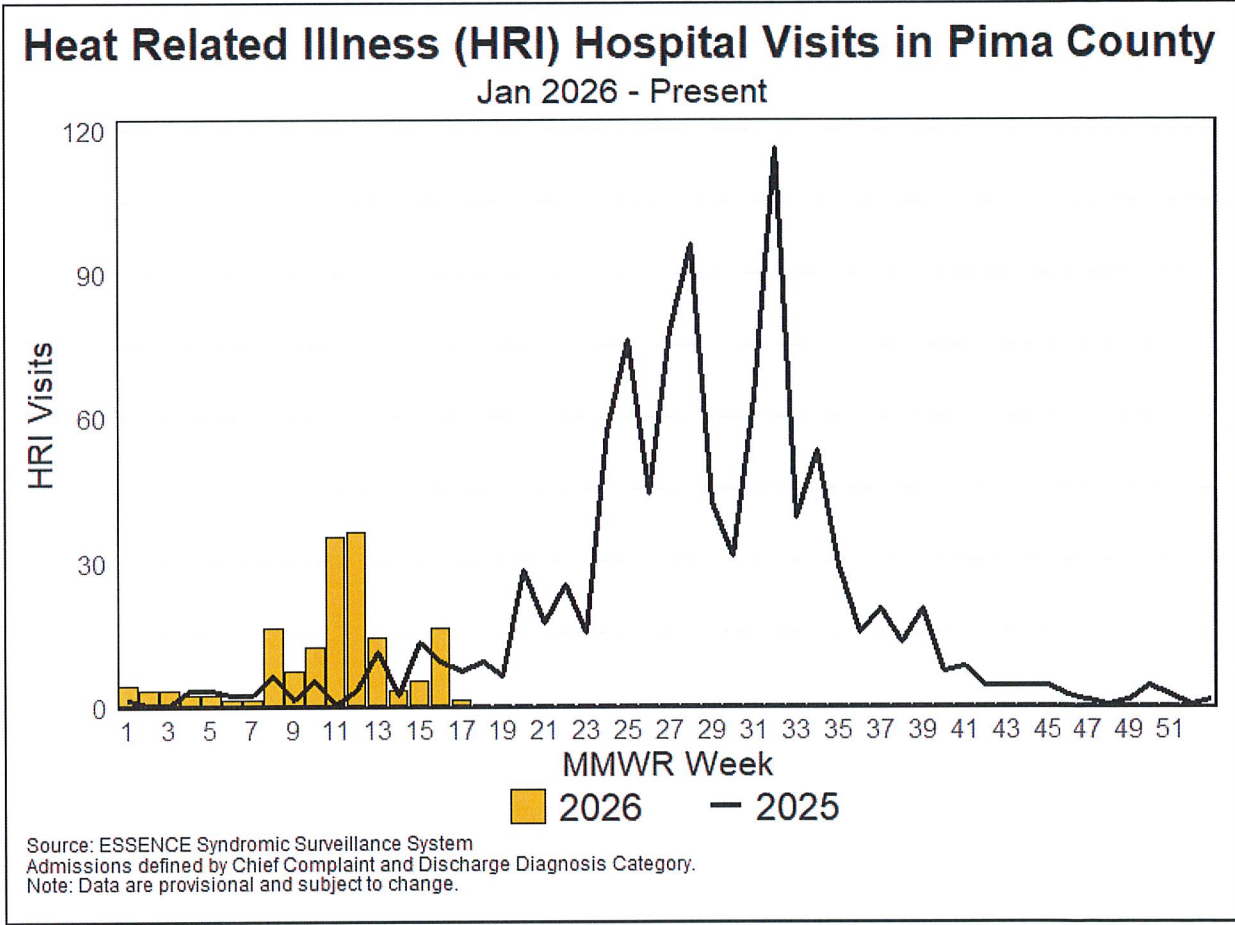
High - Low      High - High

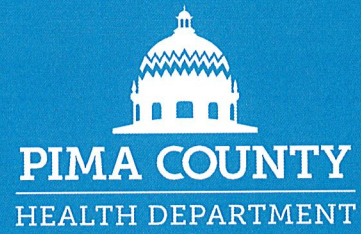
Low - Low      Low - High

- Targeted outreach and canvassing to high risk areas
- Identify service area gaps and establish partnership, open new centers



# 2026 Epidemiological Surveillance Update





Thank you!

