



EMERGENCY DEPARTMENT VISITS FOR UNINTENTIONAL DRUG OVERDOSE AMONG VIRGINIA RESIDENTS

Quarter 1 (January-March) 2026

Report Generated: April 22, 2026

Table of Contents

Background.....	2
Methodology	2
Summary.....	3
All Drug Overdose Emergency Department Visits.....	4
Change in Quarterly Rate Compared to Previous Quarter	4
Quarterly Rate by Year, Region, and Demographics	5
Opioid or Unspecified Overdose Emergency Department Visits.....	9
Change in Quarterly Rate Compared to Previous Quarter	9
Quarterly Rate by Year, Region, and Demographics	10
Heroin Overdose Emergency Department Visits.....	14
Quarterly Rate by Year, Region, and Demographics	14
Stimulant Overdose Emergency Department Visits	18
Quarterly Rate by Year, Region, and Demographics	18

Background

The Virginia Department of Health (VDH) Office of Epidemiology collects and analyzes health data from emergency departments (EDs) to conduct public health surveillance. This report summarizes ED visit trends for unintentional drug overdose among Virginia residents for all drugs, opioids, heroin, and stimulants. Visits from 85 acute care hospital EDs and 29 free-standing EDs in Virginia are analyzed in this report.

VDH analyzes chief complaints and discharge diagnoses of ED visits to identify and monitor issues of public health concern. The chief complaint is a free-text field that captures the patient's primary reason for seeking medical care as interpreted by the ED registration staff. The discharge diagnosis is a coded field using standardized values defined by the International Classification of Diseases (ICD) 10th Revision or SNOMED Clinical Terms (CT) code sets.

Methodology

ED visits are categorized into the following four unintentional drug overdose case definitions: 1) all drug overdose, 2) opioid or unspecified substance overdose (excluding heroin), 3) heroin overdose, and 4) stimulant overdose. Overdoses classified as "intentional" are excluded from all categories. VDH revises the case definitions based on guidance from the Centers for Disease Control and Prevention (CDC) and findings from ongoing data quality evaluations. Information on the current case definitions, revisions, and historic definitions can be found on the VDH website.

<http://www.vdh.virginia.gov/surveillance-and-investigation/syndromic-surveillance/drug-overdose-surveillance/>

Overdose rates in this report are calculated per 10,000 ED visits rather than by total population. This metric provides a consistent rate calculation across time when the number of EDs reporting data increases or decreases. Geography-specific ED visit counts and rates per 100,000 population are included in the Monthly and Annual Statistics Excel files on the [VDH website](#). This report provides regional and statewide data for Virginia residents. Geography information for the VDH health regions can be found here <https://www.vdh.virginia.gov/data/vdh-geography-locator-tool/>. Data for Virginia cities and counties are not presented in this report, but can also be found on the [VDH website](#).

The first quarter is from January to March, the second quarter is from April to June, the third quarter is from July to September, and the fourth quarter is from October to December.

As of April 2026, each figure in this report is accompanied by a data table to meet federal accessibility requirements.

Please direct questions or comments to the Division of Surveillance and Investigation, Syndromic Surveillance Team: syndromic@vdh.virginia.gov.

Summary

- The statewide overdose ED visit rate per 10,000 ED visits decreased for opioid and heroin in Q1 of 2026 compared to the previous quarter (Q4 2025).
- In Q1 of 2026, all drug and opioid overdose ED visit rates decreased or remained stable in all regions.
- All drug and opioid or unspecified overdose ED visit rates increased for 15-19-year-olds.

Figure 1. Drug Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Drug Type, 2024 to 2026.

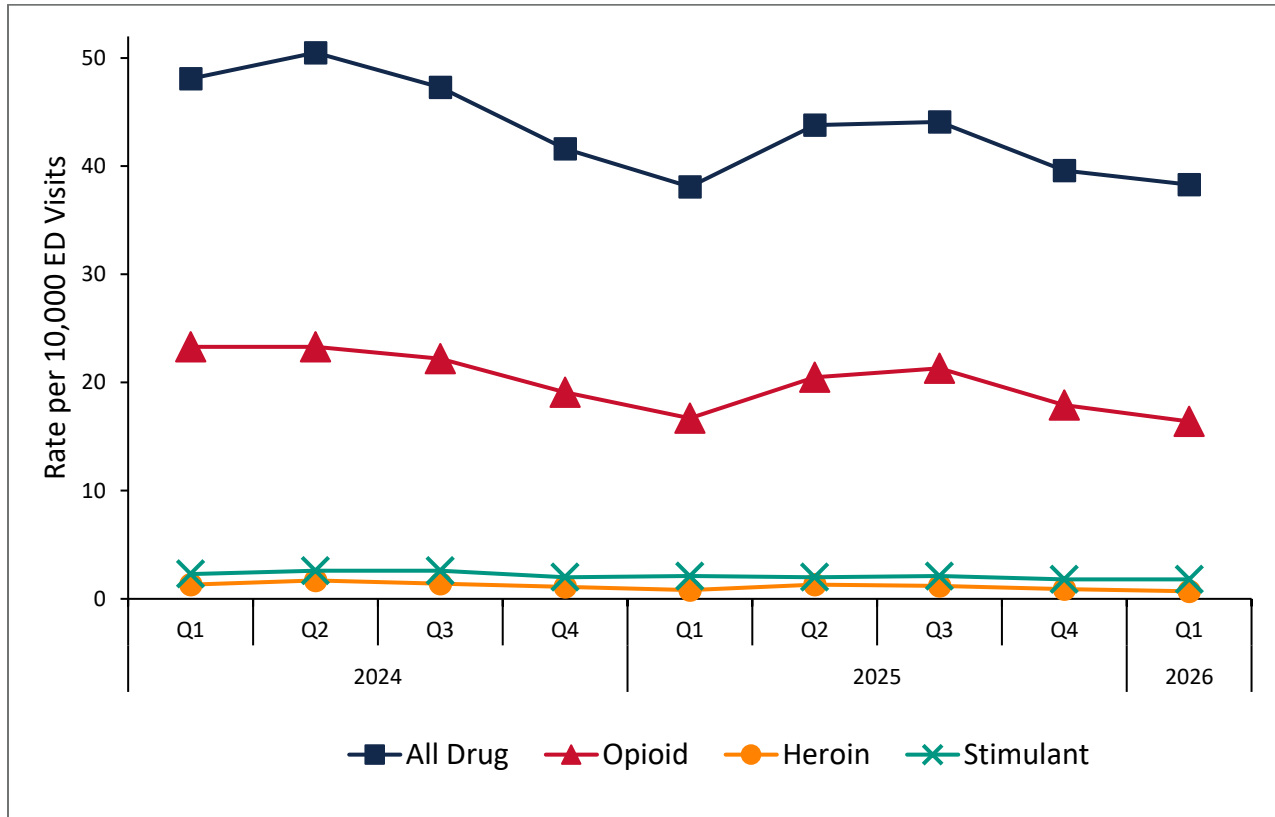


Table 1. Drug Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Drug Type, 2024 to 2026.

Drug Type	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
All Drug	48.1	50.5	47.3	41.6	38.1	43.8	44.1	39.6	38.3
Opioid	23.3	23.3	22.2	19.1	16.7	20.5	21.3	17.9	16.4
Heroin	1.3	1.7	1.4	1.1	0.8	1.3	1.2	0.9	0.7
Stimulant	2.3	2.6	2.6	2	2.1	2	2.1	1.8	1.8

All Drug Overdose Emergency Department Visits

Change in Quarterly Rate Compared to Previous Quarter

Figure 2. Percent Change in Quarterly All Drug Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026.

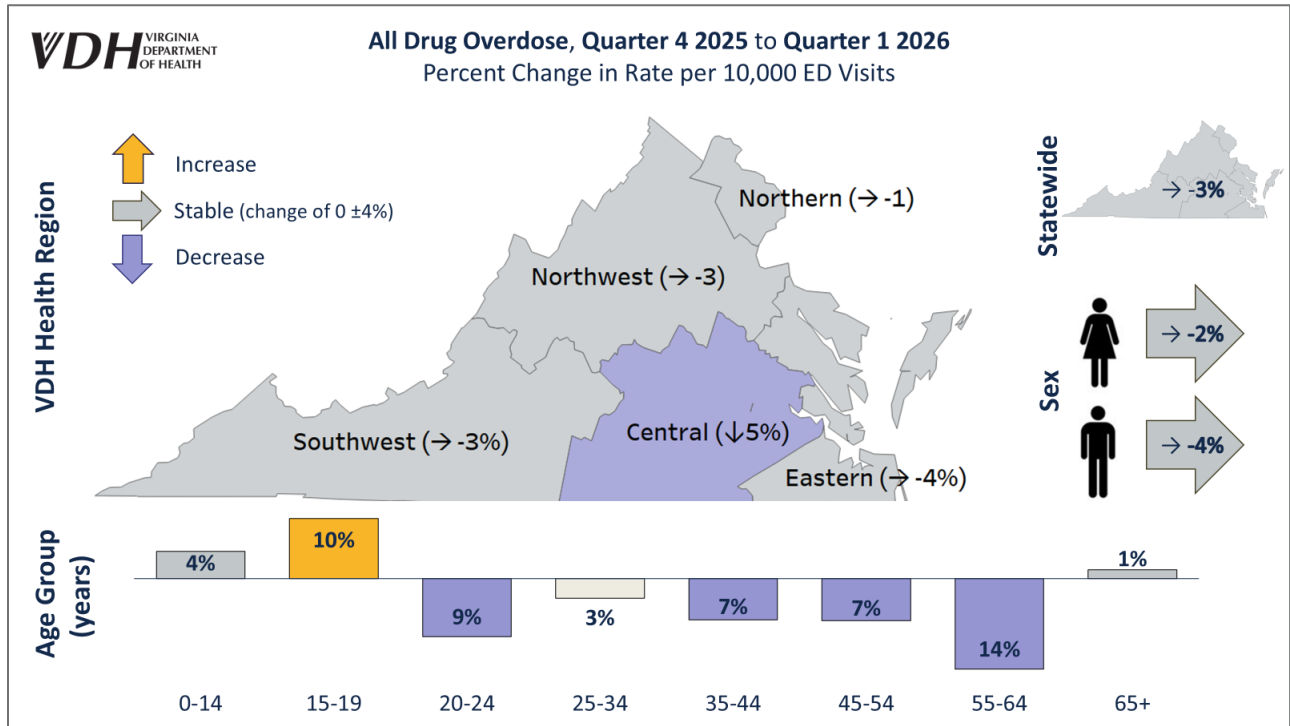


Table 2. Percent Change in Quarterly All Drug Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Region.

Measure	Central Region	Eastern Region	Northern Region	Northwest Region	Southwest Region	Virginia
Percent change from previous quarter	-5%	-4%	-1%	-3%	-3%	-3%

Table 3. Percent Change in Quarterly All Drug Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Sex.

Measure	Female	Male
Percent change from previous quarter	-2%	-4%

Table 4. Percent Change in Quarterly All Drug Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Age Group.

Measure	0 to 14 years	15 to 19 years	20 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65+ years
Percent change from previous quarter	4%	10%	-9%	-3%	-7%	-7%	-14%	1%

Quarterly Rate by Year, Region, and Demographics

Figure 3. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter, 2024 to 2026.

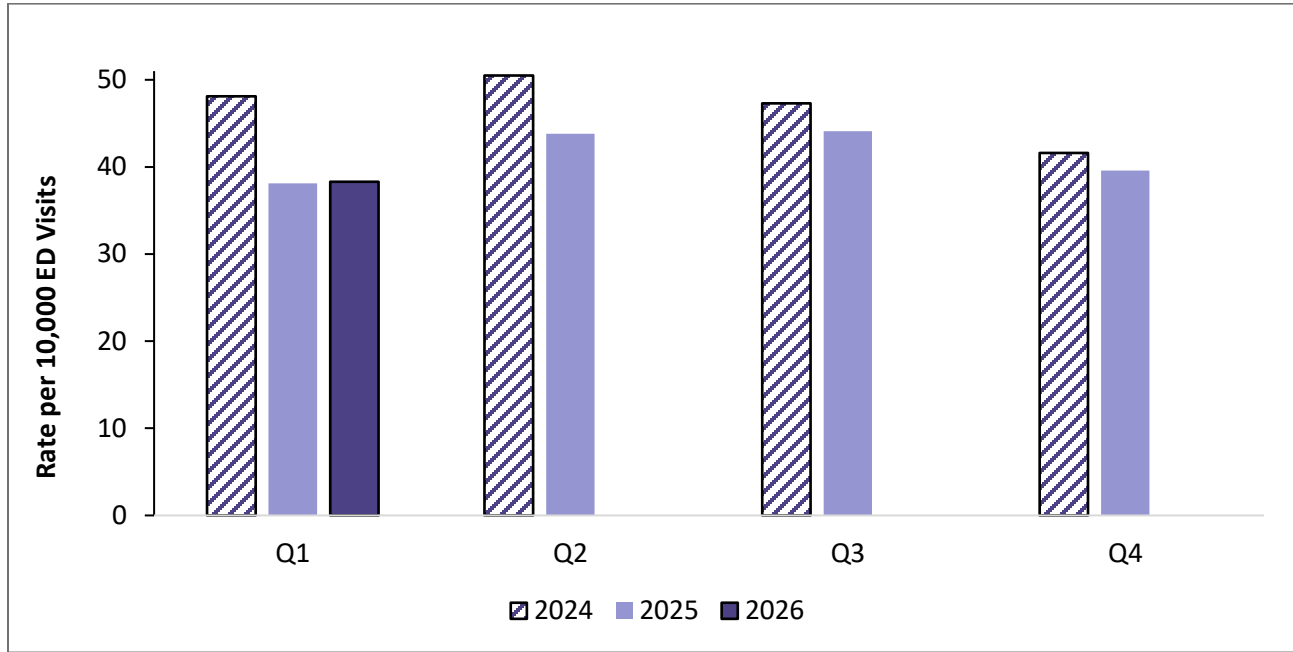


Table 5. All Drug Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

Year	Q1	Q2	Q3	Q4
2024	48.1	50.5	47.3	41.6
2025	38.1	43.8	44.1	39.6
2026	38.3			

Figure 4. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

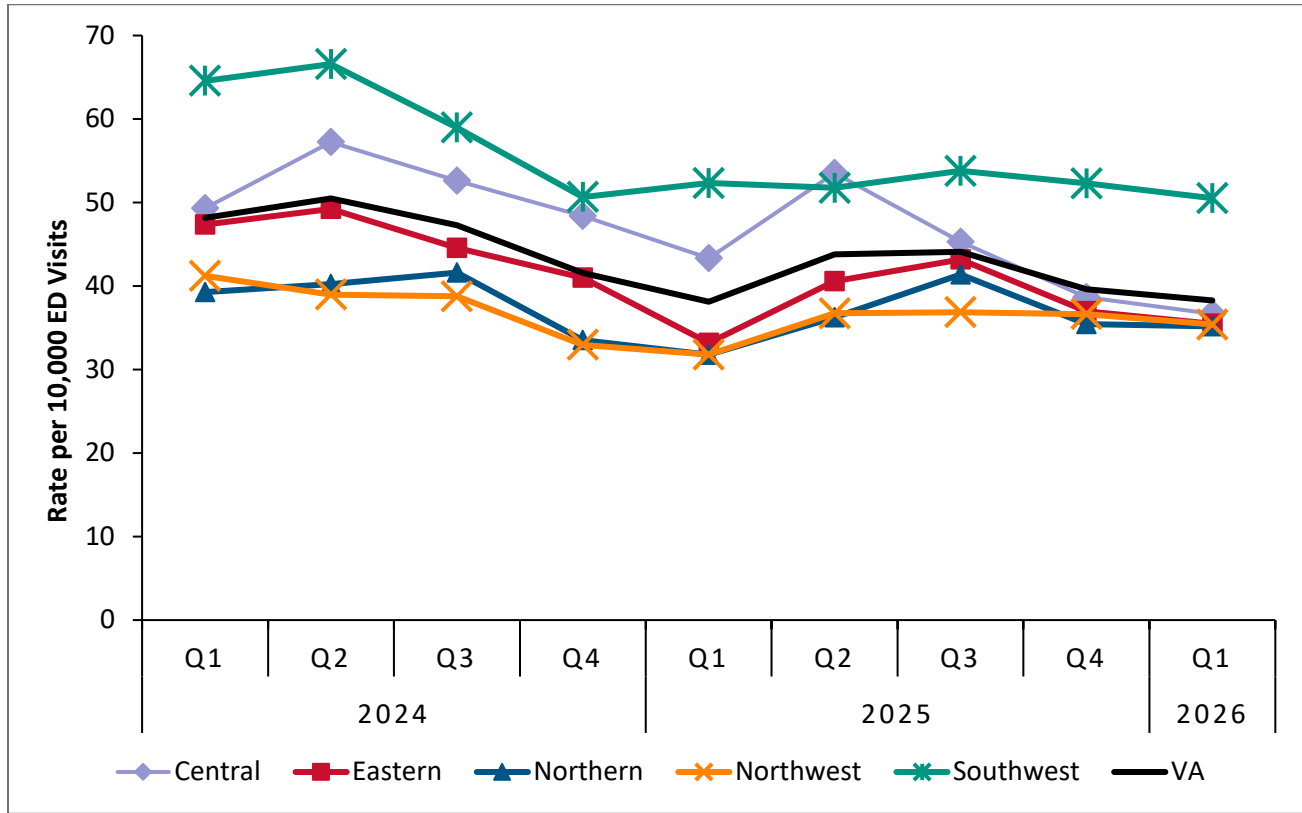


Table 6. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

Region	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Central	49.3	57.2	52.6	48.4	43.3	53.5	45.3	38.7	36.7
Eastern	47.4	49.2	44.6	41.0	33.2	40.6	43.2	37.0	35.5
Northern	39.3	40.2	41.6	33.5	31.8	36.3	41.4	35.4	35.2
Northwest	41.2	39.0	38.8	33.0	31.8	36.7	36.9	36.6	35.4
Southwest	64.6	66.6	59.0	50.7	52.3	51.8	53.8	52.3	50.5
VA	48.2	50.5	47.3	41.6	38.1	43.8	44.1	39.6	38.3

Figure 5. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

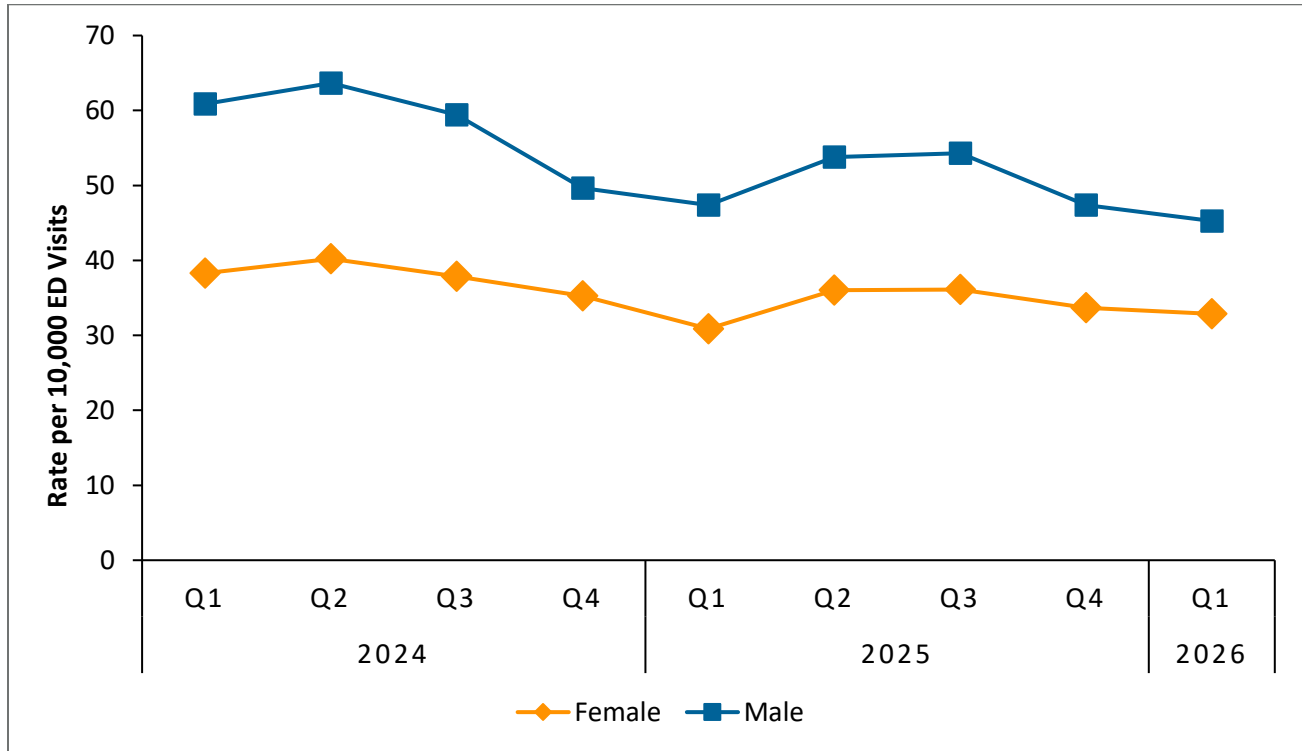


Table 7. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

Sex	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Female	38.3	40.2	37.8	35.2	30.9	36.0	36.1	33.7	32.9
Male	60.9	63.7	59.4	49.7	47.4	53.8	54.3	47.4	45.3

Figure 6. All Drug Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

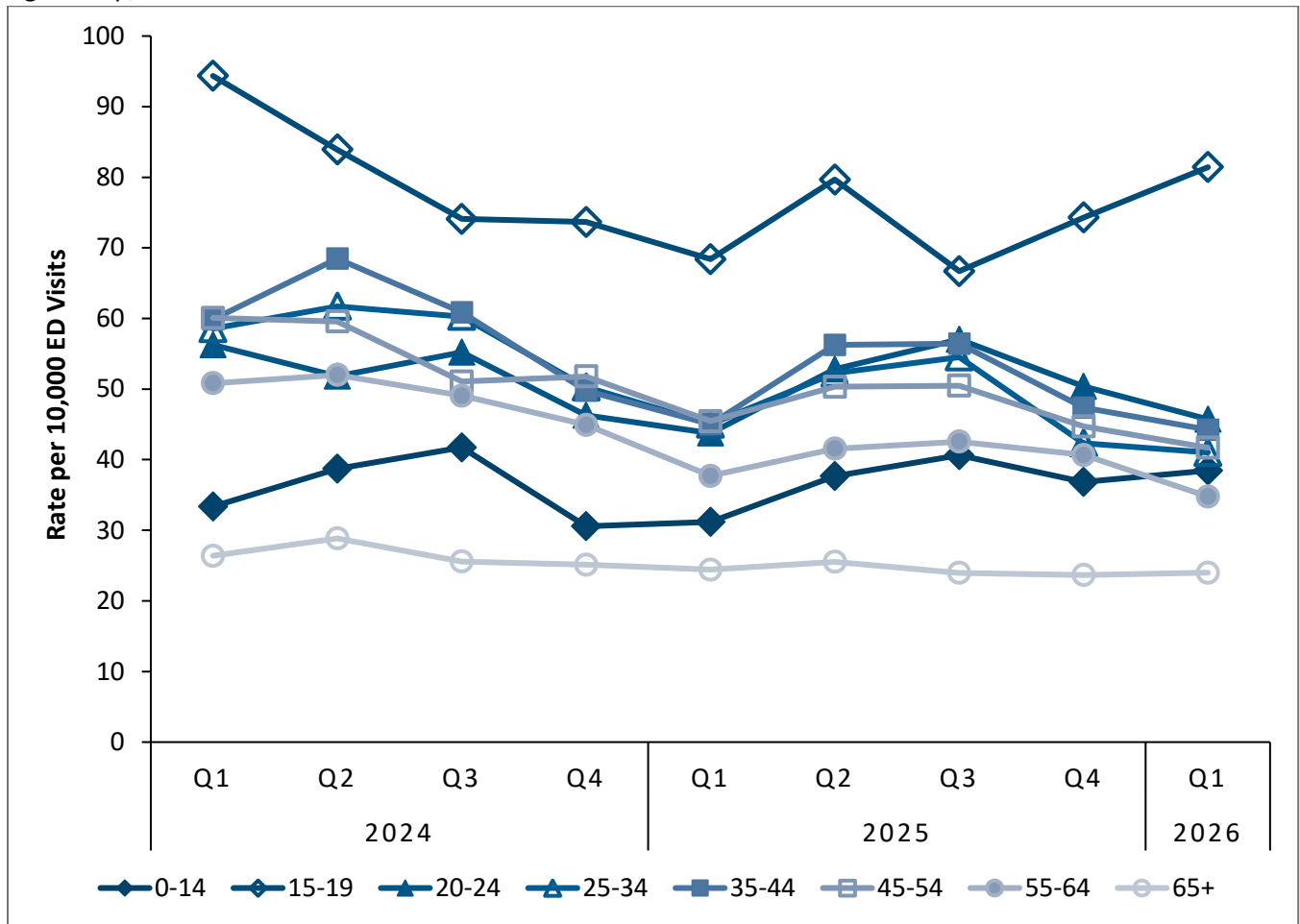


Table 8. All Drug Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

Age Group (Years)	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
0 to 14	33.4	38.7	41.7	30.6	31.2	37.7	40.6	36.8	38.4
15 to 19	94.4	83.9	74.1	73.6	68.4	79.7	66.7	74.3	81.4
20 to 24	56.3	51.8	55.2	46.3	43.8	52.8	57.0	50.4	45.7
25 to 34	58.6	61.7	60.3	50.3	45.0	52.2	54.5	42.3	41.0
35 to 44	59.9	68.5	60.9	49.8	45.0	56.3	56.4	47.4	44.2
45 to 54	60.1	59.6	51.1	51.8	45.5	50.3	50.5	44.7	41.7
55 to 64	50.8	52.0	49.1	44.9	37.7	41.5	42.6	40.7	34.8
65+	26.4	28.8	25.6	25.1	24.4	25.5	24.0	23.7	24.0

Opioid or Unspecified Overdose Emergency Department Visits

Change in Quarterly Rate Compared to Previous Quarter

Figure 7. Percent Change in Quarterly Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026.

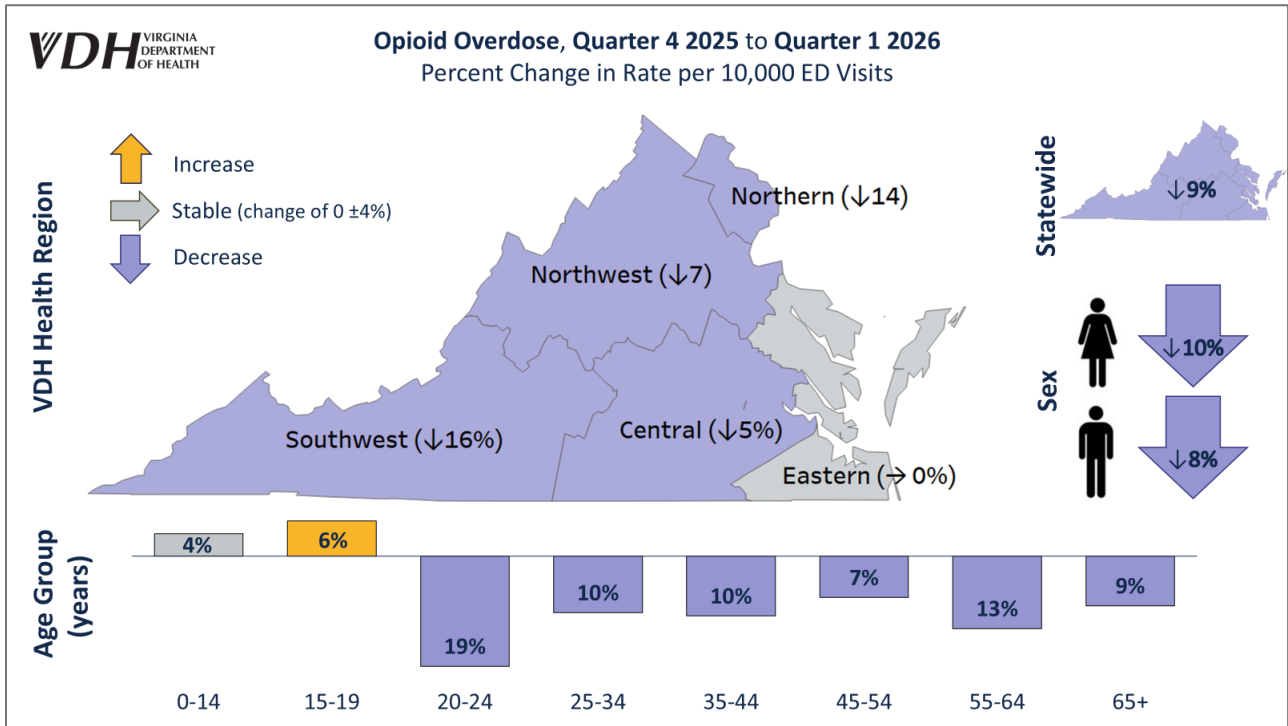


Table 9. Percent Change in Quarterly Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Region.

Measure	Central Region	Eastern Region	Northern Region	Northwest Region	Southwest Region	Virginia
Percent change from previous quarter	-5%	0%	-14%	-7%	-16%	-9%

Table 10. Percent Change in Quarterly Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Sex.

Measure	Female	Male
Percent change from previous quarter	-10%	-8%

Table 11. Percent Change in Quarterly Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits from Q4 of 2025 to Q1 of 2026 by Age Group.

Measure	0 to 14	15 to 19	20 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65+
Percent change from previous quarter	4%	6%	-19%	-10%	-10%	-7%	-13%	-9%

Quarterly Rate by Year, Region, and Demographics

Figure 8. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

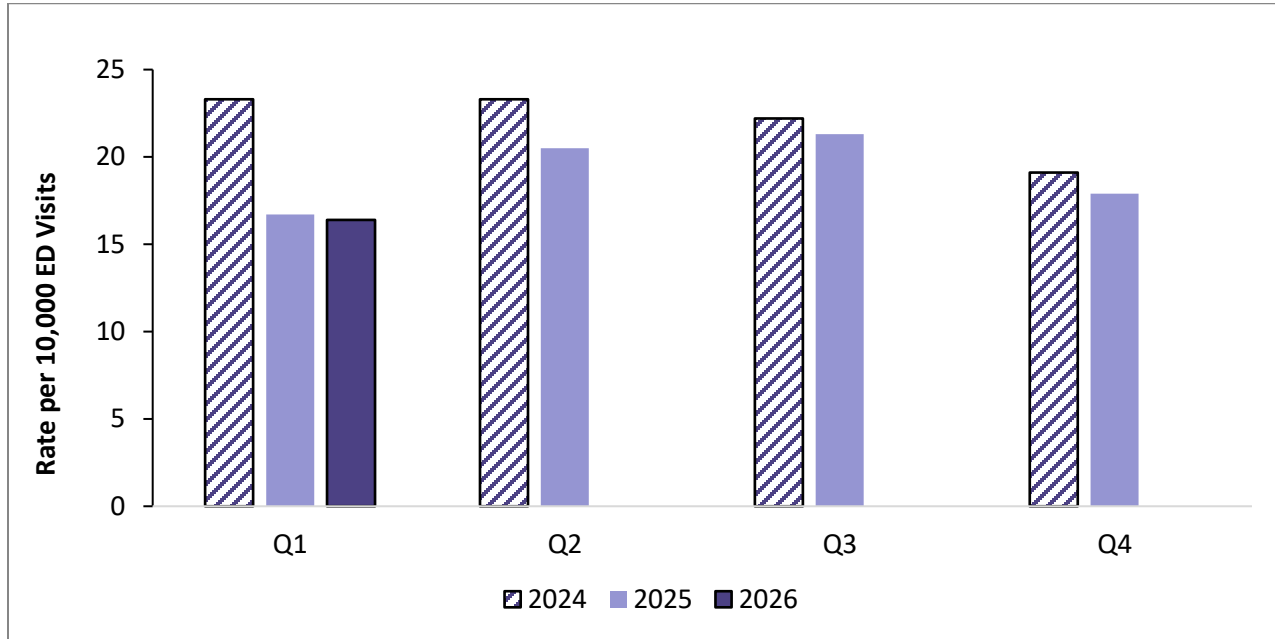


Table 12. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter, 2024 to 2026.

Year	Q1	Q2	Q3	Q4
2024	23.3	23.3	22.2	19.1
2025	16.7	20.5	21.3	17.9
2026	16.4			

Figure 9. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

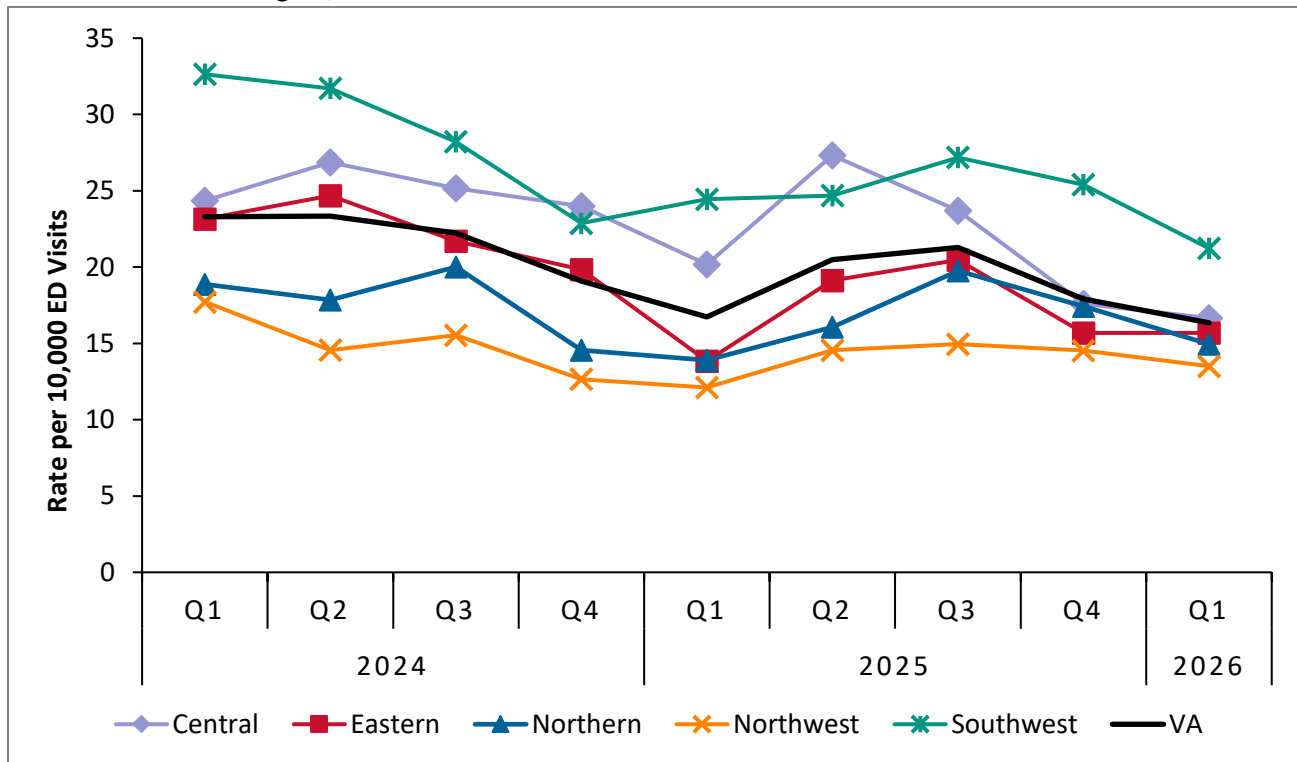


Table 13. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

Region	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Central	24.4	26.9	25.2	24.0	20.2	27.3	23.7	17.6	16.7
Eastern	23.2	24.7	21.7	19.8	13.9	19.1	20.5	15.7	15.7
Northern	18.9	17.9	20.0	14.6	13.9	16.1	19.8	17.4	15.0
Northwest	17.7	14.6	15.5	12.7	12.1	14.6	15.0	14.5	13.5
Southwest	32.6	31.7	28.2	22.9	24.5	24.7	27.2	25.4	21.2
VA	23.3	23.3	22.2	19.1	16.7	20.5	21.3	17.9	16.4

Figure 10. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

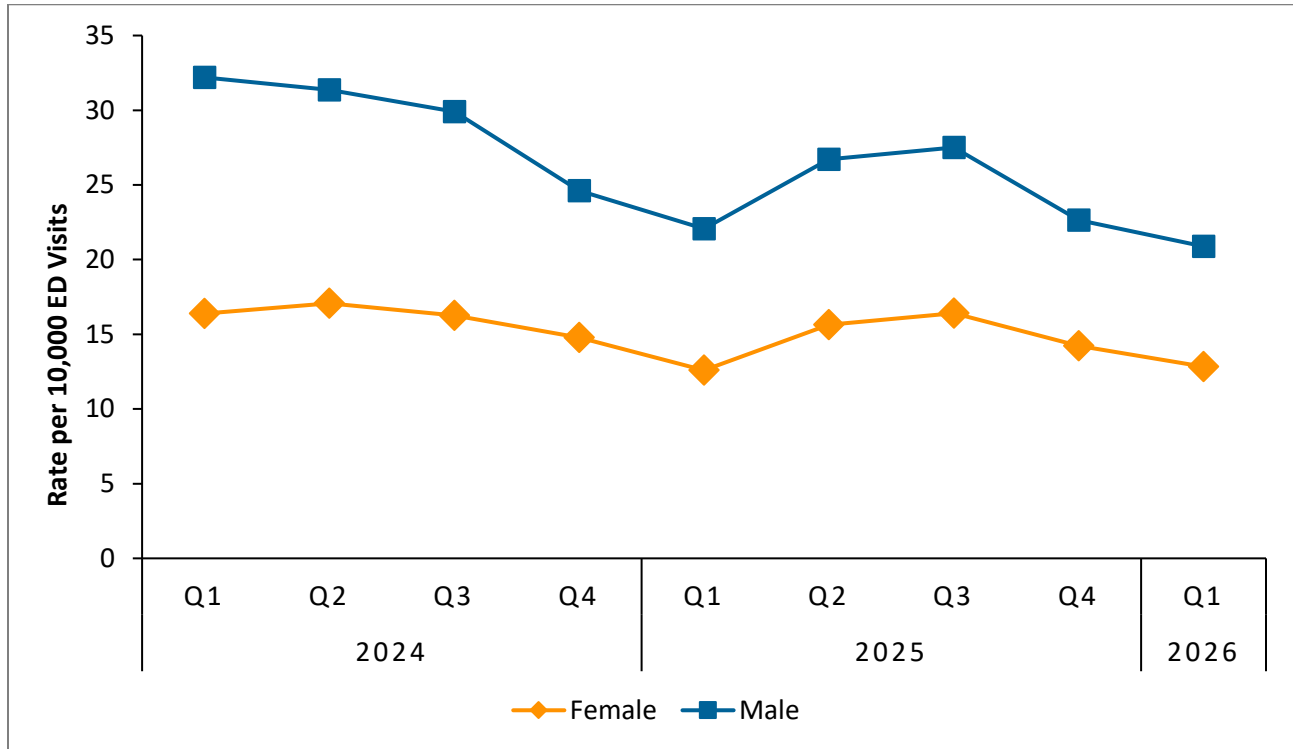


Table 14. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

Sex	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Female	16.4	17.1	16.3	14.8	12.6	15.6	16.4	14.2	12.8
Male	32.2	31.4	29.9	24.6	22.1	26.7	27.5	22.6	20.9

Figure 11. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

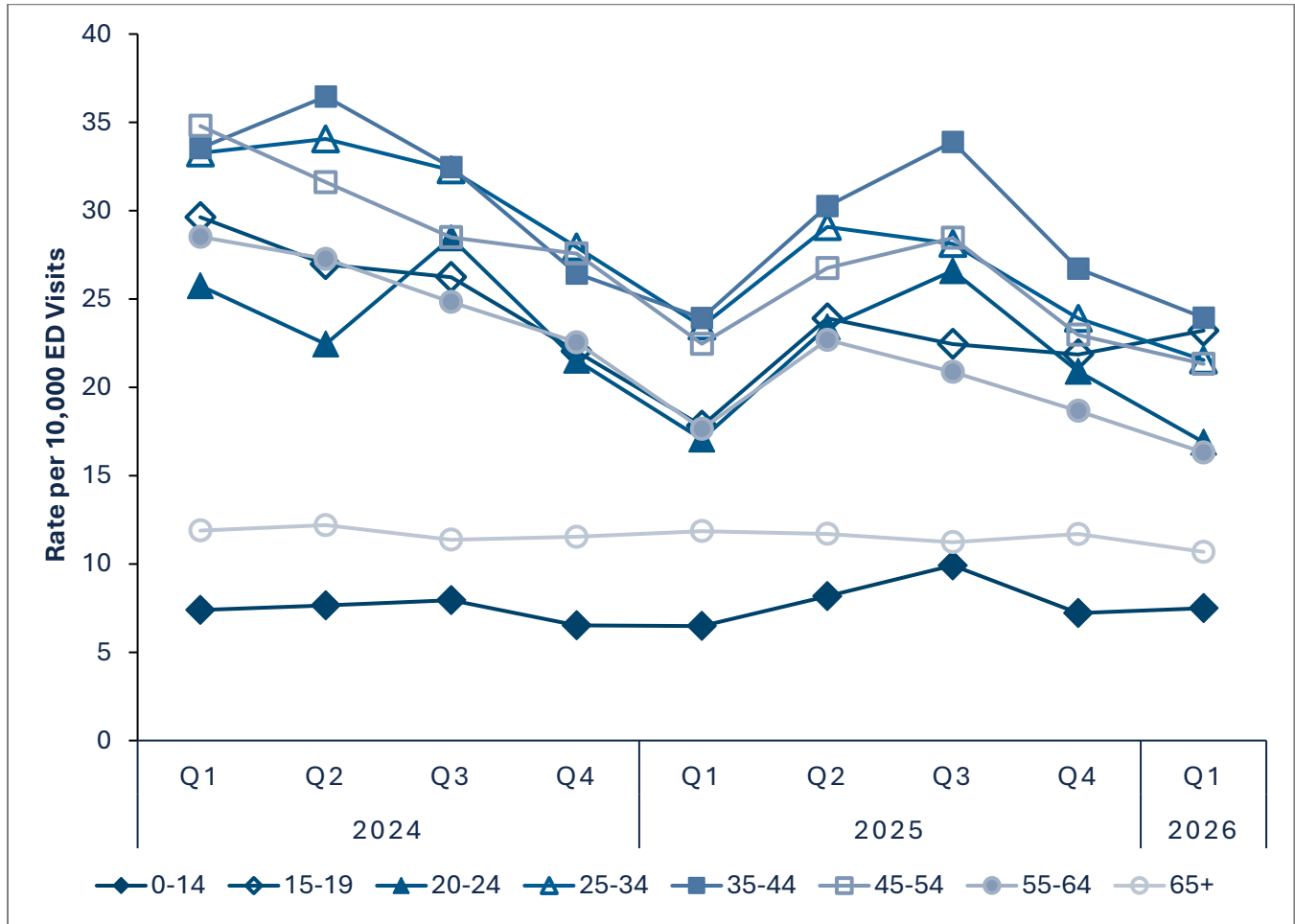


Table 15. Opioid or Unspecified Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

Age Group (Years)	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
0 to 14	7.4	7.7	7.9	6.5	6.5	8.2	9.9	7.2	7.5
15 to 19	29.6	27.0	26.2	22.0	17.8	23.9	22.4	21.9	23.2
20 to 24	25.7	22.4	28.5	21.5	17.1	23.4	26.6	20.9	16.9
25 to 34	33.3	34.1	32.3	27.9	23.5	29.1	28.1	23.9	21.5
35 to 44	33.5	36.5	32.5	26.4	23.9	30.3	33.9	26.7	23.9
45 to 54	34.8	31.6	28.5	27.6	22.5	26.8	28.5	23.0	21.3
55 to 64	28.5	27.3	24.8	22.5	17.6	22.7	20.9	18.7	16.3
65+	11.9	12.2	11.4	11.5	11.9	11.7	11.2	11.7	10.7

Heroin Overdose Emergency Department Visits

Quarterly Rate by Year, Region, and Demographics

Figure 12. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

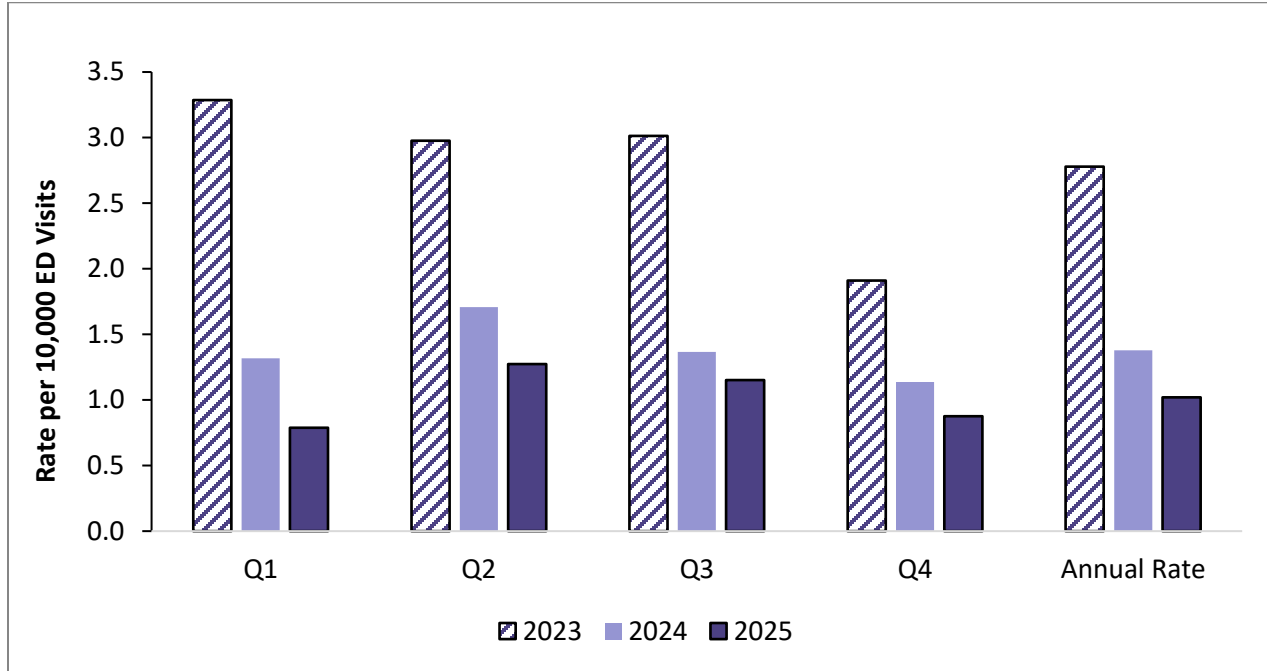


Table 16. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

Year	Q1	Q2	Q3	Q4
2024	1.3	1.7	1.4	1.1
2025	0.8	1.3	1.2	0.9
2026	0.7			

Figure 13. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

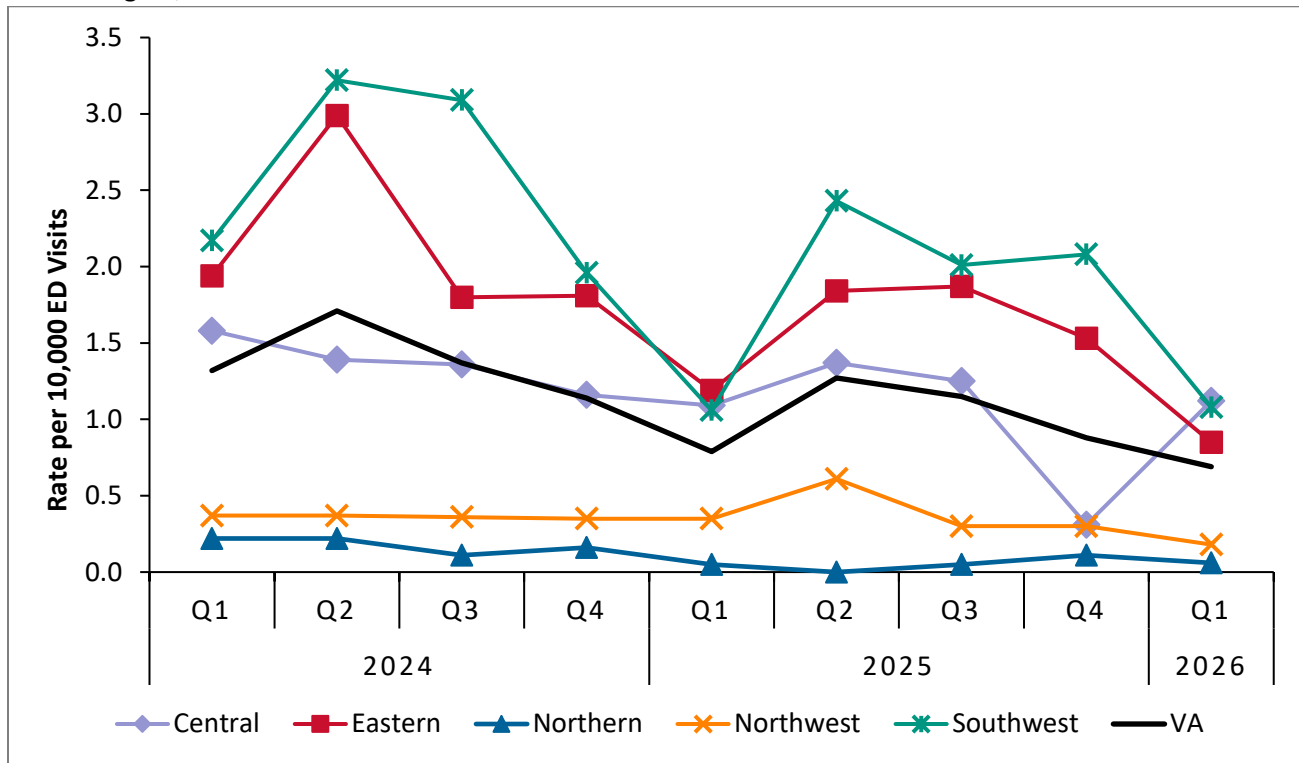


Table 17. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

Region	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Central	1.6	1.4	1.4	1.2	1.1	1.4	1.3	0.3	1.1
Eastern	1.9	3.0	1.8	1.8	1.2	1.8	1.9	1.5	0.9
Northern	0.2	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.1
Northwest	0.4	0.4	0.4	0.4	0.4	0.6	0.3	0.3	0.2
Southwest	2.2	3.2	3.1	2.0	1.1	2.4	2.0	2.1	1.1
VA	1.3	1.7	1.4	1.1	0.8	1.3	1.2	0.9	0.7

Figure 14. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

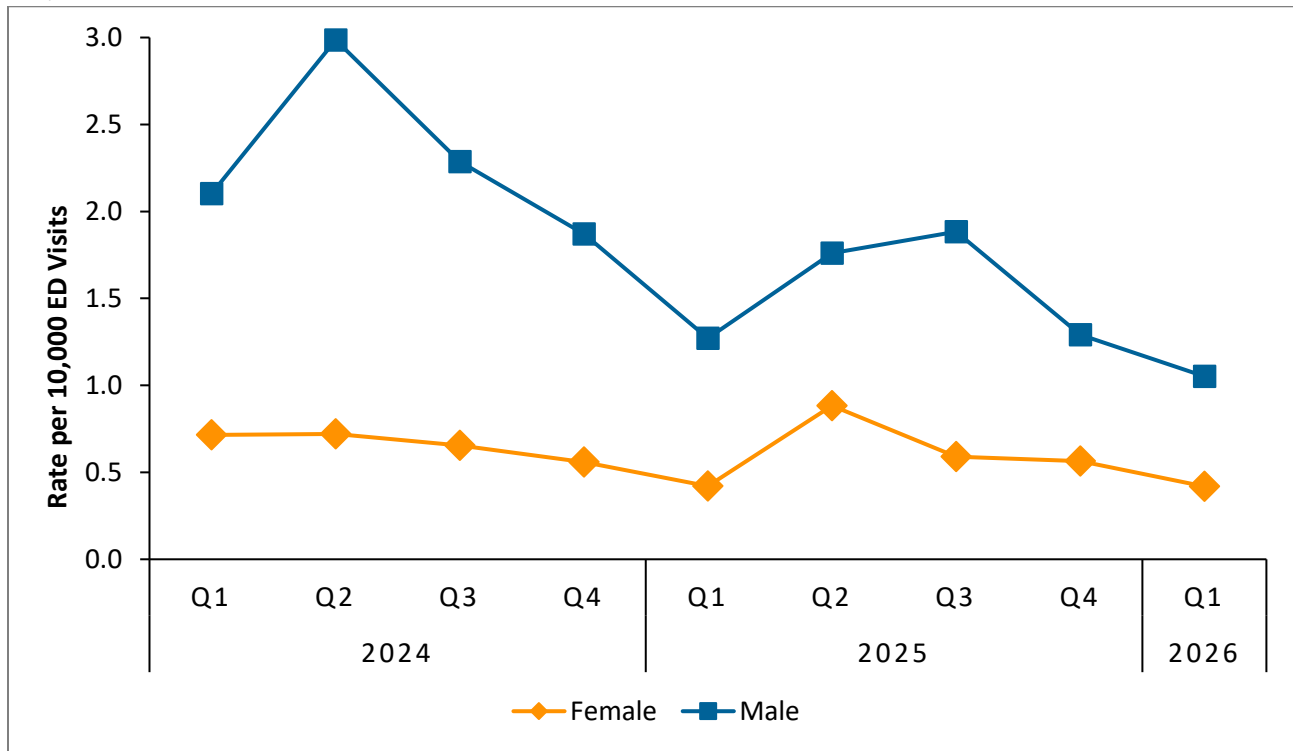


Table 18. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

Sex	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Female	0.7	0.7	0.7	0.6	0.4	0.9	0.6	0.6	0.4
Male	2.1	3.0	2.3	1.9	1.3	1.8	1.9	1.3	1.1

Figure 15. Heroin Overdose Visit Rate per 10,000 ED Visits among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

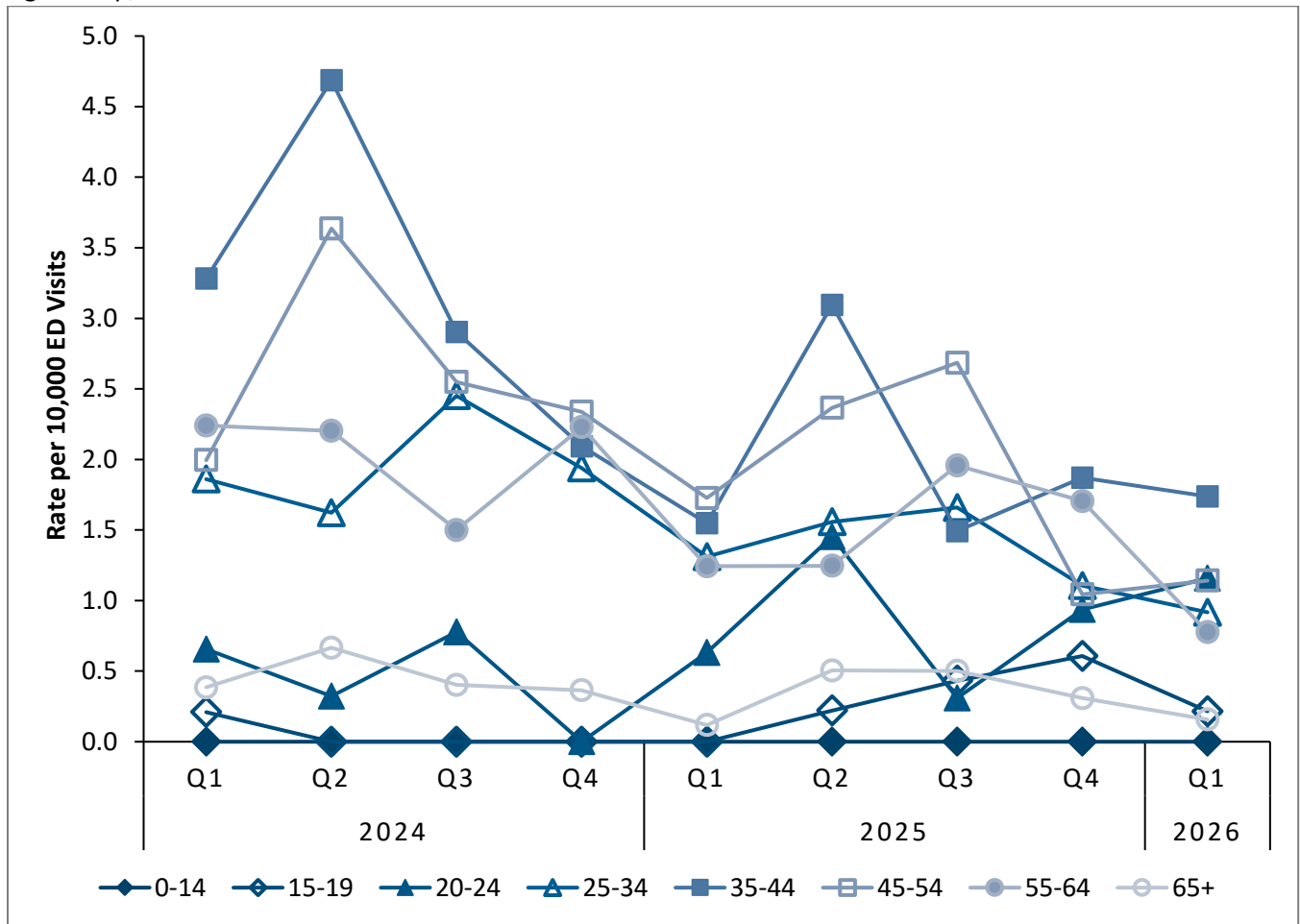


Table 19. Heroin Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

Age Group (Years)	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
0 to 14	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15 to 19	0.2	0.0	0.0	0.0	0.0	0.2	0.4	0.6	0.2
20 to 24	0.7	0.3	0.8	0.0	0.6	1.5	0.3	0.9	1.2
25 to 34	1.9	1.6	2.5	1.9	1.3	1.6	1.7	1.1	0.9
35 to 44	3.3	4.7	2.9	2.1	1.5	3.1	1.5	1.9	1.7
45 to 54	2.0	3.6	2.5	2.3	1.7	2.4	2.7	1.0	1.1
55 to 64	2.2	2.2	1.5	2.2	1.2	1.2	2.0	1.7	0.8
65+	0.4	0.7	0.4	0.4	0.1	0.5	0.5	0.3	0.2

Stimulant Overdose Emergency Department Visits

Quarterly Rate by Year, Region, and Demographics

Figure 16. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

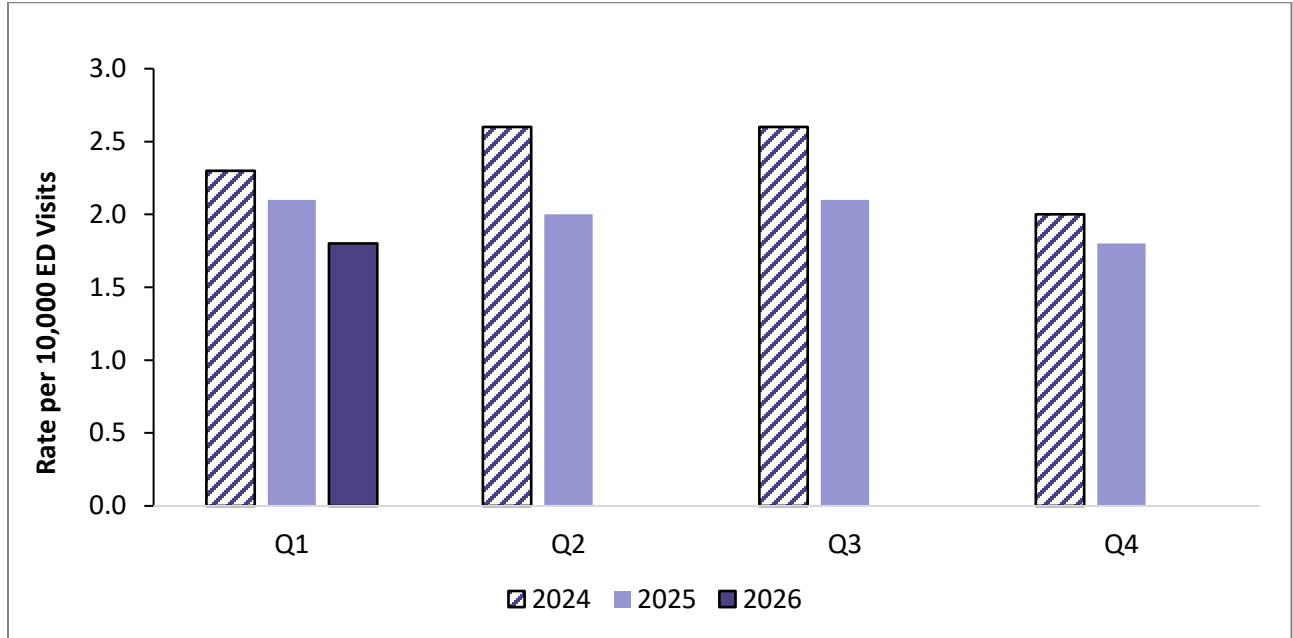


Table 20. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter, 2024 to 2026.

Year	Q1	Q2	Q3	Q4
2024	2.3	2.6	2.6	2.0
2025	2.1	2.0	2.1	1.8
2026	1.8			

Figure 17. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

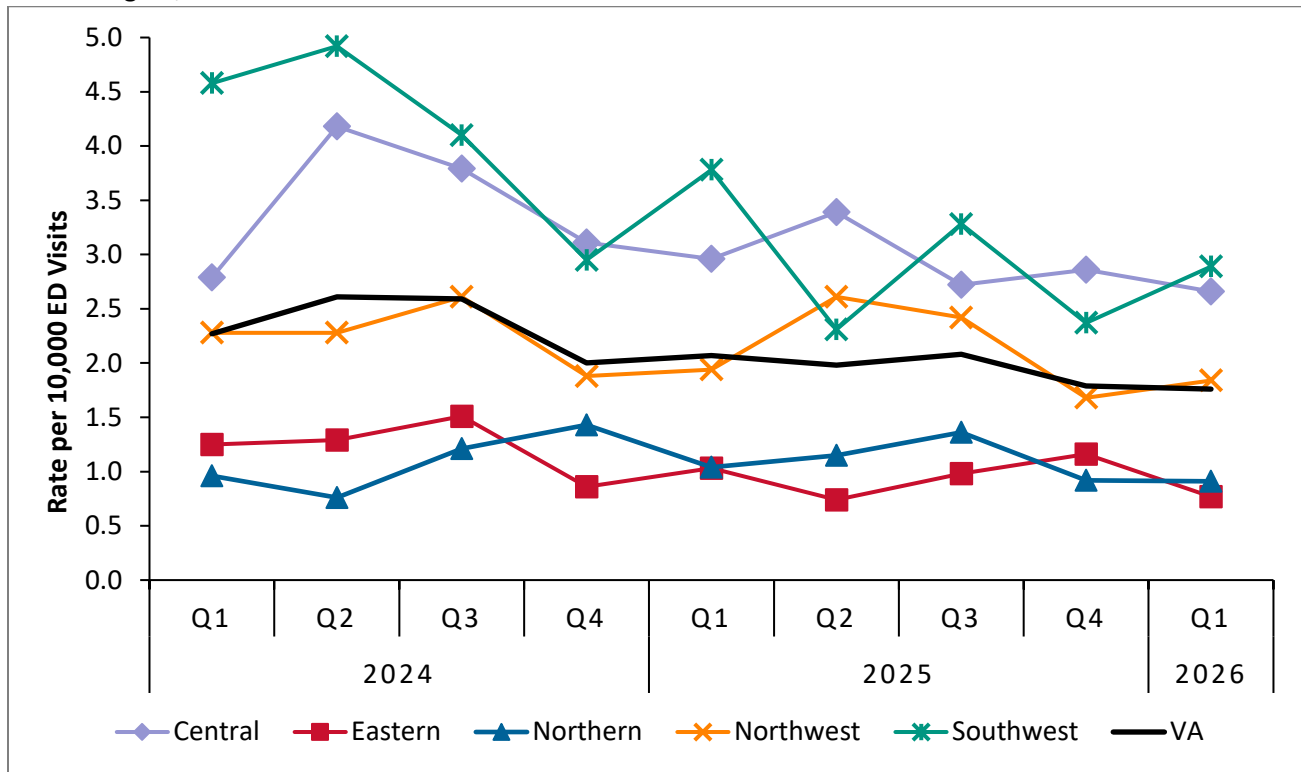


Table 21. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Health Region, 2024 to 2026.

Region	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Central	2.8	4.2	3.8	3.1	3.0	3.4	2.7	2.9	2.7
Eastern	1.3	1.3	1.5	0.9	1.0	0.7	1.0	1.2	0.8
Northern	1.0	0.8	1.2	1.4	1.0	1.2	1.4	0.9	0.9
Northwest	2.3	2.3	2.6	1.9	1.9	2.6	2.4	1.7	1.8
Southwest	4.6	4.9	4.1	3.0	3.8	2.3	3.3	2.4	2.9
VA	2.3	2.6	2.6	2.0	2.1	2.0	2.1	1.8	1.8

Figure 18. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

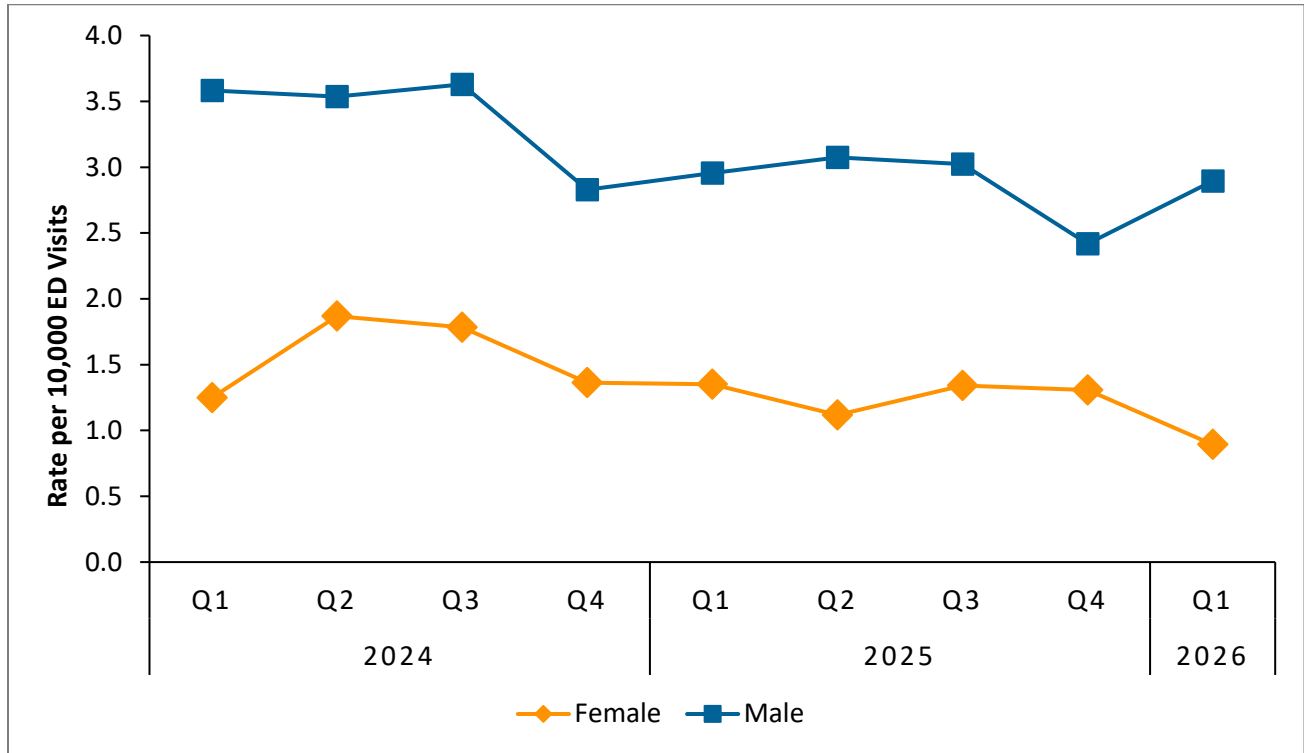


Table 22. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Sex, 2024 to 2026.

Sex	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
Female	1.2	1.9	1.8	1.4	1.4	1.1	1.3	1.3	0.9
Male	3.6	3.5	3.6	2.8	3.0	3.1	3.0	2.4	2.9

Figure 19. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

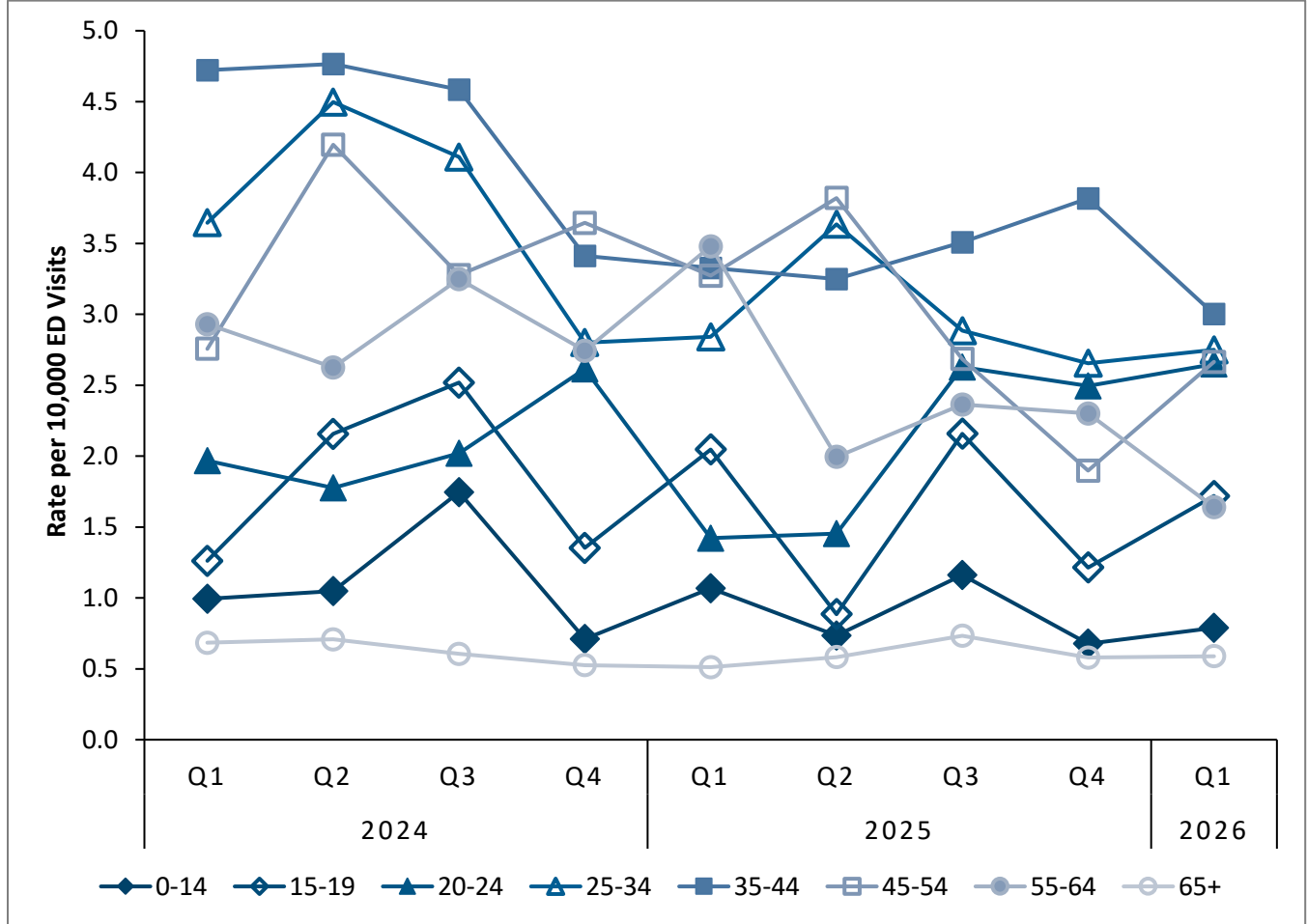


Table 23. Stimulant Overdose Visit Rate per 10,000 ED Visits Among Virginia Residents by Calendar Quarter and Age Group, 2024 to 2026.

Age Group (Years)	2024 Q1	2024 Q2	2024 Q3	2024 Q4	2025 Q1	2025 Q2	2025 Q3	2025 Q4	2026 Q1
0 to 14	1.0	1.0	1.7	0.7	1.1	0.7	1.2	0.7	0.8
15 to 19	1.3	2.2	2.5	1.4	2.0	0.9	2.2	1.2	1.7
20 to 24	2.0	1.8	2.0	2.6	1.4	1.5	2.6	2.5	2.6
25 to 34	3.6	4.5	4.1	2.8	2.8	3.6	2.9	2.7	2.8
35 to 44	4.7	4.8	4.6	3.4	3.3	3.3	3.5	3.8	3.0
45 to 54	2.8	4.2	3.3	3.6	3.3	3.8	2.7	1.9	2.7
55 to 64	2.9	2.6	3.2	2.7	3.5	2.0	2.4	2.3	1.6
65+	0.7	0.7	0.6	0.5	0.5	0.6	0.7	0.6	0.6