

Child and Youth Mental Health Hospitalizations

fast facts

This Fast Facts presents information on hospitalizations of children and youth with mental health-related diagnoses for the years 2000-01 to 2012-13. Information to prepare this report was derived from the Clinical Database Management System, which is maintained by the Newfoundland and Labrador Centre for Health Information (NLCHI).

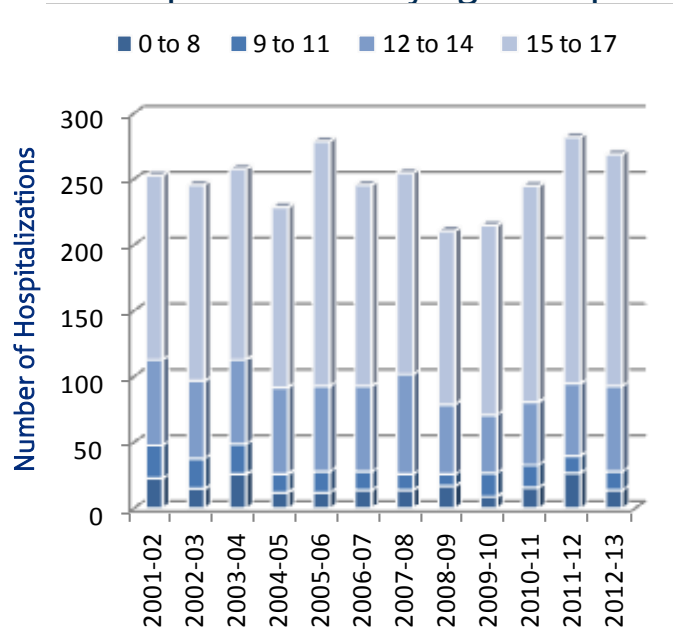
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The number of hospitalizations for children and youth with mental health-related diagnoses have remained relatively stable over the past decade. Youth aged 15 to 17 years consistently account for approximately two thirds of all mental health-related hospitalizations.

Mental Health Related Hospitalizations by Age Group

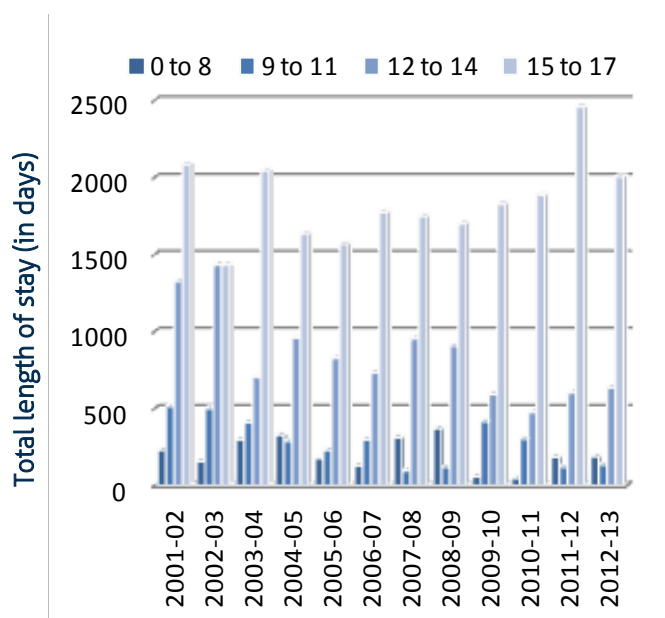


Source: NLCHI Clinical Database Management System, 2001-02—2012-13

In Canada, mental health disorders account for the second highest health care expenditure for children and youth, exceeded only by physical injury¹. In 2012-13, youth in the province spent a total of 2972 days in hospital with a mental health-related diagnosis. Youth aged 15 to 17 years accounted for 68% of these days.

Mood disorders (including depression and bipolar disorder) and neurotic, stress-related and somatoform disorders (including phobias and anxiety) consistently account for the largest number of mental health hospitalizations among children and youth.

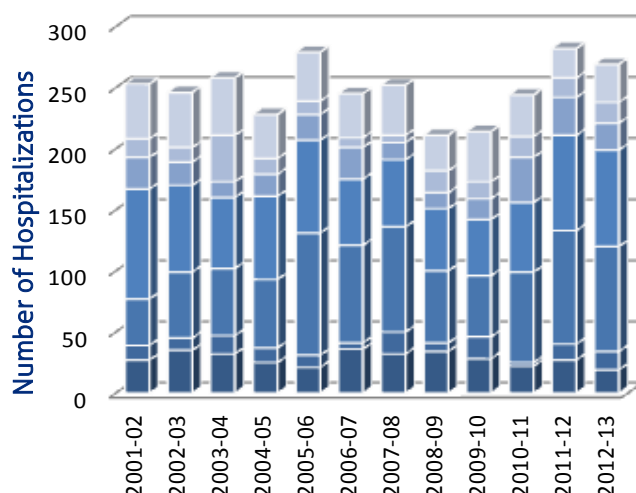
Total Length of Stay by Age Group



Source: NLCHI Clinical Database Management System, 2001/02-2012/13

¹Canadian Mental Health Association. (2014). *Fast Facts about Mental Illness*. Retrieved from <http://www.cmha.ca/media/fast-facts-about-mental-illness/>

Hospitalizations by Category of Condition

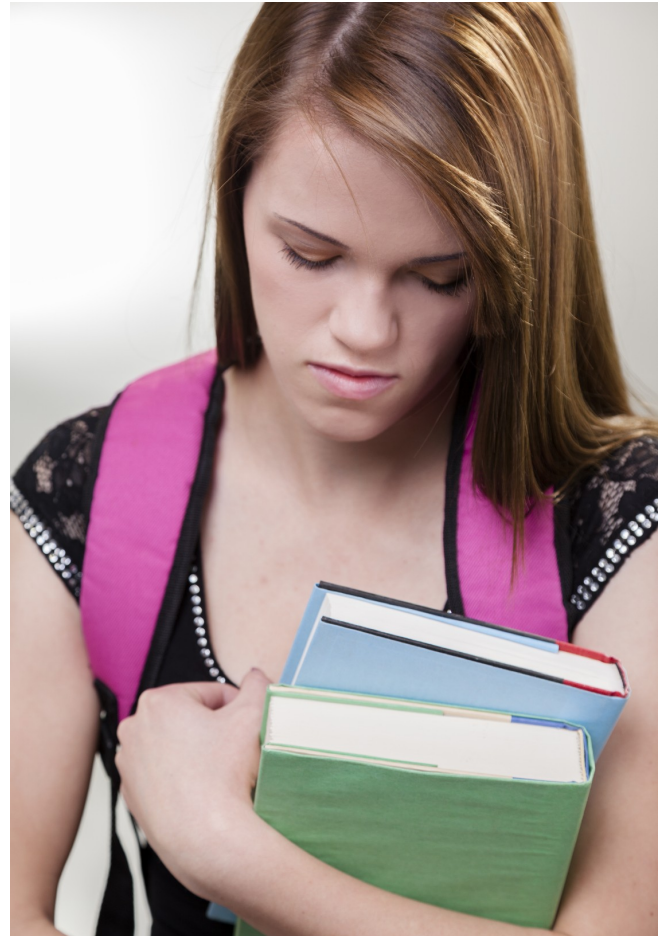


Source: NLCHI Clinical Database Management System, 2001/02-2012/13

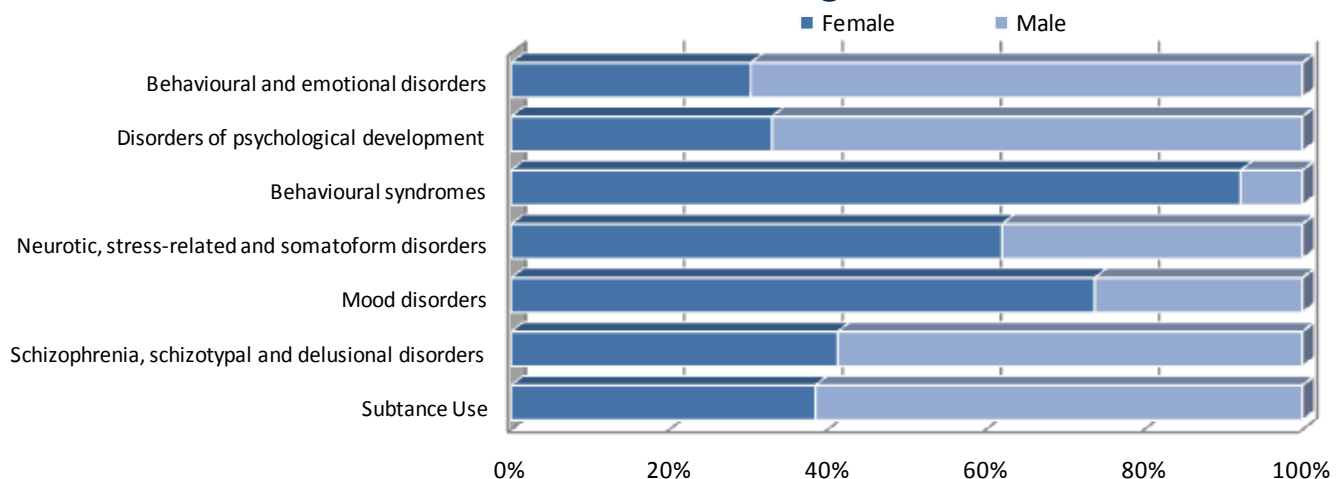


Disorders of psychological development such as those on the Autism spectrum are underrepresented in hospital data because few children are hospitalized for these disorders. Therefore, the number of hospitalizations related to those disorders is lower than the actual prevalence.

Hospitalization patterns differ between males and females for some mental health-related conditions. For example, of the 257 children and youth who have been hospitalized with a behavioural syndrome between 2001-02 and 2012-13 92% were female. Behavioural syndromes include eating disorders which affect females more frequently than males. Mood disorders such as depression also occur disproportionately in females. In contrast, of the 449 children and youth who have been hospitalized with a behavioural or emotional disorder 70% were male. This category includes conduct disorders and hyperactivity disorders, both of which are known to occur more frequently in males than in females.



Distribution of Hospitalizations by Sex and Category of Condition 2001-02—2012-13



Source: NLCHI Clinical Database Management System, 2001/02-2012/13

Number of hospitalizations may be a significant underestimation of how many children and youth in the province are affected by mental health-related conditions. The Canadian Mental Health Association reports that only 1 in 5 children and youth in Canada seek and receive treatment for mental illness². Children with mental health-related conditions are more likely to become adolescents and adults with mental illness. Seventy percent of adults with mental health problems report that their symptoms began in childhood³. With mental illness ranked amongst the leading causes of disability worldwide, it is important to identify and treat mental health-related conditions in children and youth so that these individuals may be able to transition into a healthy adulthood.



²Canadian Mental Health Association. (2014). *Fast Facts about Mental Illness*. Retrieved from <http://www.cmha.ca/media/fast-facts-about-mental-illness/>

³Public Health Agency of Canada. (2006). *The human face of mental health and mental illness in Canada*. Retrieved from http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf.



About the Centre for Health Information

The Newfoundland and Labrador Centre for Health Information (NLCHI) provides quality information to health professionals, the public, researchers and health system decision-makers. Through collaboration with the health system, NLCHI supports the development of data and technical standards, maintains key health databases, prepares and distributes health reports, and supports and carries out applied health research and benefits evaluations. The NLCHI's mandate also includes the development and implementation of a confidential and secure provincial electronic health record, including the change management required to support adoption by end user clinicians.