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At the heart of data

Canadian Institute for Health Information

Institut canadien d'information sur la santé

CIHI's data holdings provide some information on eating disorders for women and girls in Canada. Those used for this analysis include the Hospital Mental Health Database (HMHDB)—a pan-Canadian resource for information on inpatient separations for psychiatric conditions from hospitals—and the National Ambulatory Care Reporting System (NACRS), which contains data about emergency department and ambulatory care visits.

Additional Resources

The following companion products are available on **CIHI's website**:

- Information sheet
- Data tables

Talk to Us

For data-specific information:
hmhdb@cihi.ca

For media inquiries:
media@cihi.ca

More young women being hospitalized for eating disorders

Use of Hospital Services for Eating Disorders in Canada

From 2006–2007 to 2012–2013, the rate of females hospitalized in Canada[i] for an eating disorder was stable—except among 10- to 19-year-olds, for whom the rate increased by 42% over the last 2 years.

This group also visited the emergency department (ED) more for these conditions during the last 3 years examined (2010–2011 to 2012–2013). In Alberta and Ontario (the jurisdictions for which complete ED data is available), the rate increased from 27 to 45 per 100,000 females.

Key findings

- In 2012–2013, there were 1,585 hospitalizations for an eating disorder among females; girls age 10 to 19 accounted for more than half. That same year, there were 103 hospitalizations for an eating disorder for males of all ages.

- On average, females stayed in hospital slightly longer than males (33.3 days versus 31.6 days).

- Approximately 28% of ED visits for eating disorders included admission to hospital for inpatient care.

- 3 of the most common mental illnesses diagnosed among women with eating disorders who came into an ED were depression, anxiety disorders, and reaction to severe stress and adjustment disorders.

i. Quebec data is excluded from this analysis.