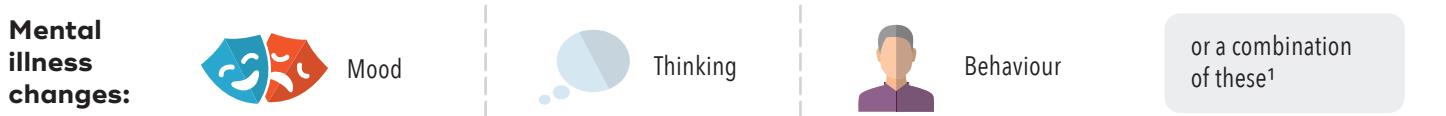
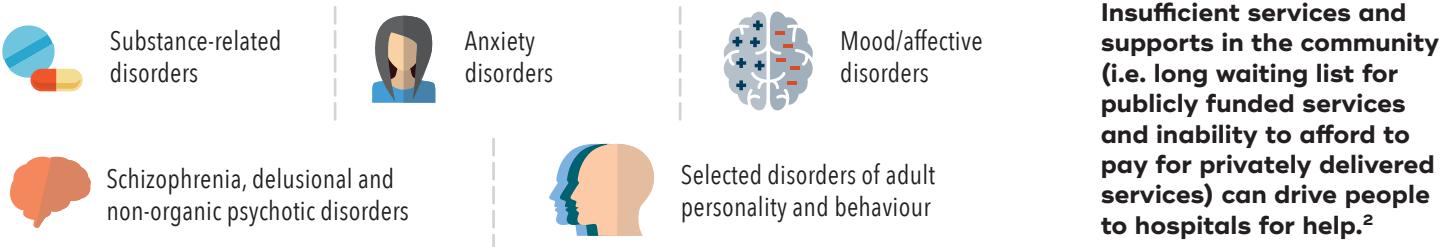


# Inequalities in Mental Illness Hospitalization in Canada

Mental illness will touch most Canadians at some time, either personally or through a family member, friend or colleague.<sup>1</sup>



Each year there are on average 520 hospitalizations per 100,000 Canadians aged 15 years or older for the 5 selected mental illness conditions:



There are socioeconomic gradients for mental illness hospitalizations; the LOWER the community's income and education, the HIGHER the hospitalization for mental illness.

If Canadians living in the lowest income areas experienced the same rates as those living in the highest income areas, more than

**20,500**

cases could be avoided in Canada.

Mental illness hospitalization is **5.5X HIGHER**

among Canadians living in the **most materially and socially deprived areas** than among Canadians living in the least materially and socially deprived areas.\*



The hospitalization for mental illness is higher in areas where more Indigenous peoples live, where the rate is:

**3.0X HIGHER** First Nations

**2.2X HIGHER** Inuit

**2.1X HIGHER** Métis

Inequities experienced by First Nations, Inuit and Métis populations are a direct result of colonial policies and practices that included massive forced relocation, loss of lands, creation of the reserve system, banning of Indigenous languages and cultural practices, and creation of the residential school system. Unaddressed intergenerational trauma adds to the ongoing challenges faced by Indigenous peoples.

Reducing inequalities in mental illness hospitalization requires addressing the social determinants of mental illness including access to appropriate mental health services by increasing community resources for a range of mental health services, removing financial barriers and involving persons with mental illness and their families in the design of the services.

\* Material deprivation is defined by higher % of people with no high school diploma, lower population/employment ratio, and lower average income (among aged 15 years and older). Social deprivation is defined by higher % of individuals living alone, higher % of individuals whose marital status is either separated, divorced, or widowed, and higher % of single-parent families (among aged 15 years and older).

<sup>1</sup> Government of Canada. The human face of mental health and mental illness in Canada [Internet]. Minister of Public Works and Government Services Canada; 2006 [cited 2018 Nov 5]. Available from: [http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human\\_face\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf)

<sup>2</sup> Mental Health Commission of Canada. [Internet]. Changing directions, changing lives: the mental health strategy for Canada. Calgary, AB: Author; 2012 [cited 2018 Nov 7]. Available from: [https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy\\_Strategy\\_ENG.pdf](https://www.mentalhealthcommission.ca/sites/default/files/MHStrategy_Strategy_ENG.pdf)

Source: Hospital Mental Health Database (HMHDB), Canadian Institute for Health Information (2009–2012)

For more data on health inequalities in Canada, visit: [www.health-infobase.ca/health-inequalities](http://www.health-infobase.ca/health-inequalities)

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