PA Health Care Cost Containment Council

PHC4 Research Briefs

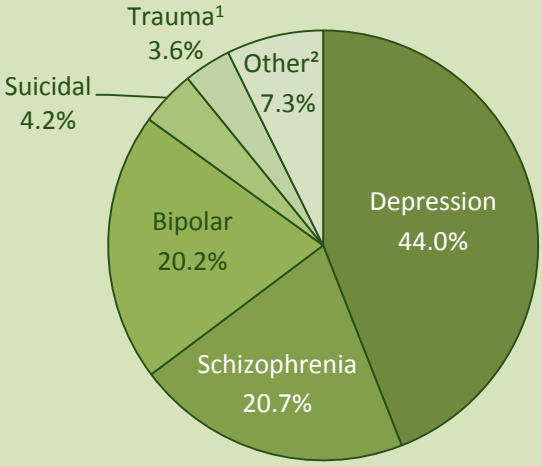
Hospital Stays for Mental Disorders – 2018

This research brief examines hospitalizations for patients whose principal reason for admission was a mental disorder. Included in this analysis are Pennsylvania residents of all ages who were admitted to a Pennsylvania general acute care or psychiatric hospital in 2018 (January 1, 2018 to December 31, 2018). This overview highlights the types of mental disorders treated most frequently in Pennsylvania hospitals and focuses on age-related differences. County rates are also provided.

Hospital Stays for Mental Disorders in 2018

- There were **113,704** total hospital stays for mental disorders in 2018 in Pennsylvania hospitals.
- **56.4%** of stays were treated in acute care hospitals while **43.6%** were treated in psychiatric hospitals.
- The average stay was **10.2 days** (8.6 days in acute care hospitals, 12.3 days in psychiatric hospitals).
- The total number of days these patients spent in the hospital was **1,162,371** days.

Hospital stays by type of mental disorder

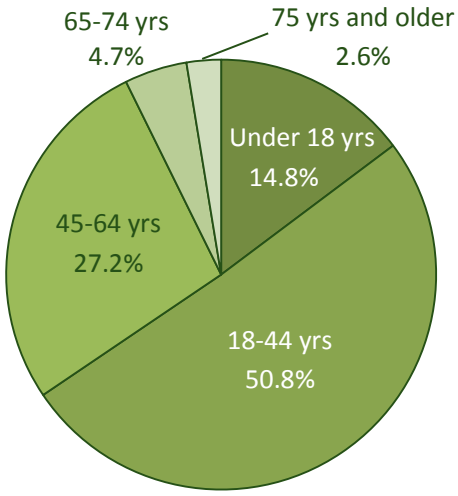


Depression was the most frequent reason for a mental disorder stay

[1] Includes adjustment, post-traumatic stress and dissociative disorders.
[2] Includes conduct, anxiety, somatic and other miscellaneous mental disorders.

Hospital Stays for Mental Disorders by Patient Age

Patients aged 18-44 years accounted for most of the mental disorder stays

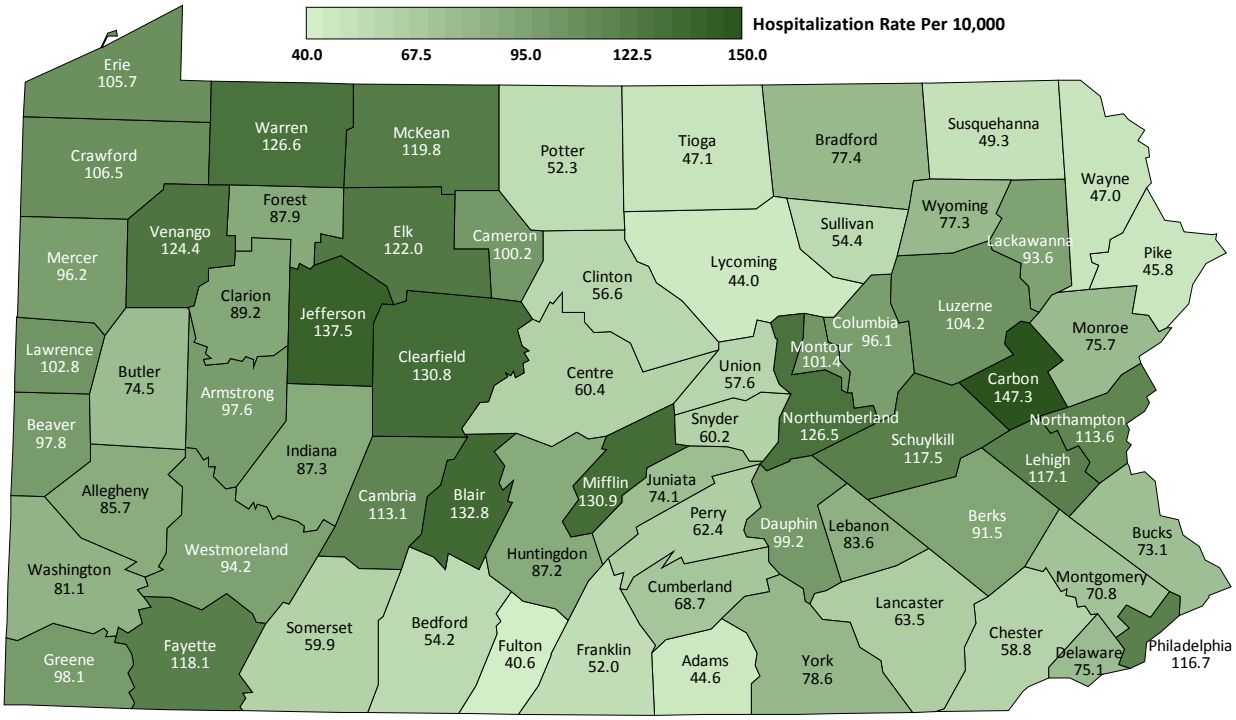


Rate of hospitalization for mental disorders per 10,000 state residents

Under 18 years	62.8
18 to 44 years	133.1
45 to 64 years	89.2
65 to 74 years	40.8
75 years and older	28.7

Note: Pie chart percentages may not add to 100% due to rounding.

Rate of Hospitalization for Mental Disorders per 10,000 County Residents, 2018



Statewide, the rate of hospitalization for mental disorders was 88.8 per 10,000 Pennsylvania residents in 2018. Rates varied by:

- **Poverty Rate.** The rate of hospitalization for mental disorders was 163.3 per 10,000 for residents living in areas of higher poverty (where greater than 25% of the population lives in poverty). The rate was 53.0 per 10,000 for residents living in areas of lower poverty (where up to 5% of the population lives in poverty).
- **Education.** The rate of hospitalization for mental disorders was 159.4 per 10,000 for residents living in areas with lower levels of education (where 10% or less of the population has a bachelor's degree). The rate was 58.4 per 10,000 for residents living in areas with higher levels of education (where 40% or more of the population has a bachelor's degree).
- **Race/ethnicity.** The rates of hospitalization for mental disorders for black (non-Hispanic), white (non-Hispanic), and Hispanic residents were 154.0, 81.7, and 67.9, per 10,000, respectively.

Rate Calculations: *Rates above included Pennsylvania residents of all ages and were calculated using PHC4 hospital discharge data and US Census Bureau data (2018 population figures). Higher rates for some counties might reflect larger numbers of residents with high-risk characteristics (e.g., factors related to age, poverty, education, and race/ethnicity). County rates were not adjusted for these patient characteristics so that important effects of these differences were not masked by such adjustment. Rates by poverty and education level were based on 2017 Census estimates at the zip code level.*

About PHC4

Created by the PA General Assembly in 1986, the PA Health Care Cost Containment Council (PHC4) is an independent state agency charged with collecting, analyzing and reporting information that can be used to improve the quality and restrain the cost of health care in the state. Today, PHC4 is a recognized national leader in public health care reporting. PHC4 is governed by a 25-member board of directors, representing business, labor, consumers, health care providers, insurers and state government.

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Rate of Hospitalization for Mental Disorders per 10,000 County Residents, 2018

	Hospitalizations	
	Number	Rate
Statewide	**113,704**	**88.8**
Adams	459	44.6
Allegheny	10,448	85.7
Armstrong	637	97.6
Beaver	1,611	97.8
Bedford	261	54.2
Berks	3,843	91.5
Blair	1,627	132.8
Bradford	471	77.4
Bucks	4,590	73.1
Butler	1,399	74.5
Cambria	1,490	113.1
Cameron	45	100.2
Carbon	946	147.3
Centre	984	60.4
Chester	3,072	58.8
Clarion	346	89.2
Clearfield	1,038	130.8
Clinton	219	56.6
Columbia	629	96.1
Crawford	906	106.5
Cumberland	1,727	68.7
Dauphin	2,749	99.2
Delaware	4,244	75.1
Elk	368	122.0
Erie	2,877	105.7
Fayette	1,541	118.1
Forest	64	87.9
Franklin	805	52.0
Fulton	59	40.6
Greene	358	98.1
Huntingdon	394	87.2
Indiana	738	87.3
Jefferson	600	137.5

	Hospitalizations	
	Number	Rate
Juniata	183	74.1
Lackawanna	1,973	93.6
Lancaster	3,449	63.5
Lawrence	886	102.8
Lebanon	1,181	83.6
Lehigh	4,312	117.1
Luzerne	3,309	104.2
Lycoming	500	44.0
McKean	491	119.8
Mercer	1,065	96.2
Mifflin	605	130.9
Monroe	1,283	75.7
Montgomery	5,868	70.8
Montour	185	101.4
Northampton	3,464	113.6
Northumberland	1,152	126.5
Perry	288	62.4
Philadelphia	18,487	116.7
Pike	256	45.8
Potter	87	52.3
Schuylkill	1,669	117.5
Snyder	244	60.2
Somerset	443	59.9
Sullivan	33	54.4
Susquehanna	200	49.3
Tioga	192	47.1
Union	258	57.6
Venango	638	124.4
Warren	500	126.6
Washington	1,682	81.1
Wayne	241	47.0
Westmoreland	3,303	94.2
Wyoming	209	77.3
York	3,523	78.6