


Island Health Performance Measures

Self-Harm Hospitalizations



Year to Date Performance	108.5	Performance Assessment	 Red
Island Health Target	Less than or equal to 73	Performance is significantly outside acceptable range; take action and monitor progress.	

What do we measure and why?

Self-harm is defined as a deliberate bodily injury that may or may not result in death. High rates of hospitalizations due to intentional self-harm may signal a lack of appropriate mental health care or addictions services, treatments, and community supports.

The Self-Harm Hospitalizations indicator measures the rate of hospitalizations due to self-harm during the past 365 days, per 100,000 population (age-standardized).

While some risk factors for self-harm are beyond the control of the health system, in many cases self-harm can be prevented by early recognition, intervention, and treatment of mental illnesses.

What is the target?

Island Health's target for 2022/23 is 73 or fewer hospitalizations per 100,000 population.

Lower rates are better.

How are we doing?

As of January 2023, Island Health was not meeting the target. Self-harm hospitalizations have increased steadily over the years.

What actions are we taking?

Addressing self-harm requires "upstream" strategies and timely, early intervention. Island Health has implemented school wellness centres as well as youth and young adult sites that provide mental health and substance use, primary care, and public health support.