

# THE RISING BURDEN OF EATING DISORDERS: A DECADE-LONG REVIEW OF HOSPITAL ADMISSIONS IN IRELAND

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**A retrospective analysis of Irish public hospital data from 2014 to 2023 found a three-fold increase in eating disorder hospitalisations, with adolescent females with anorexia nervosa disproportionately affected.**

## KEY POINTS

- There were 3043 eating disorder hospitalisations over the study period, rising from 160 in 2014 to 480 in 2023, with a peak of 553 in 2021.
- Females aged 10-19 years with anorexia nervosa accounted for 70% of cases and experienced a 3.3-fold increase in hospitalisations over the period.
- The majority of hospitalisations were to Paediatrics (49.5%), General Medicine (26.4%), and Gastroenterology (8.8%), with a median length of stay of 9 days.
- Common additional diagnoses included bradycardia (8.9%), anxiety (8.2%), constipation (6.5%), hypokalaemia (5%), and depression (5%).
- The authors conclude that these findings highlight the need for integrated transitional care pathways between paediatric and adult services.

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