

Adverse childhood experiences

and the lifelong consequences for lifestyle and health

What are adverse childhood experiences?

If a child grows up with a lot of...



Adverse Childhood Experience = ACE

Most common adverse childhood experiences (ACEs)



How often do ACEs occur in the Netherlands?

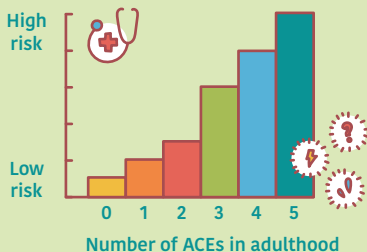
Number of ACEs per person

- Four or more: 11%
- Three: 6%
- Two: 9%
- One: 17%
- None: 56%



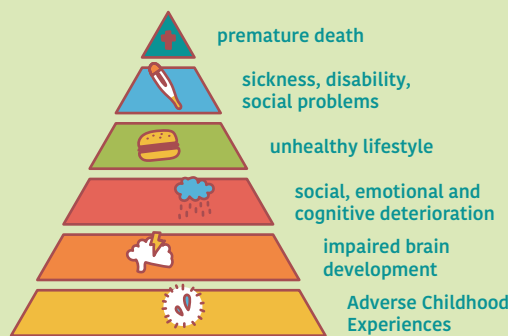
ACEs occur everywhere: in every street, neighbourhood, school and work place.

Impact on health



An accumulation of ACEs is dangerous. The more ACEs, the higher the risk is of a negative impact on health, unhealthy behaviour and lower life expectancy.

Impact on life expectancy



The impact of ACEs is lifelong. Those with 4 or more ACEs have an increased risk of dying 20 years earlier and of passing ACEs on to the next generation.

The impact of ACEs on high-risk behaviour and health

People with four or more ACEs run a much higher risk of an unhealthy lifestyle and various serious diseases and chronic disorders.

High-risk/unhealthy behaviour



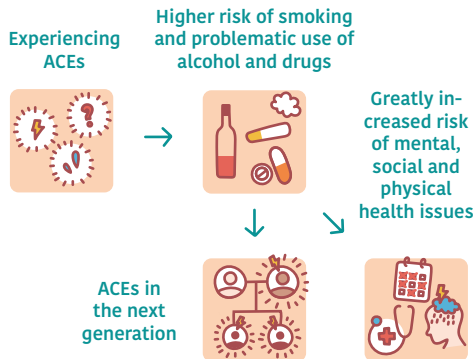
Negative physical, psychological and social health outcomes



Adverse childhood experiences

alcohol, drug use and smoking

Impact of ACEs on the next generation



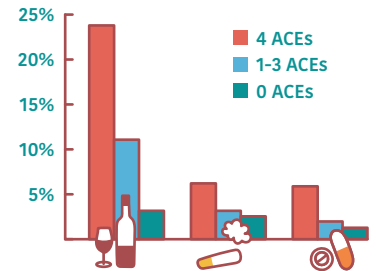
Heavy drinkers:
more than 4 (women) or 6 (men) glasses per day at least once a week

Heavy smoker:
20 or more cigarettes per day

Problematic drug use:
daily use of (soft)drugs

Higher risk of problematic substance use

The percentage of Dutch people that are heavy drinkers, smokers or use drugs, broken down into the number of ACEs experienced.



Link between ACEs and substance use

Heavy drinkers



A child with 4+ ACEs is

7,4x more likely to become an alcoholic later in life

Youths with 1+ ACEs start

2-3x more often at the age of 14 with alcohol consumption

Of all Dutch people 8% are heavy drinkers

32% of them have experienced 4+ ACEs

People that are heavy smokers, drinkers or drug users are more likely to have experienced ACEs

Heavy smokers



A child with 4+ ACEs is

2,5x more likely to become a heavy smoker later in life

Adults with 4+ ACEs are

2,5x more likely to have a tobacco addiction

Of all Dutch people 3% are heavy smokers

21% of them have experienced 4+ ACEs

Problematic drug use



A child with 4+ ACEs is

4,7x more likely to use drugs later in life

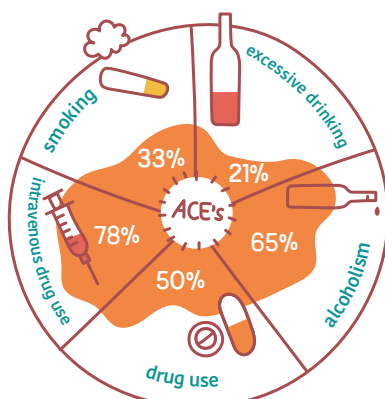
10,3x more likely to use intravenous drugs later in life

Of all Dutch people 2% use soft drugs daily

32% of them have experienced 4+ ACEs

How much do ACEs contribute to the scale of the problem?

The percentage of total problems attributable to ACEs.



Substance use, a coping strategy

For 20-40% of all heavy smokers, problematic drinkers and drug users, it is the case that...

...they experienced 4+ ACEs as a child

...substances are used as a 'coping' strategy

...substances are a 'solution' to an underlying problem

...'standard' methods focussed on behavioural change and lifestyle improvements often do not work

Coping is a way to temporarily escape painful memories, stress or anxiety.

Investing in prevention and the reduction of ACEs contributes to a decrease of smoking, alcohol and drug use, and in turn a Healthy Generation.



AUGEO FOUNDATION

augeo.nl/en/aces