

Adverse childhood experiences

and the lifelong consequences for lifestyle and health

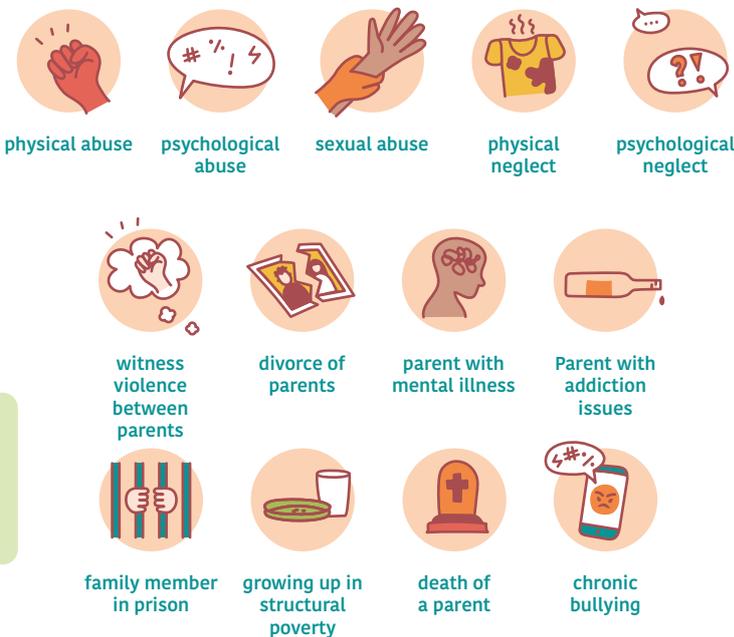
What are adverse childhood experiences?

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?

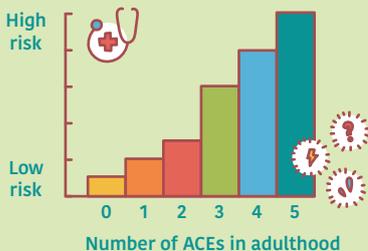
Number of ACEs per person

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



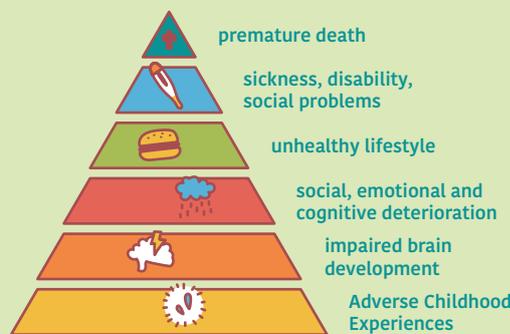
ACEs occur everywhere: in every street, neighbourhood, school and work place.

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.

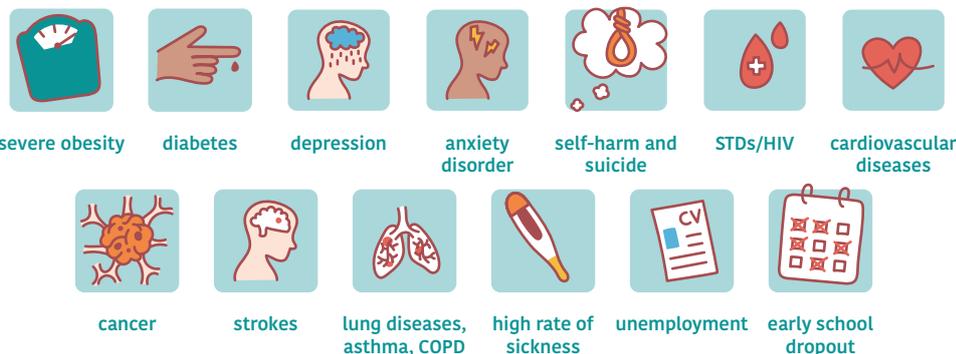
The impact of ACEs on high-risk behaviour and health

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



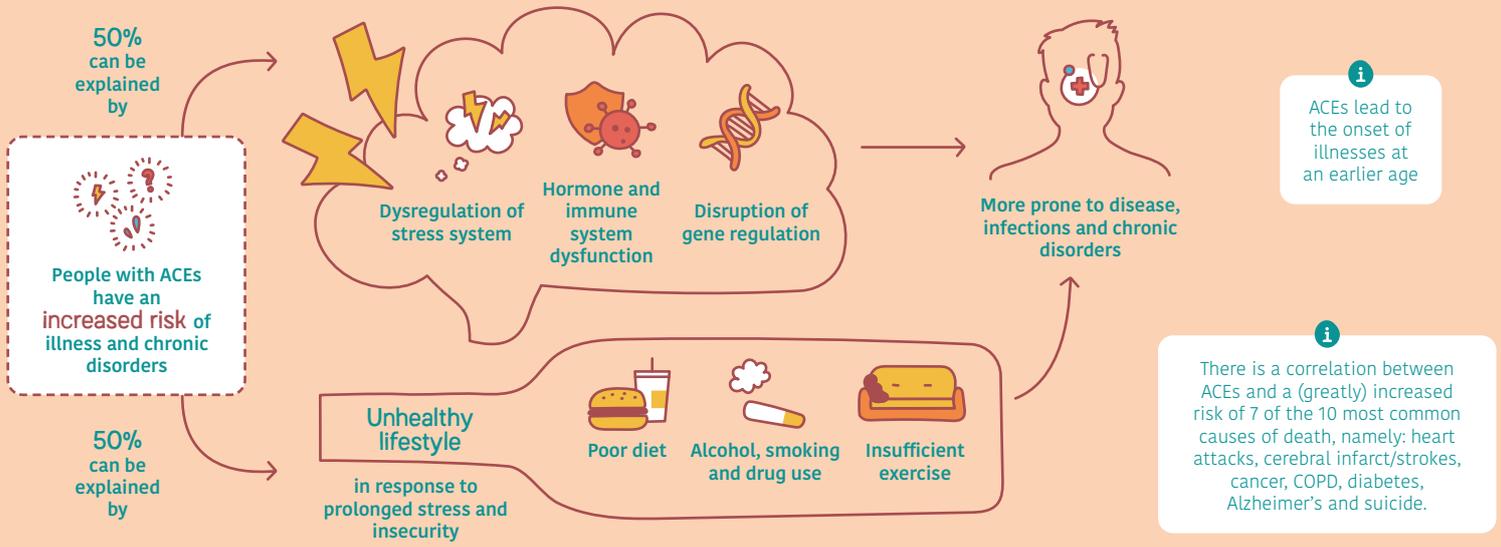
Negative physical, psychological and social health outcomes



Adverse childhood experiences

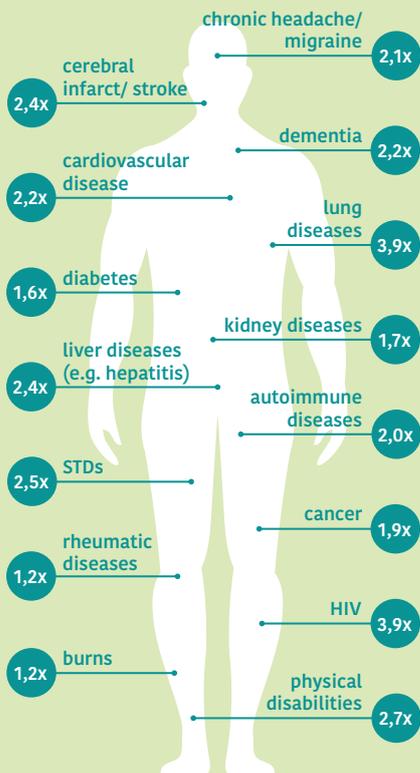
physical health and chronic disorders

How adverse childhood experiences (ACEs) can cause physical illness



Increased chance of physical illnesses and chronic disorders

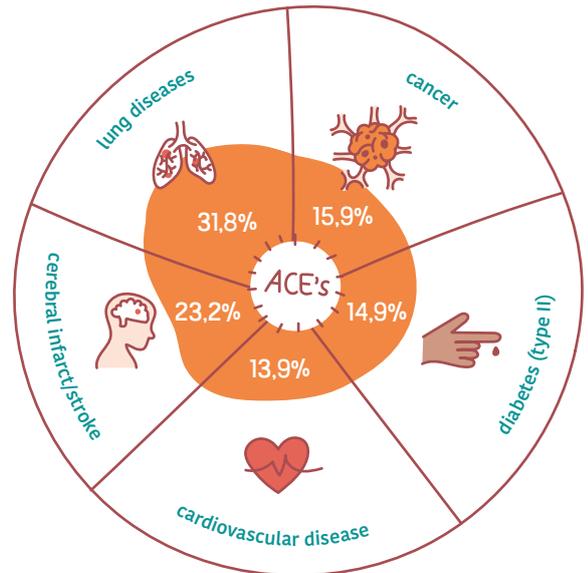
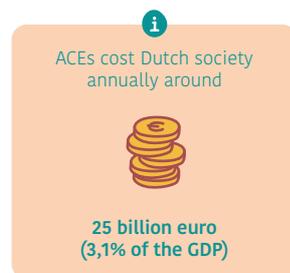
There is a correlation between ACEs and a higher risk of developing various diseases or chronic disorders as a child, youth or adult.



A person with 4+ ACEs therefore has 3,9 times more chance of having a lung disease than somebody without ACEs

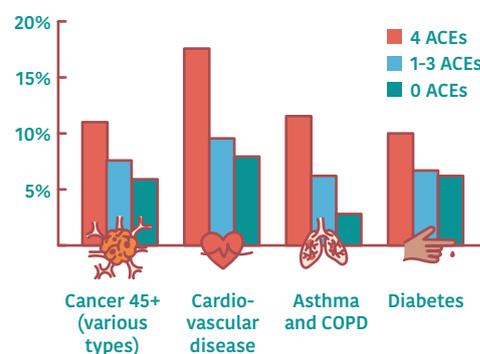
How much do ACEs contribute to the scale of the problem?

By combatting ACEs, the number of people dying of lung disease, as an example, could be reduced by 31,8%.



Higher risk of physical illnesses and chronic disorders

The percentage of Dutch people with a serious (chronic) disorder, broken down into the number of ACEs experienced.



The WHO has calculated that in the Netherlands we can attribute an annual loss of



707.878 healthy life years to ACEs



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