

Adverse childhood experiences

and the lifelong consequences for lifestyle and health

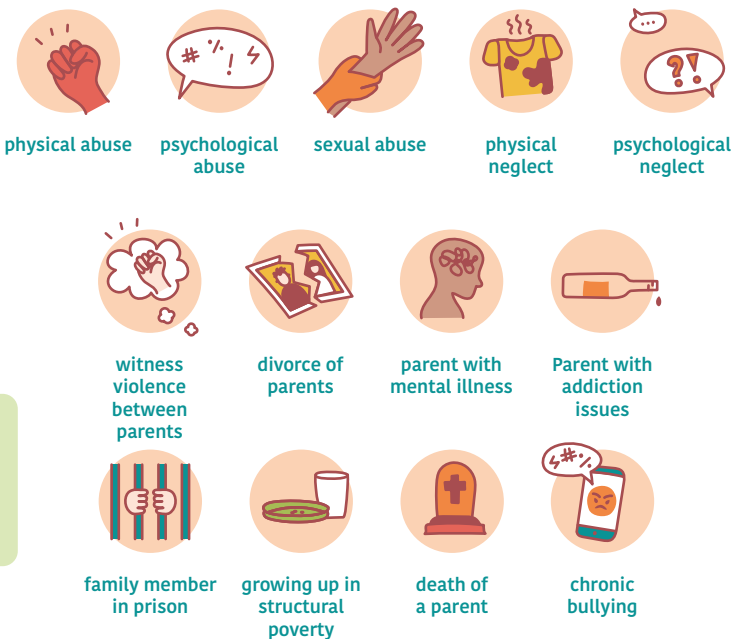
What are adverse childhood experiences?

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?

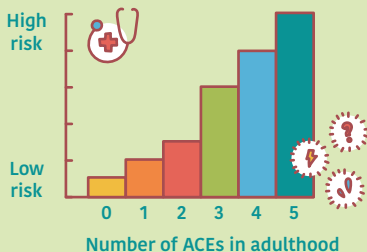
Number of ACEs per person

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



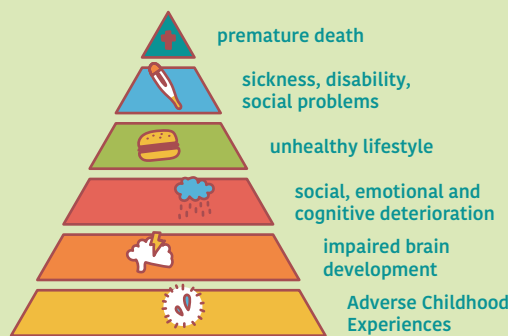
ACEs occur everywhere: in every street, neighbourhood, school and work place.

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.

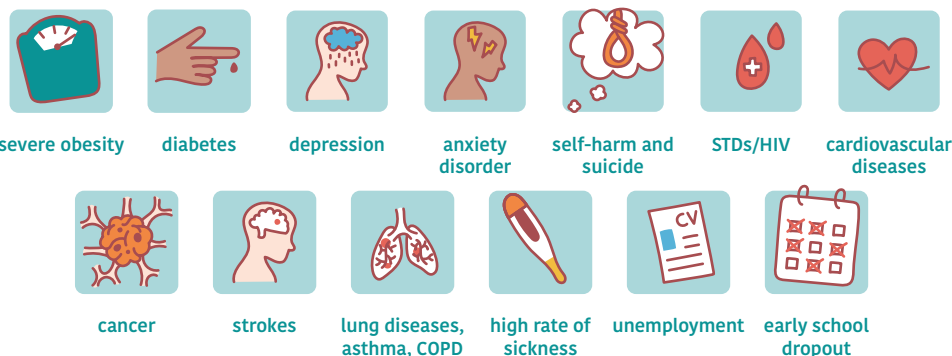
The impact of ACEs on high-risk behaviour and health

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



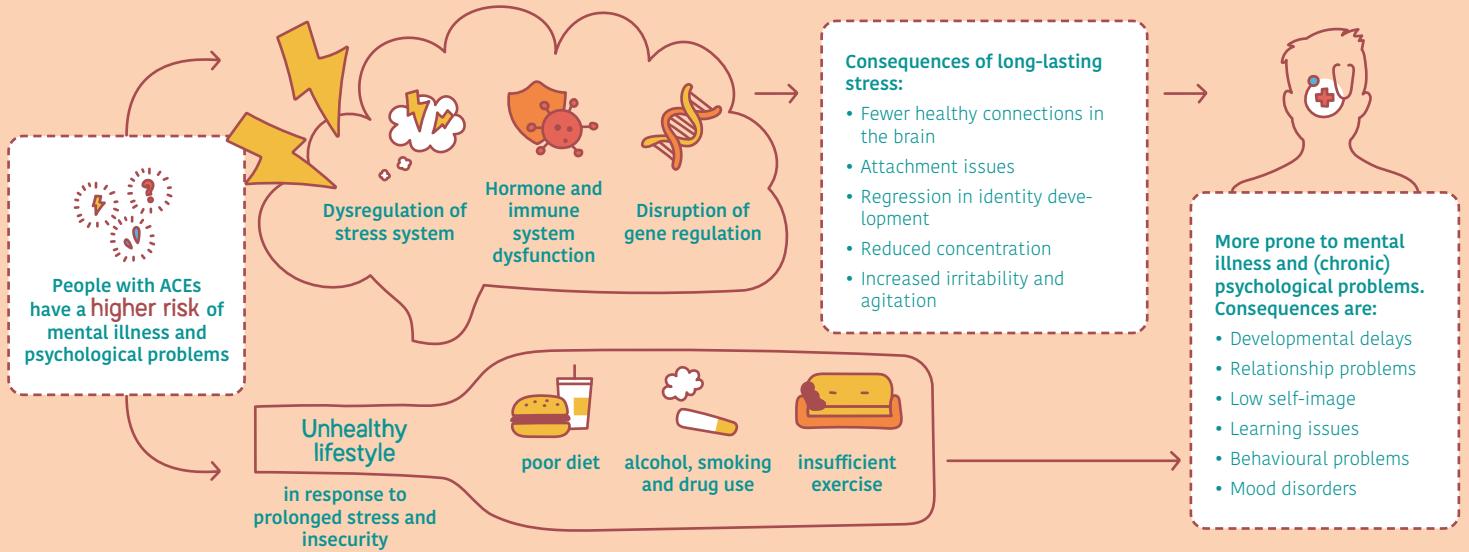
Negative physical, psychological and social health outcomes



Adverse childhood experiences

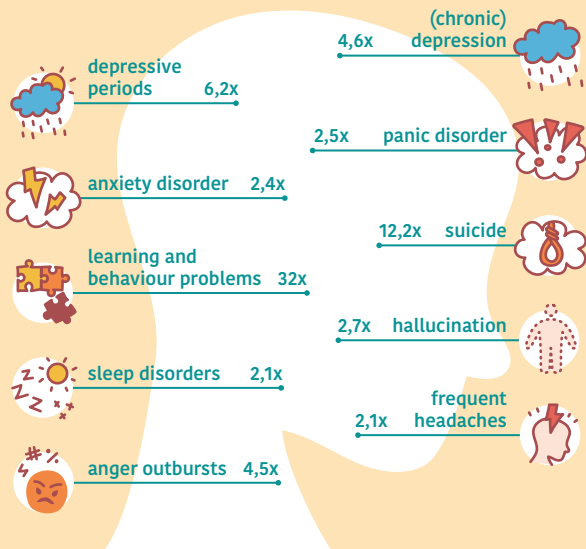
mental health and psychological problems

How adverse childhood experiences (ACEs) can cause mental illness



Increased chance of mental illness and psychological problems

There is a correlation between ACEs and a higher risk of developing mental illness or psychological problems as a child, youth or adult. Someone with 4+ ACEs are, for example, 4,6x more likely to suffer from (chronic) depression than someone without ACEs.

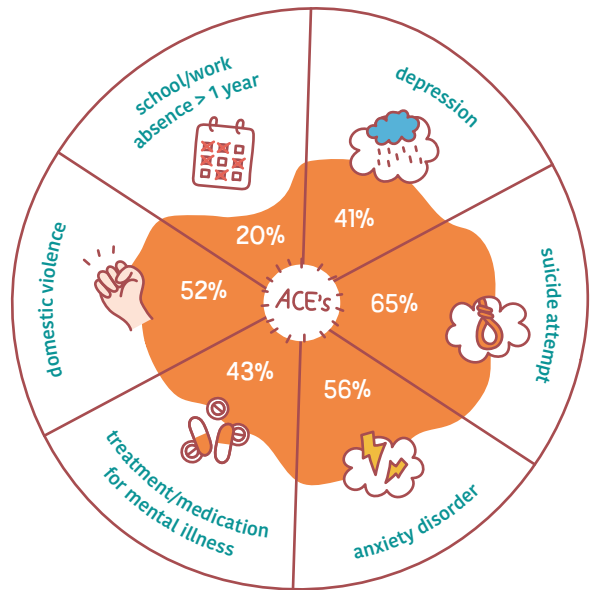


Psycho-social problems that are often related to mental disorders:

Financial problems	2,4x
Victim of sexual violence	8,2x
Perpetrator domestic abuse	5,5x
First sexual intercourse ≤ 14 yrs	6,6x
Unplanned pregnancy	2,4x
Imprisonment	4,0x

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

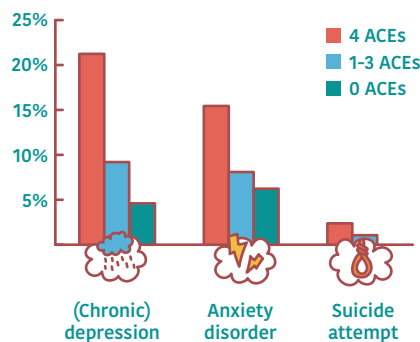
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Increased risk of mental illness and psychological disorders

The percentage of Dutch people with mental illness and psychological (chronic) disorder, broken down into the number of ACEs experienced.



Children who experience multiple ACEs have a higher chance of being wrongly diagnosed with ADHD, a behaviour disorder or autism (ASS). Children with 4+ ACEs are three times more likely to be on medication for ADHD.