



Adverse Childhood Experiences (ACEs)

- Implications for Swansea citizens

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Background

Adults in Wales who were abused (verbally, physically or sexually) as children or brought up in households where there was domestic violence, parental separation (with conflict), alcohol or drug abuse or parental incarceration are more likely to adopt health-harming and anti-social behaviours in adult life

What are ACE's?

'Adverse Childhood Experiences (ACEs) are stressful experiences occurring during childhood that directly harm a child (e.g. sexual or physical abuse) or affect the environment in which they live (e.g. growing up in a house with domestic violence)'

Bellis et al 2016

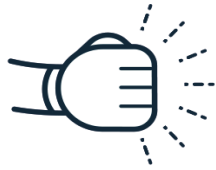
ACE's Video

- [ACE Aware — ACE Aware Wales](#)

Adverse Childhood Experiences

ABUSE

Physical



Emotional



Sexual



NEGLECT

Physical

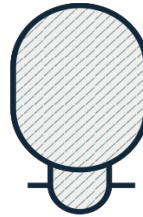


Emotional



HOUSEHOLD DYSFUNCTION

Mental Illness



Mother Treated Violently



Incarcerated Relative

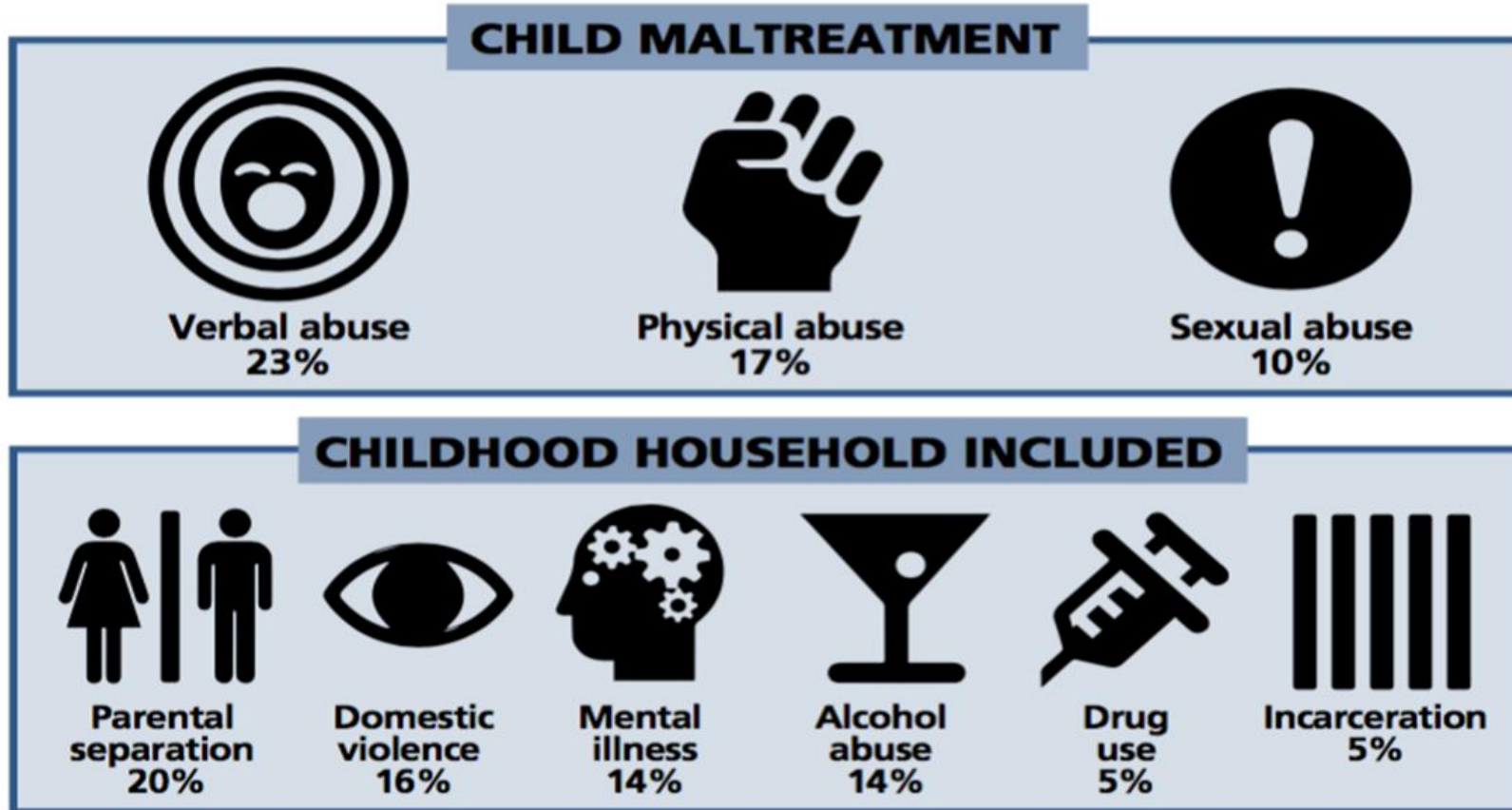
Substance Abuse



Parental separation

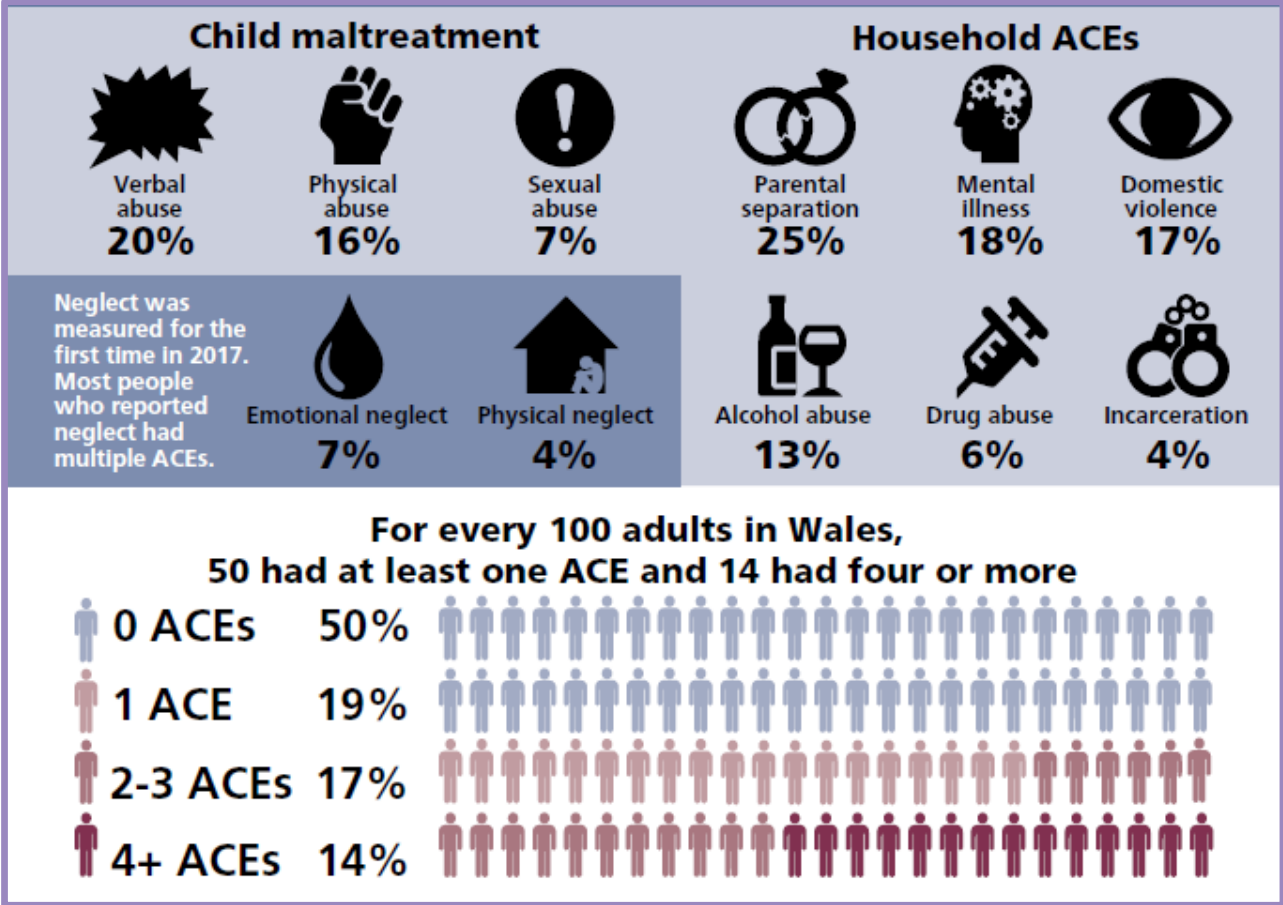
Citizens - exposure to ACEs

How many adults in Wales have been exposed to each ACE?



Ref. - National ACE Study for Wales

How many citizens are affected- Prevalence



= one in every seven adults aged 18-69 years in Swansea will have experienced four or more ACEs

= just under half citizens in Swansea will have experienced at least one ACEs

ACE's risk to citizens

National Study of ACEs in Wales (18-69 years)

Compared with people with no ACEs, those with 4+ ACEs were:



- 4 times more likely to be a high risk drinker
- 6 times more likely to smoke tobacco or E-cigs
- 11 times more likely to have smoked cannabis
- 15 times more likely to have committed violence in last 12 months
- 16 times more likely to have used crack cocaine or heroin
- 20 times more likely to have been incarcerated in their life

Living through early traumatic events also increases the risk of a range of physical health conditions. Up to the age of 69 years, those with four or more ACEs were **twice as likely** as those with no ACEs to be diagnosed with a chronic disease

Impact on citizen well-being

Over the past two weeks, compared to people with no ACEs, those with 4+ ACEs were also:

- 3 times more likely to have never or rarely felt relaxed
- 3 times more likely to have never or rarely felt close to other people
- 4 times more likely to have never or rarely been thinking clearly
- 5 times more likely to have never or rarely to have dealt with problems well
- 5 times more likely to have never or rarely been able to make up their own mind about things
- 6 times more likely to have never or rarely felt optimistic about the future
- 6 times more likely to have never or rarely felt useful

The Public Health Wales (2018) research report into tackling harms from ACEs shows that building resilience across the life course can help avoid and overcome the harmful outcomes of ACEs.

How is this different for Swansea citizens?

- Different way of looking at journey into services/ needs/ pathways/ support roles
- Supports whole system thinking about public services- currently services are commissioned to deal with a single problem: e.g. tenancy support, pupil referral, family support,
- Potential for network of ACE informed/ aware organisations in Swansea
- Potential for identifying safe places
- Promoting 'kindness' / ACEs awareness at all front door/public – facing access points
- Just having the (ACEs) conversation can make a difference to citizens

Next Steps

- To look at benefits of becoming an ACEs Informed Council and what this would entail doing?
- To consider to what extent is the Council already ACEs informed?
- How could fit with Council's approach to Well-being?

Further information:

<https://www.aceawarewales.com/>