



Did you know?

Adverse Childhood Experiences



An Adverse Childhood Experience (ACE) is defined as "traumatic experiences occurring during childhood that are remembered through adulthood, ranging from suffering verbal, mental, sexual and physical abuse, to being raised in a household where domestic violence, alcohol abuse, parental separation or drug abuse is present.

There is wide-ranging consensus that tackling ACEs is one of the biggest challenges facing public services in the future; recognising the problems we face across generations and communities require innovative, preventative approaches.

Despite this recognition, our current health and social care systems tend to respond to the effects of people experiencing ACEs rather than being able to address the causes. This means that intervention often only comes when problems have already occurred, which is too late to avoid much of the damage to someone's life.

Alongside the damage to the individual's well-being, dealing with the symptoms and effects of ACEs in the short term is expensive (£17bn per year is spent on dealing with them, across England and Wales), and dealing with the long-term consequences puts even more strain on public services and budgets.

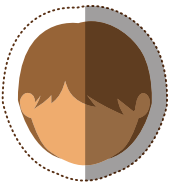
Preventing and tackling ACEs is all about giving people the potential to live long, healthy, happy and meaningful lives, and for society to benefit from greater general well-being and resilience.

Resilient people are more likely to make positive choices throughout their lifetimes and contribute to societal well-being on a wider scale – for instance by being economically active, securing a decent job and developing good skills, and engaging in cultural and social life.

Let's create the future together
#OurFutureWales



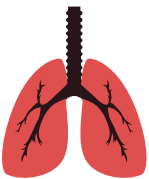
The Facts



For every 100 adults in Wales, 50 have suffered at least one ACE during their childhood and 14 have suffered 4 or more.



41% of adults in Wales who suffered four or more ACEs in childhood are now living with low mental well-being.



By the age of 69, those with four or more ACEs were 4 x more likely to develop Type 2 Diabetes, 3 x more likely to develop Heart Disease and 3x more likely to develop a respiratory disease.



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

- 20% verbal abuse
- 16% physical abuse
- 7% sexual abuse
- 25% parental separation
- 17% domestic violence
- 18% mental illness
- 13% alcohol abuse
- 6% drug use
- 4% incarceration