

Adverse Childhood Experiences (ACEs) in Wales

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).

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

CHILD MALTREATMENT



Verbal abuse
23%

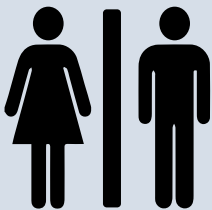


Physical abuse
17%



Sexual abuse
10%

CHILDHOOD HOUSEHOLD INCLUDED



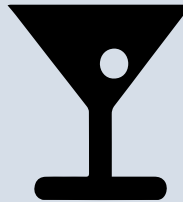
Parental separation
20%



Domestic violence
16%



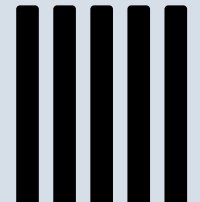
Mental illness
14%



Alcohol abuse
14%

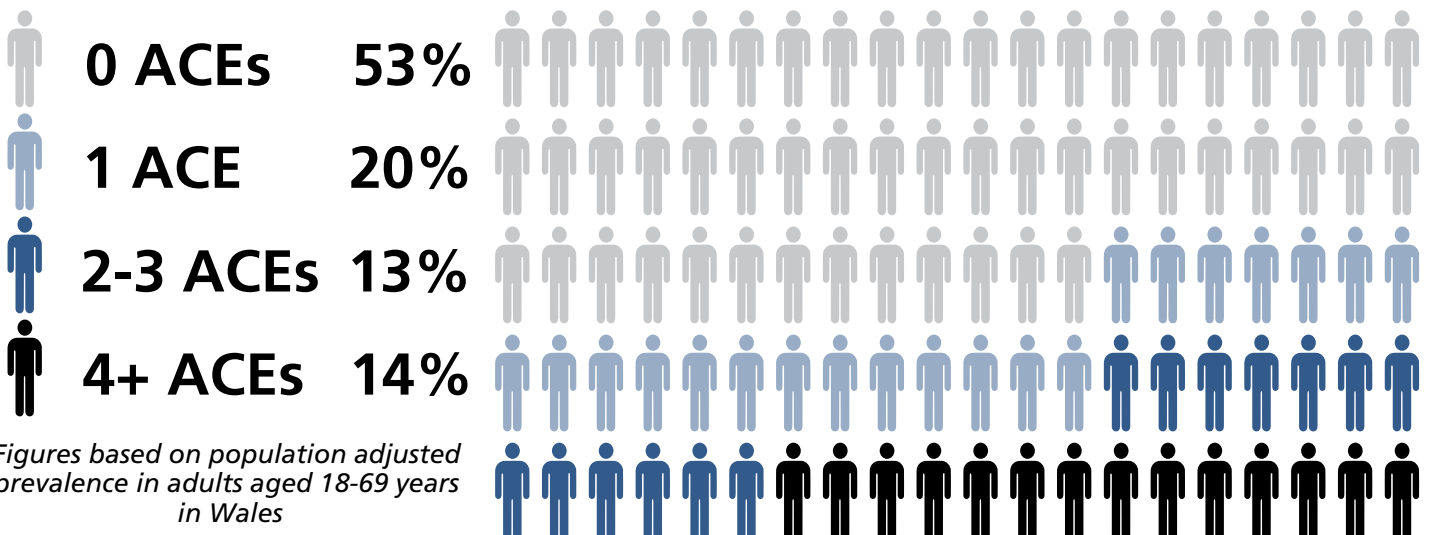


Drug use
5%



Incarceration
5%

For every 100 adults in Wales 47 have suffered at least one ACE during their childhood and 14 have suffered 4 or more.



Figures based on population adjusted prevalence in adults aged 18-69 years in Wales

ACEs increase individuals' risks of developing health-harming behaviours

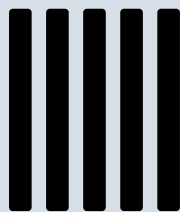
Compared with people with no ACEs, those with 4+ ACEs are:

- 4 times more likely** to be a high-risk drinker
- 6 times more likely** to have had or caused unintended teenage pregnancy
- 6 times more likely** to smoke e-cigarettes or tobacco
- 6 times more likely** to have had sex under the age of 16 years
- 11 times more likely** to have smoked cannabis
- 14 times more likely** to have been a victim of violence over the last 12 months
- 15 times more likely** to have committed violence against another person in the last 12 months
- 16 times more likely** to have used crack cocaine or heroin
- 20 times more likely** to have been incarcerated at any point in their lifetime

Preventing ACEs in future generations could reduce levels of:



Heroin/crack cocaine use (lifetime) by 66%



Incarceration (lifetime) by 65%



Violence perpetration (past year) by 60%



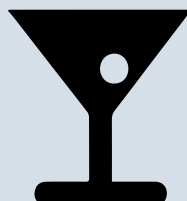
Violence victimisation (past year) by 57%



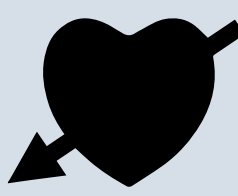
Cannabis use (lifetime) by 42%



Unintended teen pregnancy by 41%



High-risk drinking (current) by 35%



Early sex (before age 16) by 31%



Smoking tobacco or e-cigarettes (current) by 24%



Poor diet (current; <2 fruit & veg portions daily) by 16%

The national survey of Adverse Childhood Experiences in Wales interviewed approximately 2000 people (aged 18-69 years) from across Wales at their homes in 2015. Of those eligible to participate, just under half agreed to take part and we are grateful to all those who freely gave their time. Information in this info-graphic is taken from *Adverse Childhood Experiences and their association with health-harming behaviours in the Welsh adult population*.

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