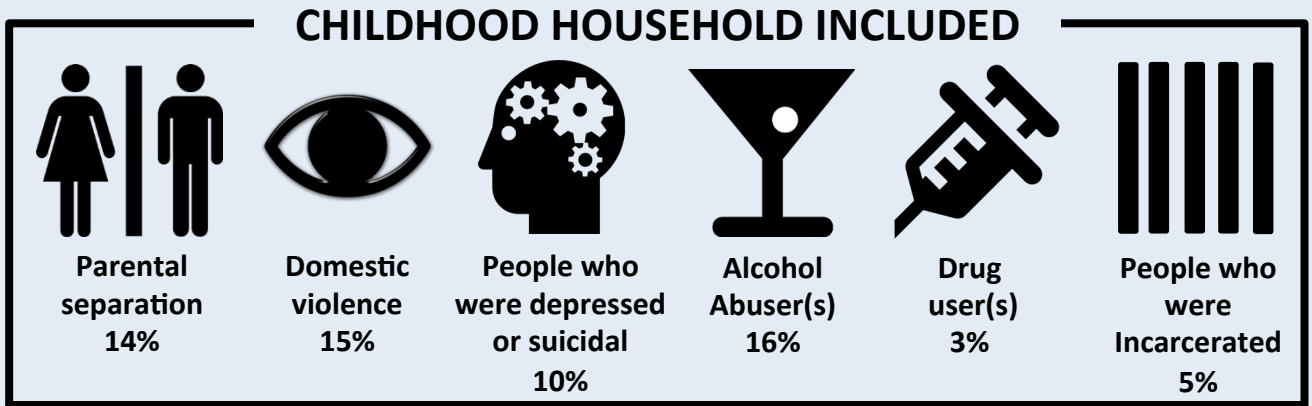
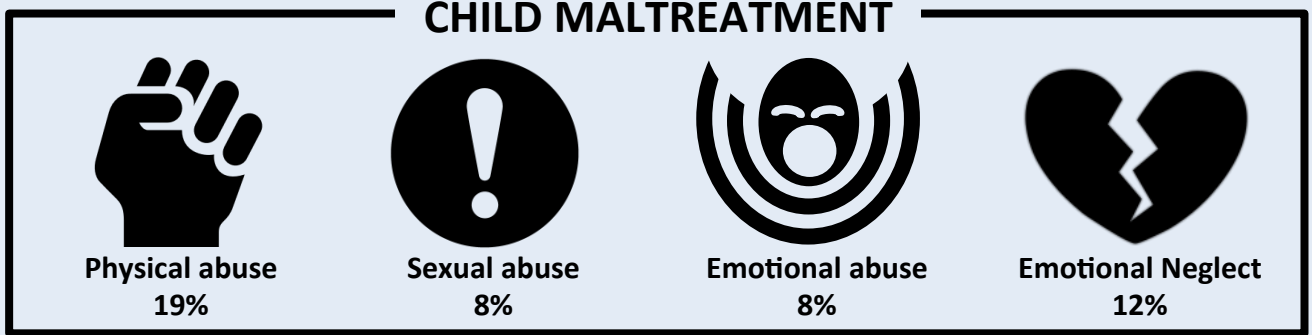


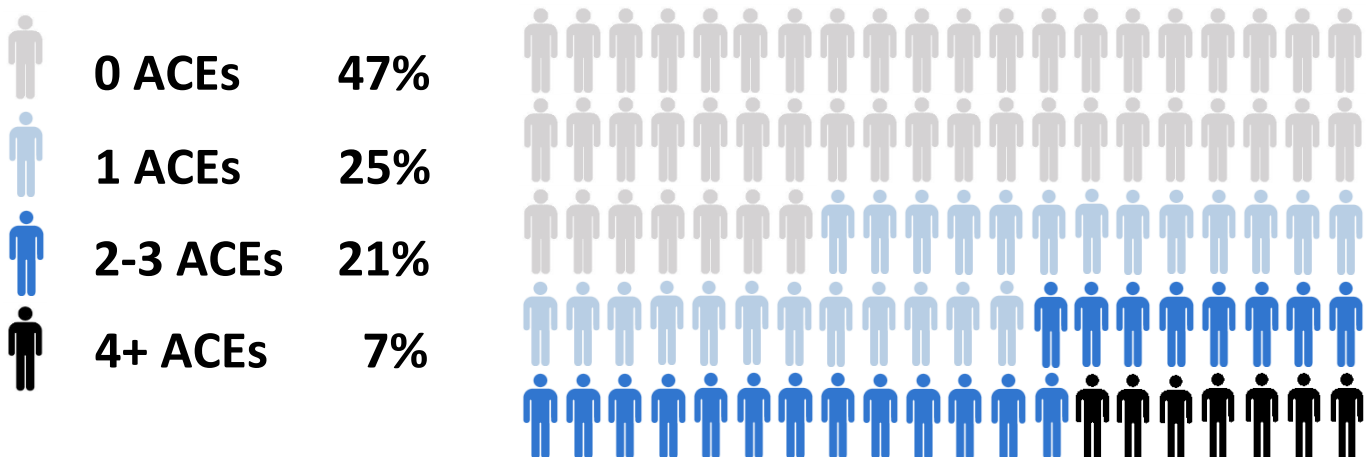
Adverse Childhood Experiences (ACEs) in Eastern Europe

Stressful events occurring during childhood that directly affect a child (e.g. child maltreatment) or affect the environment in which they live (e.g. growing up in a household where there is domestic violence)

10,696 young adults were surveyed in eight Eastern European countries*
How many had suffered each ACE?



For every 100 young adults surveyed, 53 had suffered at least one ACE during their childhood and 7 had suffered 4 or more ACEs

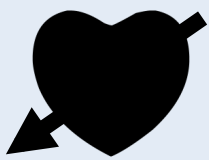


ACEs increase individuals' risks of developing health-harming behaviours

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

- 2 times more likely to be physically inactive
- 3 times more likely to be a current smoker
- 3 times more likely to have had sex while under 16 years old
- 4 times more likely to have had 5+ sexual partners
- 6 times more likely to have used drugs
- 10 times more likely to be problem drinkers
- 49 times more likely to have ever attempted suicide

If participants had no ACEs, levels of health harming behaviours could have been reduced by:



Early Sex
(<16 years)
by 21%



Multiple sex Partners (≥5)
by 21%



Smoking
(current)
by 22%



Drug use
(lifetime)
by 36%

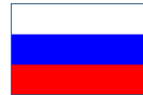


Problem drinking
(current)
by 51%



Suicide attempt
(ever)
by 83%

* 10,696 18-25 year olds were surveyed in educational settings in: Albania, Latvia, Lithuania, Montenegro, Romania, Russian Federation, the former Yugoslav Republic of Macedonia and Turkey



Data from all surveys were combined and analysed to examine the impact of ACEs on health risk behaviours across the entire sample. The full study methodology and findings are published in the WHO Bulletin:

Adverse childhood experiences and associations with health-harming behaviours in young adults: surveys in the European Region

Bellis MA¹, Hughes K², Leckenby N, Jones L, Baban A, Kachaeva M, Povilaitis R, Pudule I, Qirjako G, Ulukol B, Raleva M, Terzic N; WHO Bulletin, June 2014

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