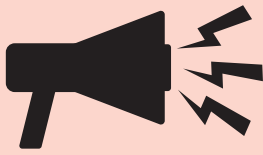


# Adverse Childhood Experiences (ACEs) in Dacorum

ACEs are 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 house where there is domestic violence)

How many adults in Dacorum have suffered each ACE?

## CHILD MALTREATMENT



Verbal abuse  
24%

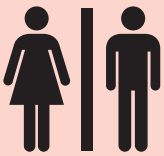


Physical abuse  
14%



Sexual abuse  
6%

## CHILDHOOD HOUSEHOLD INCLUDED



Parental separation  
17%



Domestic violence  
15%



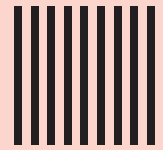
Mental illness  
11%



Alcohol abuse  
11%



Drug use  
4%



Incarceration  
3%

For every 100 adults in Dacorum 44 have suffered at least one ACE during their childhood and 9 have suffered 4 or more



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

# ACEs increase individuals' risks of developing health-harming behaviours

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

- 2 times more likely to currently binge drink or have a poor diet
- 3 times more likely to be a current smoker
- 4 times more likely to have had sex while under 16 years old or to have smoked cannabis
- 4 times more likely to have had or caused unintended teenage pregnancy
- 8 times more likely to have been a victim of violence in the last year or ever been incarcerated
- 10 times more likely to have been a perpetrator of violence in the last year

In Dacorum preventing ACEs in future generations could reduce levels of:



**Early sex**  
(before age 16)  
by 36%



**Unintended teen pregnancy**  
by 43%



**Smoking**  
(current)  
by 24%



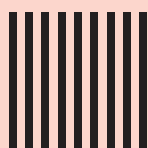
**Binge drinking**  
(current)  
by 20%



**Cannabis use**  
(lifetime)  
by 42%



**Heroin/crack use**  
(lifetime)  
by 53%



**Incarceration**  
(lifetime)  
by 50%



**Violence perpetration**  
(past year)  
by 60%



**Violence victimisation**  
(past year)  
by 56%



**Poor diet**  
(current; <2 fruit & veg portions daily)  
by 13%

\*These figures relate to the full study sample.

The Northamptonshire, Hertfordshire and Luton ACE study interviewed nearly 5,500 residents (aged 18-69) in 2015. Around six in ten people asked to participate agreed to do so and we are grateful to all those who freely gave up their time. A report presenting the full methodology and results is available at [www.cph.org.uk](http://www.cph.org.uk): Ford K, Butler N, Hughes K, Quigg Z, Bellis M. (2016) Adverse Childhood Experiences (ACEs) in Northamptonshire, Hertfordshire and Luton. Liverpool: Centre for Public Health.

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