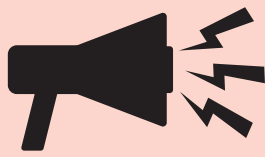


Adverse Childhood Experiences (ACEs) in Watford

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 Watford have suffered each ACE?

CHILD MALTREATMENT



Verbal abuse
20%

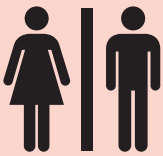


Physical abuse
12%



Sexual abuse
6%

CHILDHOOD HOUSEHOLD INCLUDED



Parental separation
14%



Domestic violence
14%



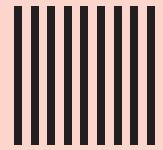
Mental illness
8%



Alcohol abuse
9%



Drug use
3%



Incarceration
3%

For every 100 adults in Watford 36 have suffered at least one ACE during their childhood and 6 have suffered 4 or more



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

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 Watford preventing ACEs in future generations could reduce levels of:



Early sex
(before age 16)
by 32%



Unintended teen pregnancy
by 39%



Smoking
(current)
by 20%



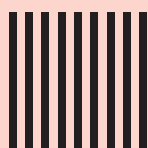
Binge drinking
(current)
by 18%



Cannabis use
(lifetime)
by 40%



Heroin/crack use
(lifetime)
by 49%



Incarceration
(lifetime)
by 45%



Violence perpetration
(past year)
by 55%



Violence victimisation
(past year)
by 51%



Poor diet
(current; <2 fruit & veg portions daily)
by 17%

*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: 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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