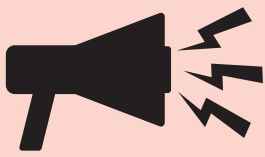


# Adverse Childhood Experiences (ACEs) in Welwyn Hatfield

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 Welwyn Hatfield have suffered each ACE?

## CHILD MALTREATMENT



Verbal abuse  
22%

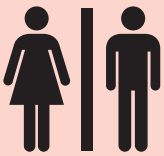


Physical abuse  
12%



Sexual abuse  
6%

## CHILDHOOD HOUSEHOLD INCLUDED



Parental separation  
17%



Domestic violence  
16%



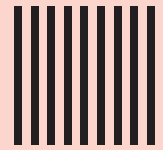
Mental illness  
11%



Alcohol abuse  
10%



Drug use  
4%



Incarceration  
3%

For every 100 adults in Welwyn Hatfield 43 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 Welwyn Hatfield

# 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 Welwyn Hatfield preventing ACEs in future generations could reduce levels of:



**Early sex**  
(before age 16)  
by 34%



**Unintended teen pregnancy**  
by 42%



**Smoking**  
(current)  
by 23%



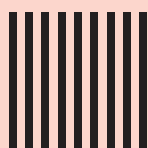
**Binge drinking**  
(current)  
by 21%



**Cannabis use**  
(lifetime)  
by 40%



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



**Incarceration**  
(lifetime)  
by 49%



**Violence perpetration**  
(past year)  
by 58%



**Violence victimisation**  
(past year)  
by 53%



**Poor diet**  
(current; <2 fruit & veg portions daily)  
by 12%

\*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.

We would like to acknowledge the following contributors to this research: Public Health England, Luton Borough Council, Hertfordshire County Council and Northamptonshire County Council. April 2016.

Centre for Public Health, Faculty of Education, Health and Community, Liverpool John Moores University, Henry Cotton Campus, 15-21 Webster Street, Liverpool, L3 2ET | 0151 231 4542 | [www.cph.org.uk](http://www.cph.org.uk)