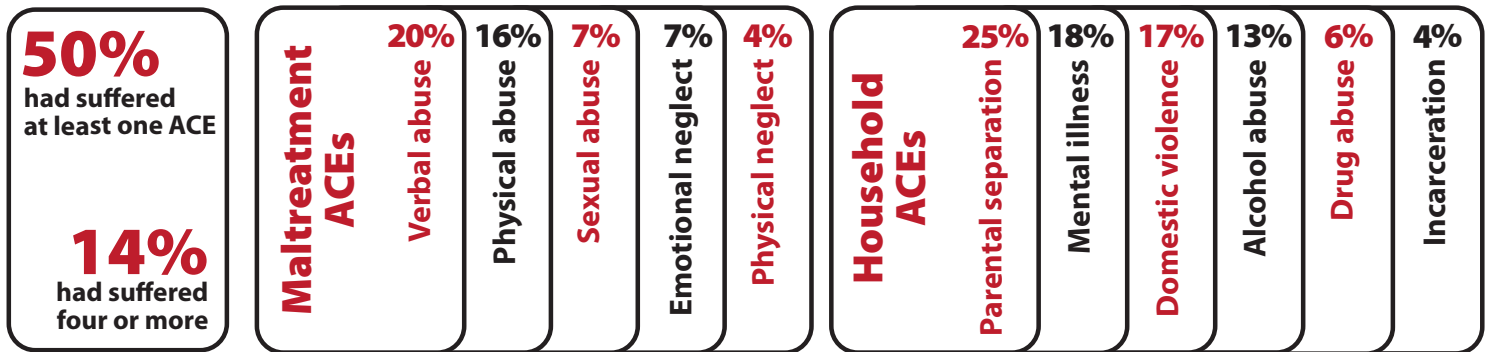


Adverse Childhood Experiences (ACEs) and Resilience

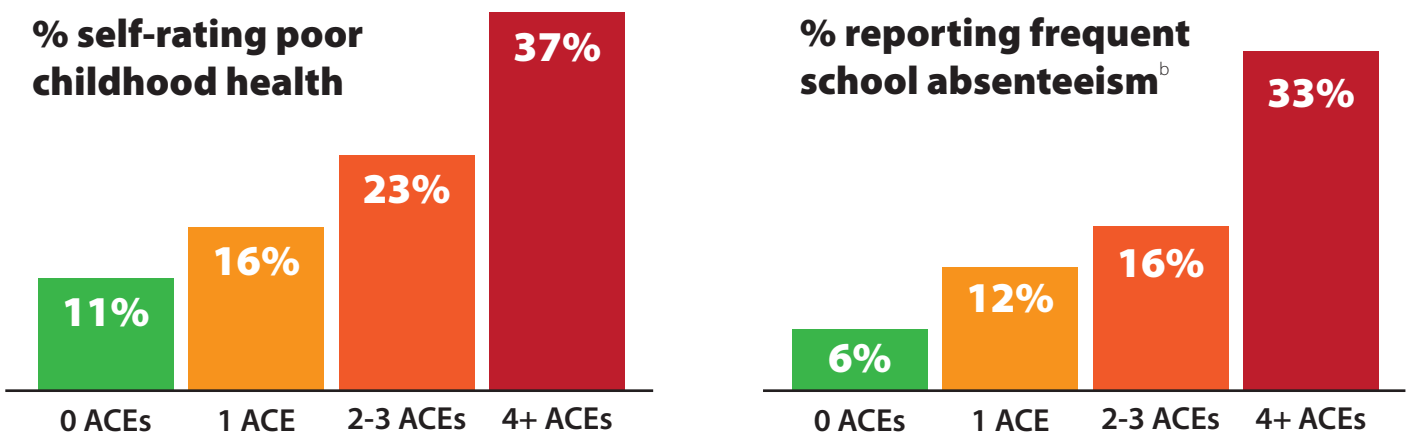
Relationships with childhood health and school absenteeism

The Welsh ACE and Resilience Study asked adults about exposure to 11 ACEs in childhood and a range of questions on childhood health, secondary school absenteeism and childhood community resilience assets.

How many adults had suffered ACEs?^a



The proportion of adults reporting poor childhood health and frequent school absenteeism increased with the number of ACEs suffered



Compared with individuals with no ACEs, those with four or more ACEs were:



2x more likely to have childhood **allergies**



3x more likely to have childhood **headaches**



3x more likely to have childhood **asthma**



4x more likely to have childhood **digestive problems**



5x more likely to report **poor childhood health**



7x more likely to report **frequent school absenteeism^b**

The Welsh ACE and Resilience Study interviewed approximately 2,500 adults (aged 18-69 years) across Wales in 2017. We are grateful to everyone who voluntarily gave their time to participate.

^a Adjusted to population demographics. Based on full sample, see: <http://www.wales.nhs.uk/sitesplus/888/page/94697>;

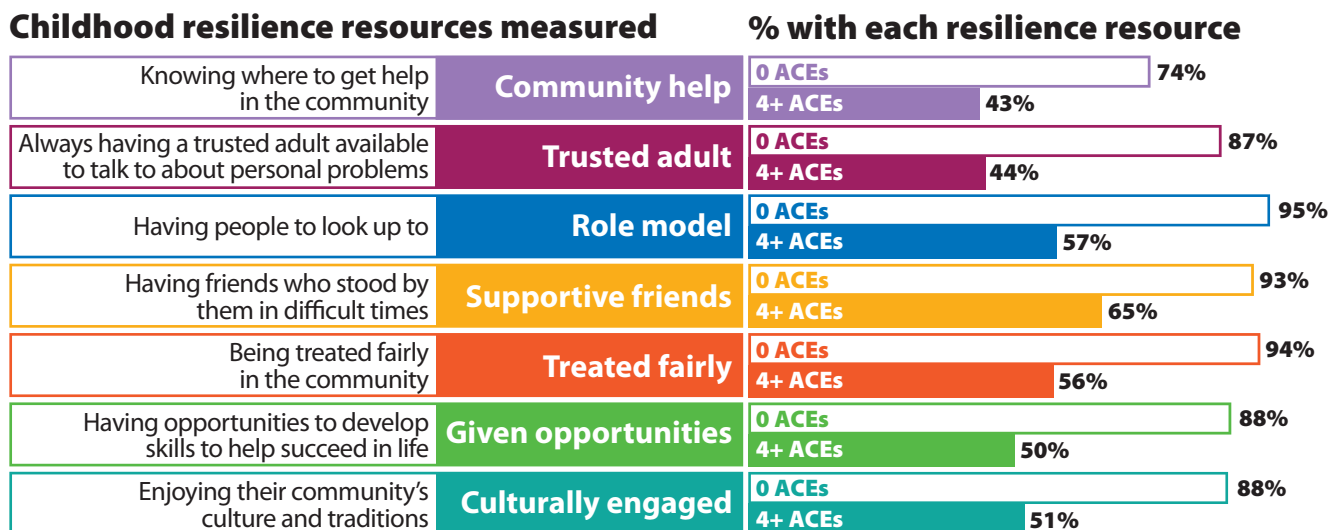
^b Missing >20 days per year during secondary school.

The importance of resilience in children's lives

Resilience is the ability to overcome severe hardships such as those presented by ACEs and consequently avoid some of their harmful impacts. Factors that help build resilience include: positive relationships, community support, cultural connections and personal skills.

In this study we focused on seven childhood community resilience resources.

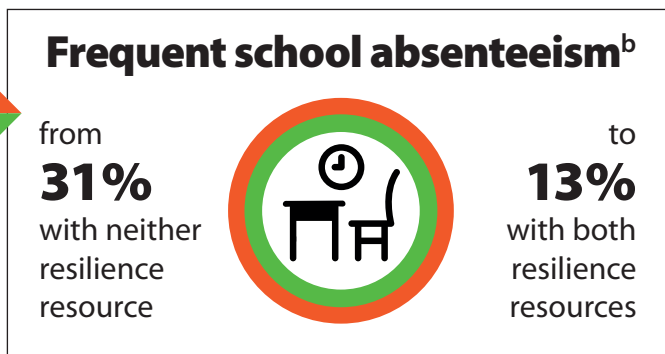
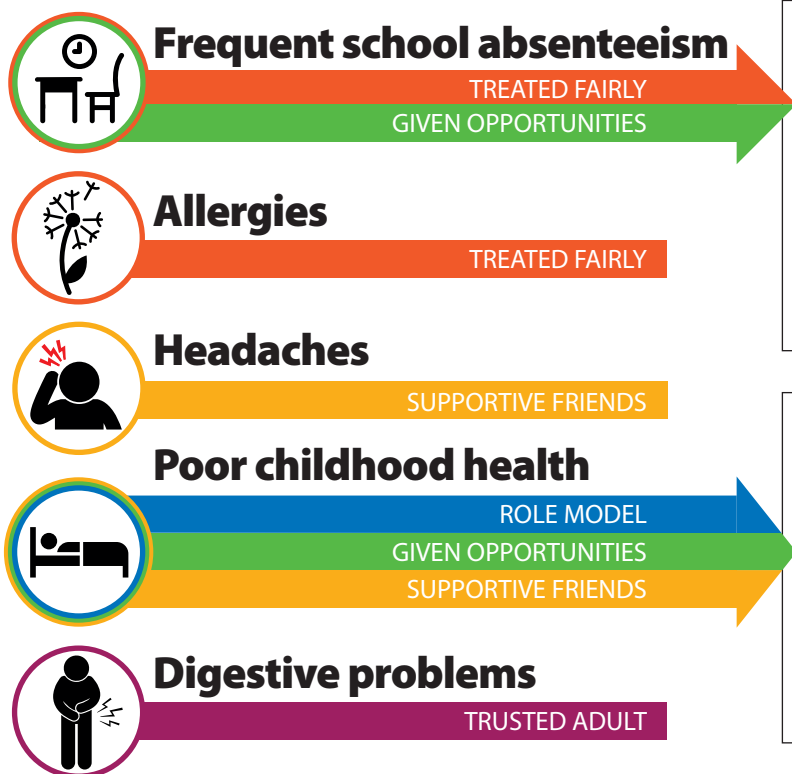
Individuals with ACEs reported lower childhood resilience resources^a



Having each childhood resilience resource was associated with lower levels of school absenteeism^b and childhood health problems^c even in those with ACEs

Specific resilience resources were strongly related to reductions in some outcomes:

In those with 4+ ACEs, having these resilience resources reduced levels of:^d



^aBased on full sample, see: <http://www.wales.nhs.uk/sitesplus/888/page/94697>; ^bMissing >20 days per year during secondary school; ^cCommunity help, trusted adult and treated fairly were not related to asthma; community help was not related to digestive problems; ^dAdjusted to sample demographics.

Full findings from this study are available in the open access journal article: Bellis MA, Hughes K, Ford K et al. Adverse childhood experiences and sources of childhood resilience: a retrospective study of their combined relationships with childhood health and educational attendance. BMC Public Health 2018; 18: 792.

<https://bmcpubhealth.biomedcentral.com/articles/10.1186/s12889-018-5699-8>