



Public Health
England

Complex System mapping of Adverse Childhood Experiences

Gemma Mann and Georgina Wilkinson
PHE



Content of the workshop

- A short reminder of what adverse childhood experiences are and why we are looking at them
- System mapping



What are adverse childhood experiences?

- There are 3 direct and 6 indirect experiences that have an impact on childhood development.
- Evidence suggests children exposed to 4 or more adverse experiences are more likely to participate in risk taking behaviours and find it more difficult to make changes.
- ...and consequently, have poorer health outcomes.



Adverse Childhood Experiences (ACEs)

CHILD MALTREATMENT



Verbal abuse
23%



Physical abuse
14%



Sexual abuse
6%

CHILDHOOD HOUSEHOLD INCLUDED



Parental
separation
18%



Domestic
violence
16%



Mental
illness
11%



Alcohol
abuse
11%



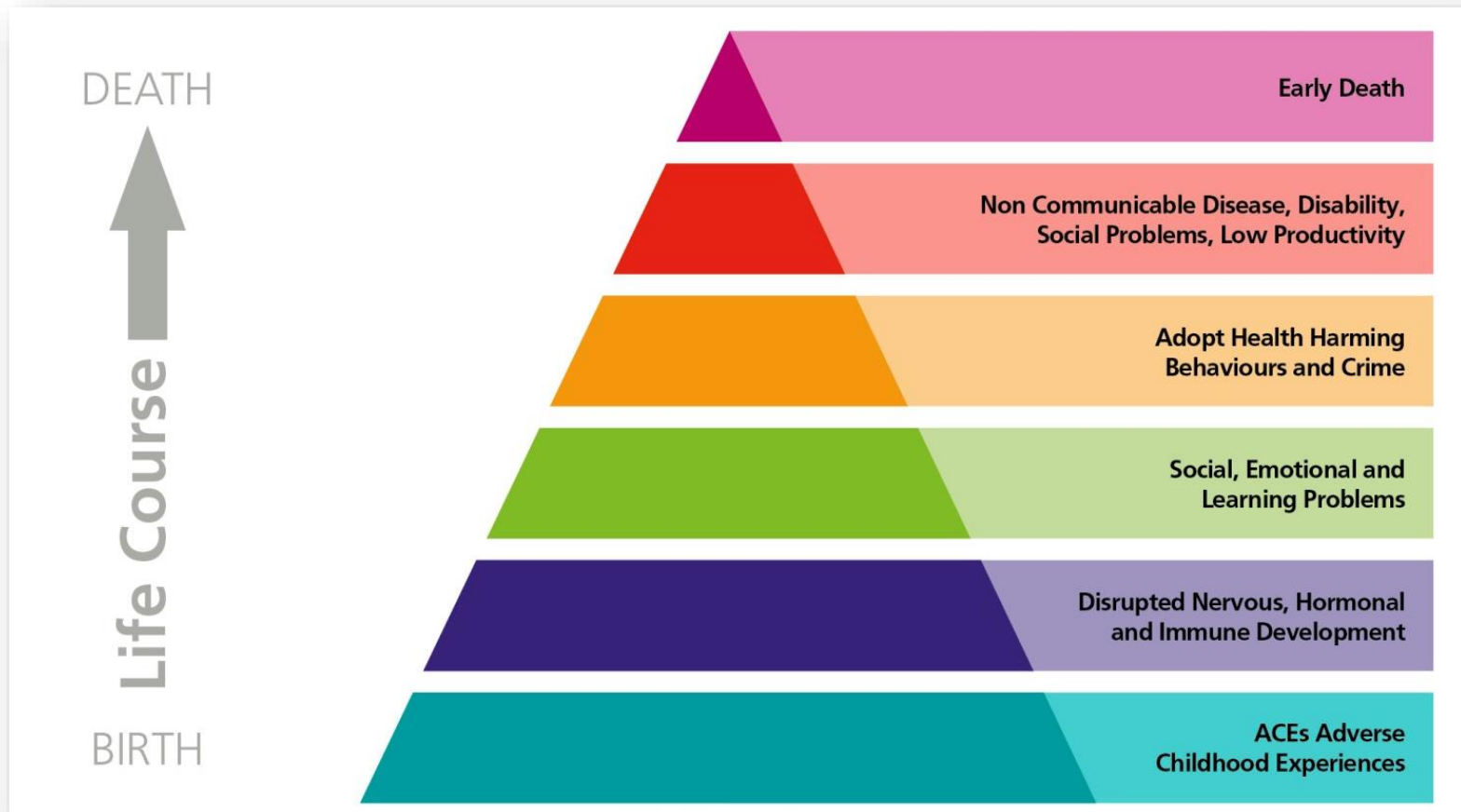
Drug use
4%



Incarceration
3%



2. Why ACEs matter





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Who is at risk?

Individuals reporting at least one ACE



47%

Individuals reporting 4 ACEs or more



9%

Source: Bellis, 2014.



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Health and wellbeing behaviours

UK study suggests those with 4 ACEs + are:

2x more likely to **have a poor diet** ²

3x more likely to **smoke** ¹

5x more likely to have had **sex under 16 years** ¹

6x more likely to **have been pregnant**

or got someone accidentally pregnant Under 18 ²



Source: 1. Bellis et al. 2012 2. Bellis et al. 2013



Social and community impact

UK study suggests those with 4 ACEs + are:

2x more likely to **binge drink**

7x more likely to be involved in **recent violence**

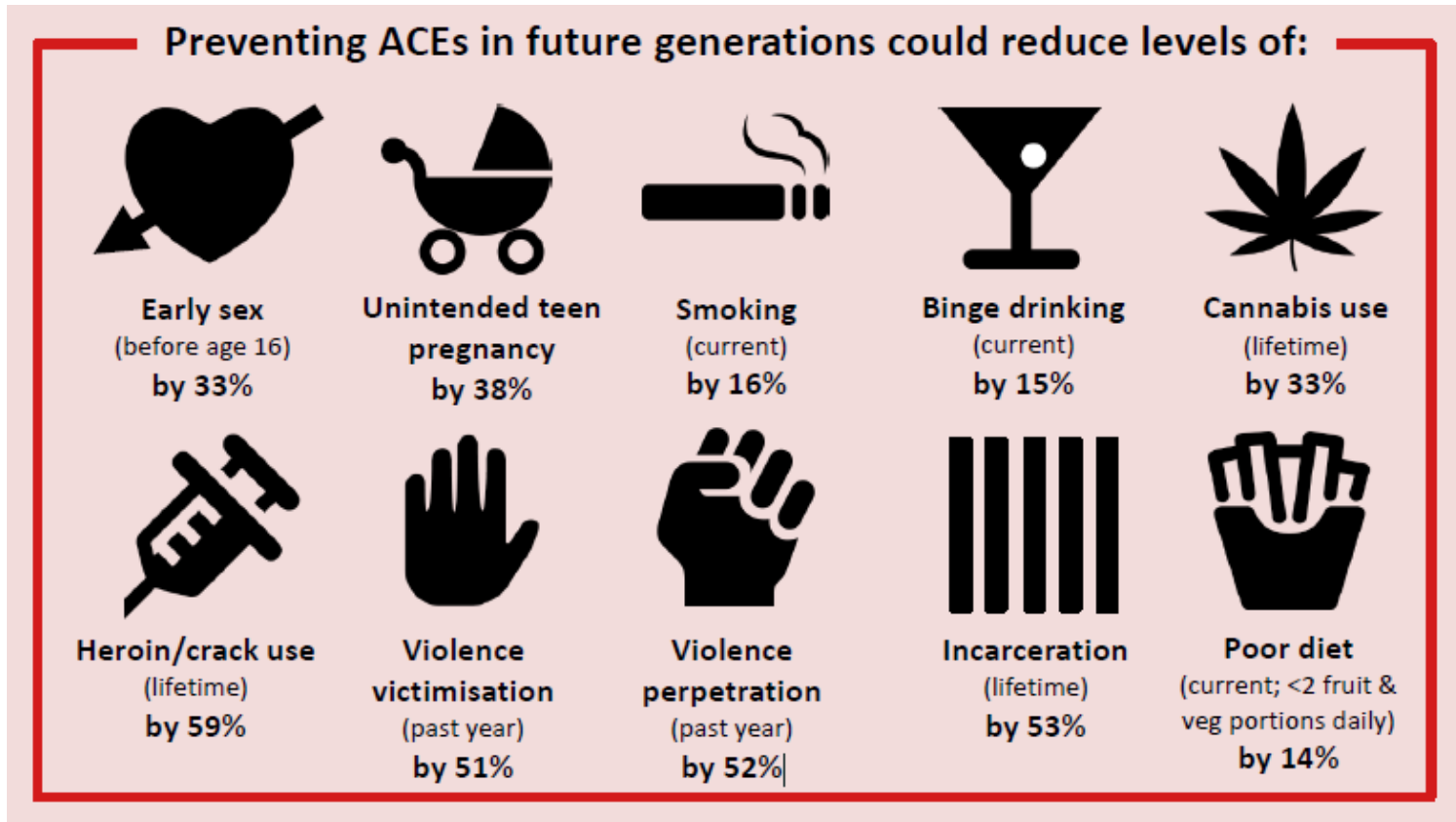
11x more likely to have been **incarcerated**

11x more likely to have used **heroin or crack**





Opportunity





Complex systems mapping

Applying it to ACEs

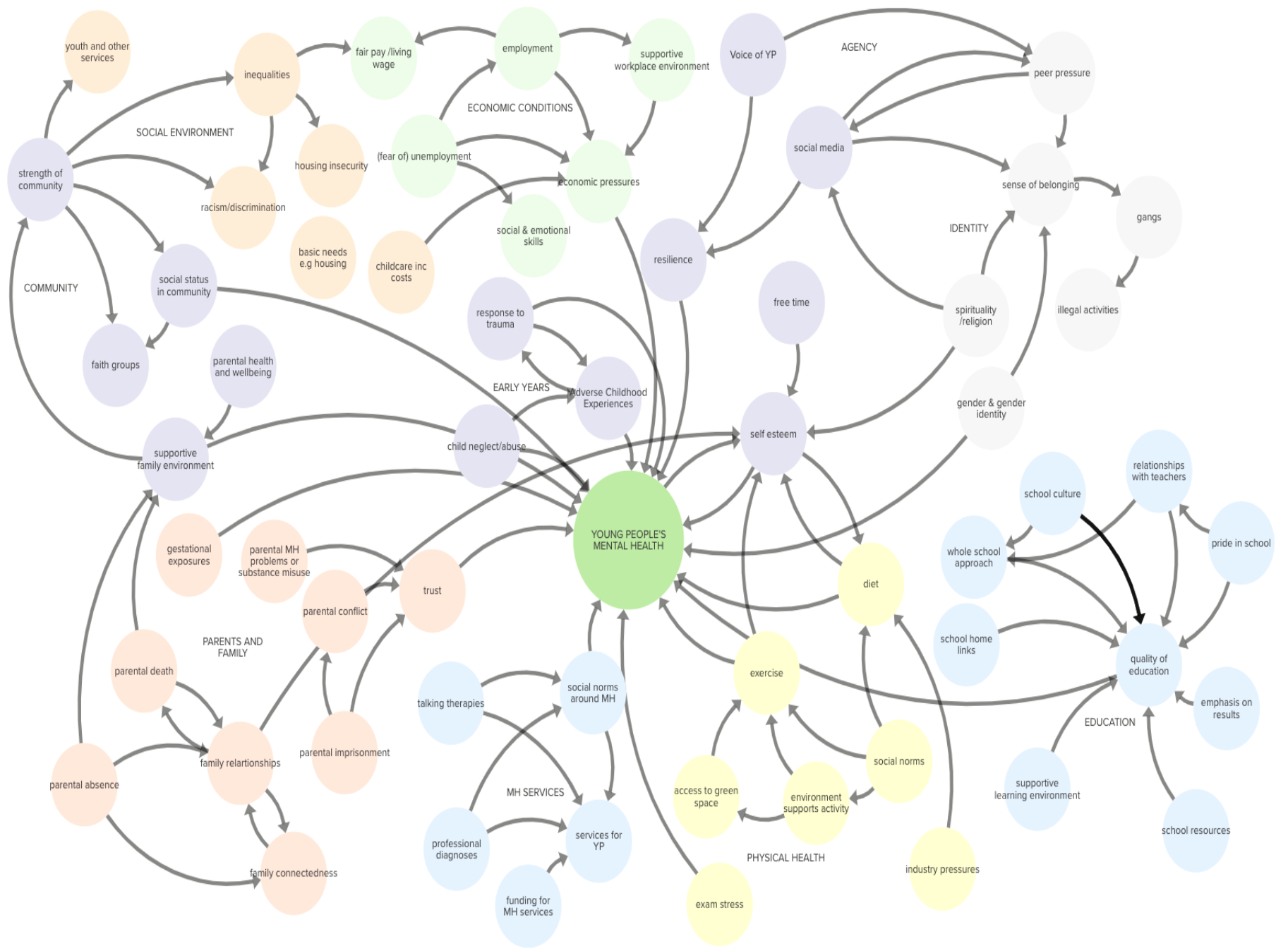


Mapping exercise one

Write down factors that are associated with ACEs

- Think initially about your work and its contribution to ACEs
- Then think more broadly about the full range of influences on ACEs

Complex systems approach to Public Mental Health

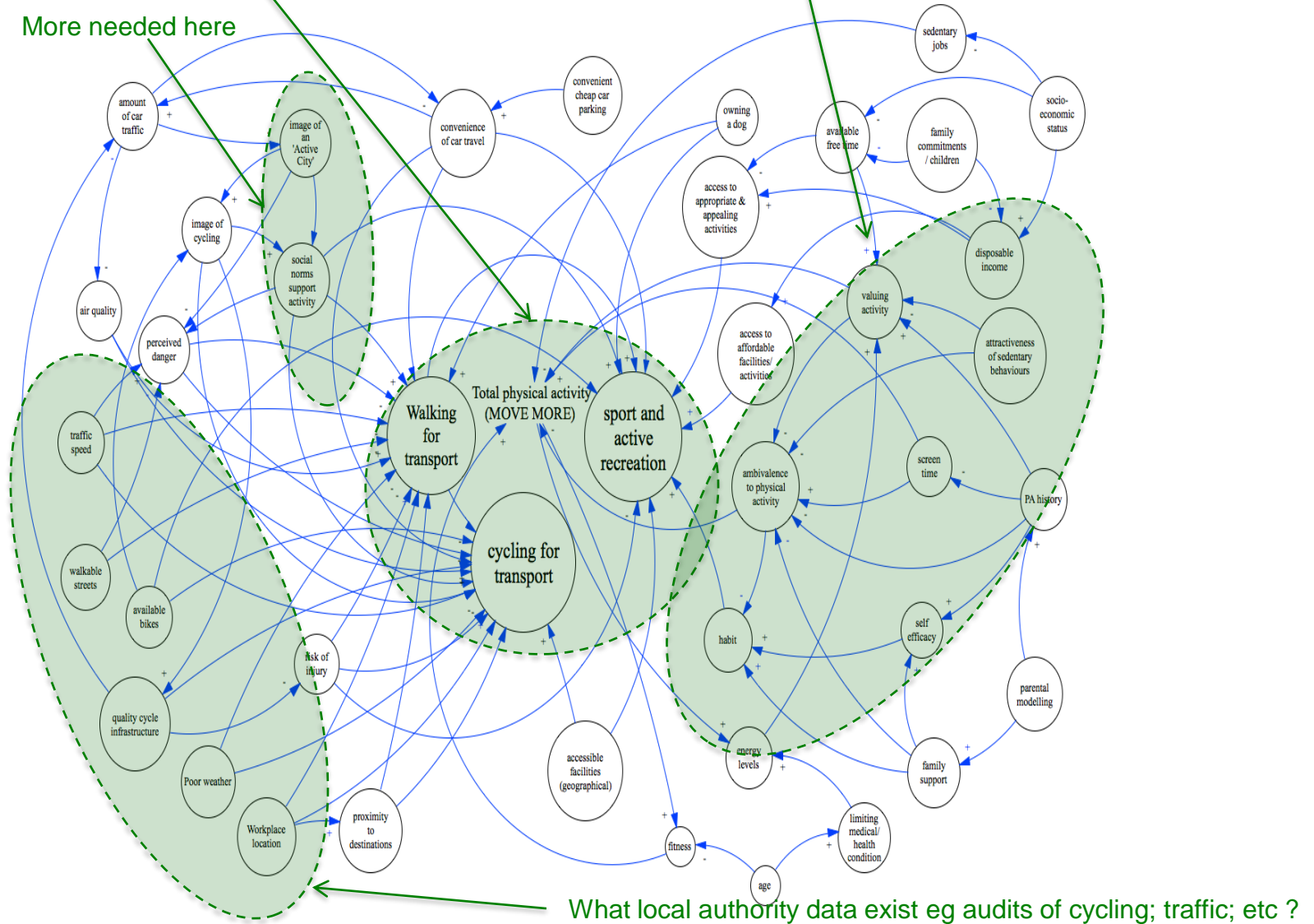


Routine data collection
eg through Active Lives
survey

Some data on these
areas through
programme

More needed here

Main areas of
Data collection



What local authority data exist eg audits of cycling; traffic; etc ?



Mapping exercise two

- Arrange the factors into any groupings that make sense
(write headings on the pages if it helps)
- What are the connections between each factor?
(draw arrows showing relations)