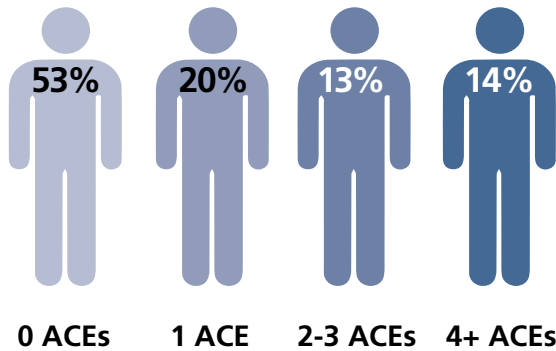


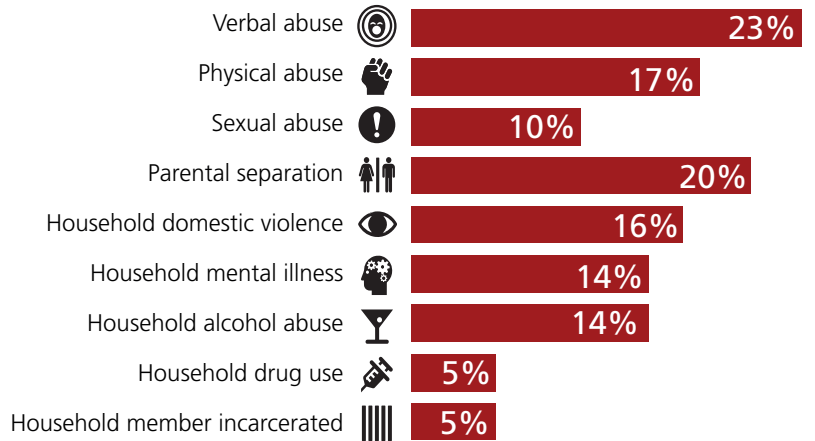
Adverse Childhood Experiences, chronic disease and health service use in Wales

Adverse Childhood Experiences (ACEs) have harmful impacts on health and well-being across the life course. The Welsh ACE Study measured exposure to nine ACEs in the Welsh population and their association with chronic disease development and health service use in adulthood.

47% of adults in Wales suffered at least one ACE as a child and 14% suffered four or more



Proportion of Welsh adults suffering each ACE



Up to the age of 69 years, those with four or more ACEs were 2x more likely than those with no ACEs to be diagnosed with a chronic disease*[§]

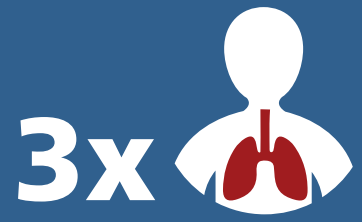
For specific diseases they were:



4x more likely to develop **Diabetes (Type 2)**



3x more likely to develop **Heart Disease**



3x more likely to develop a **Respiratory Disease**

Levels of health service use were higher in adults who experienced more ACEs*[#]

Over a 12 month period, compared to people with no ACEs, those with four or more ACEs were:



2x more likely to have frequently visited a GP**



3x more likely to have attended A&E



3x more likely to have stayed overnight in hospital

The Welsh ACE survey interviewed approximately 2000 people (aged 18-69 years) from across Wales at their homes in 2015. Of those eligible to participate, just under half agreed to take part and we are grateful to all those who freely gave their time. Information in this info-graphic is taken from the third report on the Welsh ACE survey: Adverse Childhood Experiences and their association with Chronic Disease and Health Service Use in the Welsh adult population. This report and previous reports using the Welsh ACE survey data can be accessed on the Public Health Wales website.

Policy, Research and International Development Directorate, Floor 5, Public Health Wales NHS Trust, Number 2 Capital Quarter, Tyndall Street, Cardiff, CF10 4BZ. www.publichealthwales.wales.nhs.uk Tel: +44(0)2920 104460 November 2016

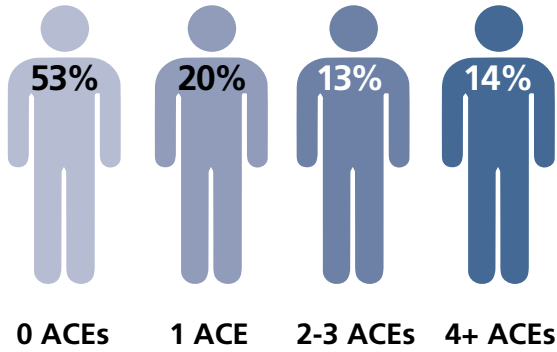
*After taking age, sex, ethnicity and residential deprivation into account. All data was self-reported.; [§]Includes Type 2 Diabetes, Stroke, Cancer, Coronary Heart Disease, Liver or Digestive Disease and Respiratory Disease; [#]Excluding reasons relating to pregnancy; **Visited a GP six or more times over the past 12 months.

Profiadau Niweidiol yn Ystod Plentyndod,

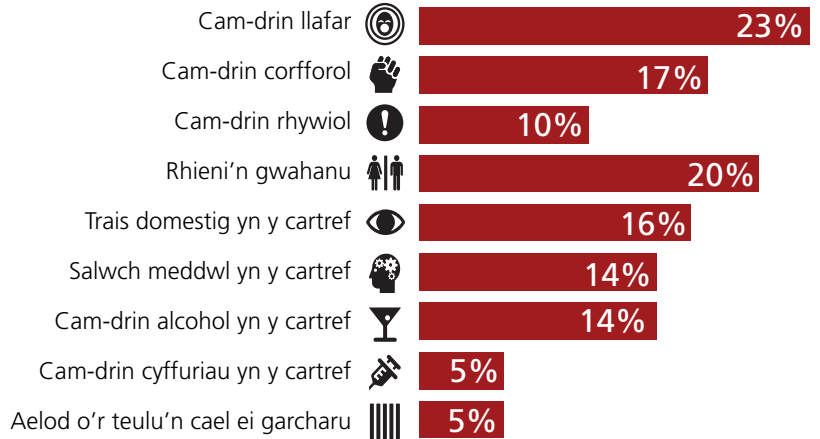
clefydau cronig a'r defnydd o'r gwasanaeth iechyd yng Nghymru

Mae Profiadau Niweidiol yn Ystod Plentyndod (ACE) yn cael effaith niweidiol ar iechyd a lles ar draws cwrs bywyd. Mesurodd Astudiaeth ACE Cymru y cyswllt â naw ACE ymysg poblogaeth Cymru a'u cysylltiad â chlefydau cronig a'r defnydd o'r gwasanaeth iechyd ymysg poblogaeth oedolion Cymru.

Dioddefodd 47% o oedolion yng Nghymru o leiaf un ACE yn blentyn a dioddefodd 14% bedwar neu fwy



Cyfran yr oedolion yng Nghymru sy'n dioddef pob ACE



Hyd at 69 oed, roedd y rheiny â phedwar ACE neu fwy 2x yn fwy tebygol na'r rheiny heb unrhyw ACE o gael diagnosis o glefyd cronig *\$

Ar gyfer clefydau penodol roeddent:



Lefelau defnydd y gwasanaeth iechyd yn uwch mewn oedolion a brofodd fwy ACEs**

Dros gyfnod o 12 mis, o gymharu â phobl heb unrhyw ACEs, y rhai sydd â phedwar neu fwy ACEs oedd:



Fe wnaeth arolwg ACE Cymru gyfwrdd â rhyw 2000 o bobl (18-69 oed) ar draws Cymru yn eu cartref yn 2015. O'r rheiny oedd yn gymwys i gymryd rhan, cytunodd ychydig o dan eu hanner i gymryd rhan ac rydym yn ddiolchgar i'r rheiny a roddodd o'u hamser. Mae'r wybodaeth yn y ffeithlun hwn wedi ei chymryd o'r trydydd adroddiad ar arolwg ACE Cymru: Profiadau Niweidiol yn Ystod Plentyndod a'u cysylltiad â Chlefydau Cronig a'r Defnydd o'r Gwasanaeth Iechyd ymysg poblogaeth Cymru sy'n oedolion. Gellir gweld yr adroddiad hwn ac adroddiadau blaenorol sy'n defnyddio data arolwg ACE Cymru ar wefan Iechyd Cyhoeddus Cymru.

Cyfarwyddiaeth Polisi, Ymchwil a Datblygu Rhyngwladol, Llawr 5, Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru, Rhif 2 Capital Quarter, Stryd Tyndall, Caerdydd, CF10 4BZ. www.publichealthwales.wales.nhs.uk Ffôn: +44(0)2920 104460 Tachwedd 2016

*Ar ôl ystyried oed, rhyw, ethnigrwydd ac amddifadedd preswyl. Roedd yr holl ddata wedi ei hunan-nodi. \$Yn cynnwys Diabetes Math 2, Strôc, Canser, Clefyd Coronaidd y Galon, Clefyd yr Iau neu'r System Draul a Chlefyd Anadlol #Ac eithrio rhesymau'n ymwneud â beichiogrwydd **Wedi ymweld â meddyg teulu chwe gwaith neu fwy dros y 12 mis diwethaf