

Adverse childhood experiences (ACEs) in Bolton: Impacts on health, wellbeing and resilience

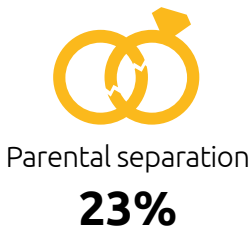
1,876 adults aged 18+ took part in the *Childhood Adversity and Health and Wellbeing during COVID-19* Study in Bolton Local Authority. The survey measured exposure to a range of adverse childhood experiences (ACEs) and relationships with health, wellbeing and resilience. Data was collected between December 2020 - March 2021. Unless stated otherwise, results are adjusted to Bolton mid-2019 adult population estimates.

How many adults in Bolton have suffered each ACE?

Child maltreatment



Childhood household included



**For every 100 adults in Bolton, 52 had at least one ACE
and 11 had four or more**

 0 ACEs 48%

 1 ACE 23%

 2-3 ACEs 18%

 4+ ACEs 11%




Compared with people with no ACEs, those with 4+ ACEs were:

- 2** times more likely to have smoked cigarettes in the last year
- 3** times more likely to have smoked cannabis
- 6** times more likely to have used other street drugs
- 8** times more likely to have been a victim of violence over the last year
- 5** times more likely to have been a perpetrator of violence in the last year


ACEs increased the risk of mental illness

Compared with individuals with no ACEs, those with 4+ ACEs were:


2 x more likely to report **poor mental health^a**




2 x more likely to report **poor sleep^a**




3 x more likely to report **anti-depressant use^b**



4 x more likely to report **mental illness diagnosis^b**



5 x more likely to report **addiction diagnosis^b**



ACEs increased the risk of poor physical health.

Compared to those with no ACEs, those with 4+ were:

3 times more likely to have poor physical health^c

2 times more likely to have cancer

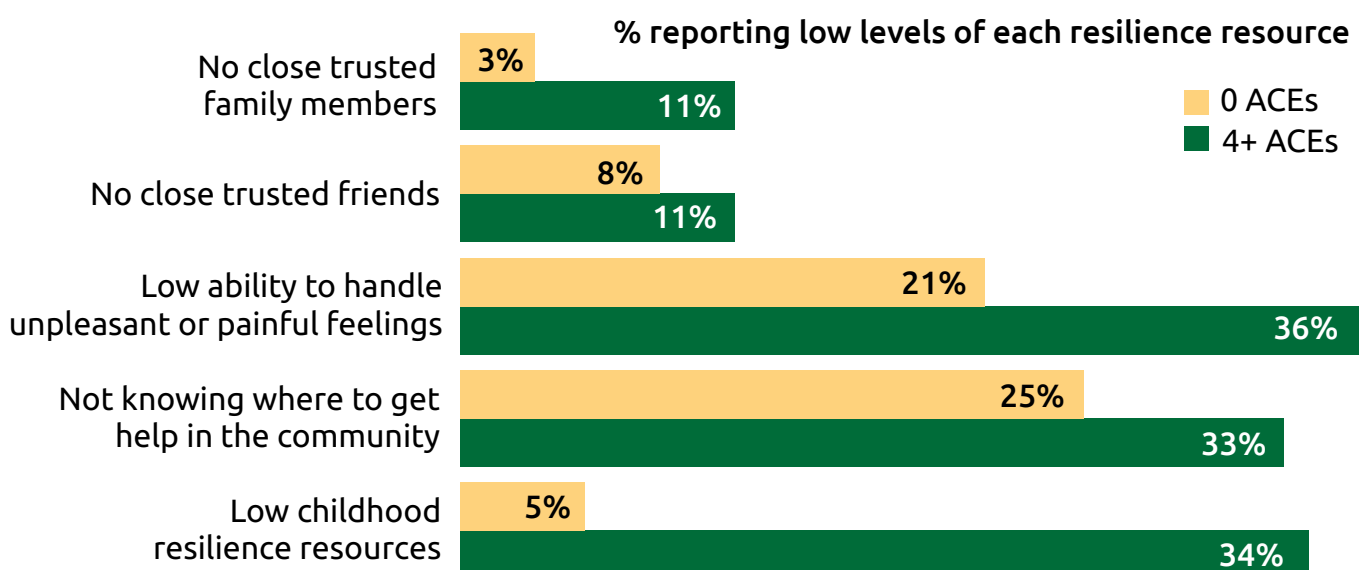
2 times more likely to have type 2 diabetes

2 times more likely to have coronary heart disease^d

2 times more likely to have respiratory disease^e

2 times more likely to have irritable bowel syndrome^f

Individuals with ACEs reported lower resilience resources



Individuals were recruited via telephone (n=1,658), and online (n=237). We are grateful to all those who freely gave their time to participate. The information in this infographic is taken from Ford K, Hughes K, Bellis MA et al, 2021. *Adverse childhood experiences in Bolton: Relationships with health and wellbeing and resilience.*

^aCurrent Outcome; ^bLifetime outcome; ^cSelf-rated from 0=not at all healthy to 10=extremely healthy, poor= scores ≤4; ^dIncluding heart attack or stroke; ^ee.g. chronic bronchitis, emphysema, chronic obstructive pulmonary disease, asthma; ^fOr other digestive problems.

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