


# Adverse Childhood Experiences (ACEs) Across the LifeCourse

## Pregnancy and Early Infancy



**Beyond Trauma: Building a Resilient Sacramento**  
October 16-17, 2015  
Sacramento, CA



# Prenatal & Early Infancy

Panelists:

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Maternal, Child & Adolescent Health Coordinator  
Yolo County Health & Human Services Agency

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Executive Director  
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*The* **well-being** of **mothers, infants & children**

determines the health of the **next generation** and can help *predict*

future public health challenges for families, communities and the medical care system”

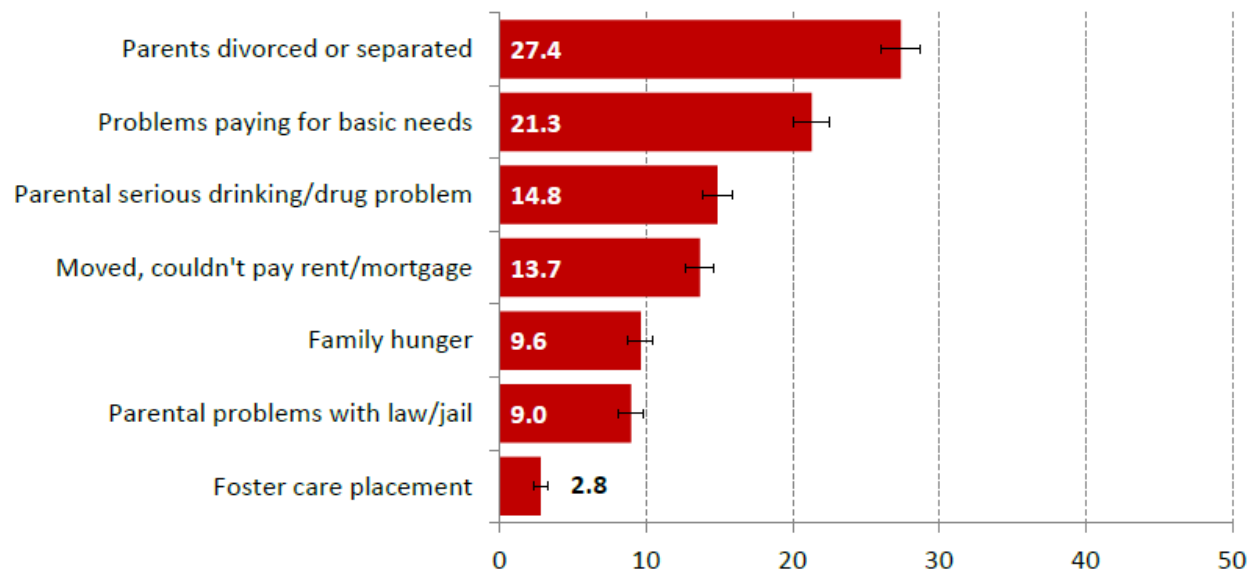
-Healthy People 2020



# Maternal Health Concerns and ACEs



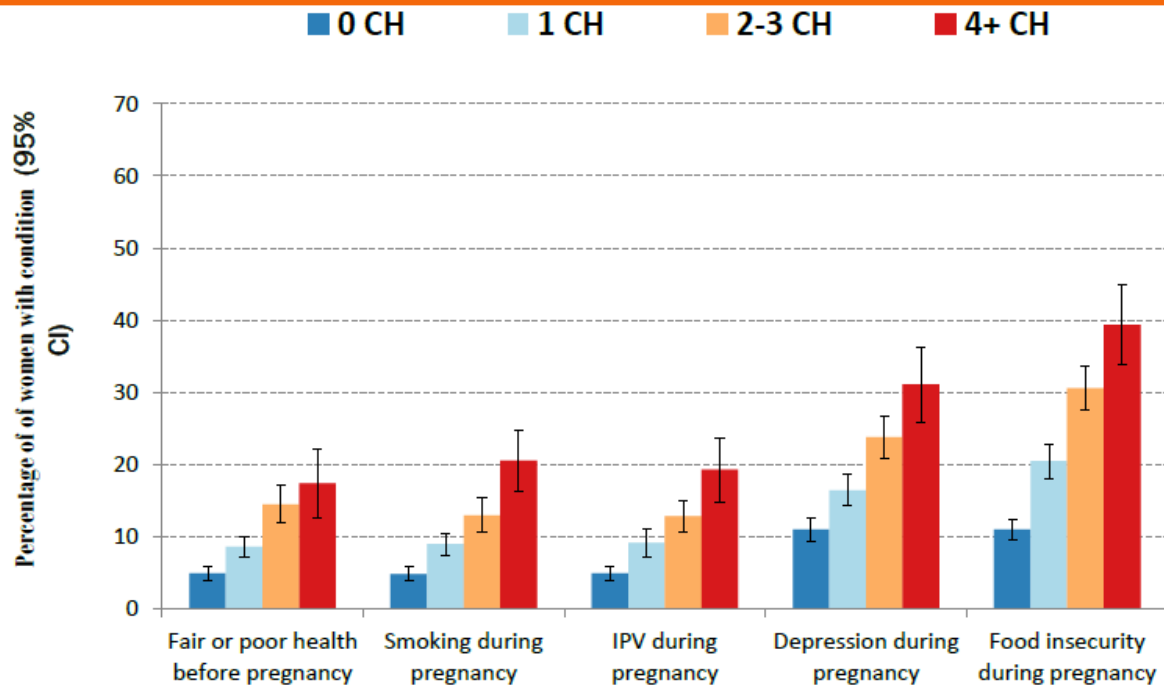
## Percent of women with a live birth who experienced individual childhood hardships



The Maternal and Infant Health Assessment (MIHA) is an annual population based survey of women with a recent live birth with a sample size of n= 13,663 in 2011-12. Percentages and 95% confidence intervals are weighted to represent all women with a live birth in 2011 and 2012 in California.



## Maternal health indicators, according to number of childhood hardships (CH), CA MIHA 2011-2012



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# Chronic Disease...merely a **symptom** of the problem and ***not the problem itself***

## Chronic Diseases of concern in the perinatal population

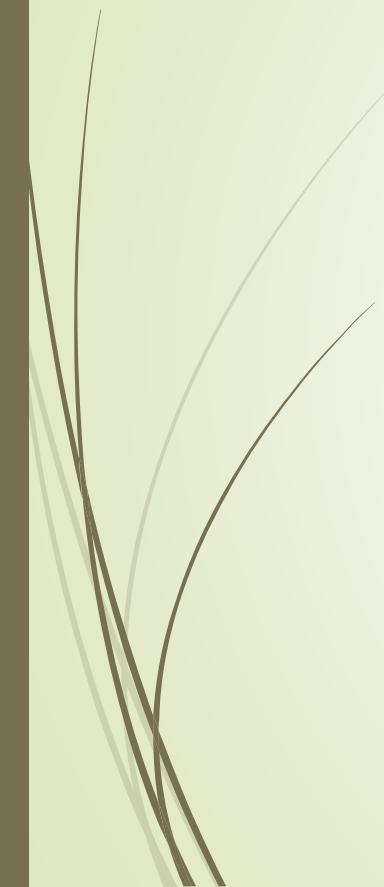
- Diabetes
- Hypertension
- Cardiovascular Disease
- Obesity
- Autoimmune disease

## Reproductive Health/Sexual Behavior concerns(based on research from the CDC)

- Sexually Transmitted Diseases
- Unintended Pregnancy
- Teen Pregnancy

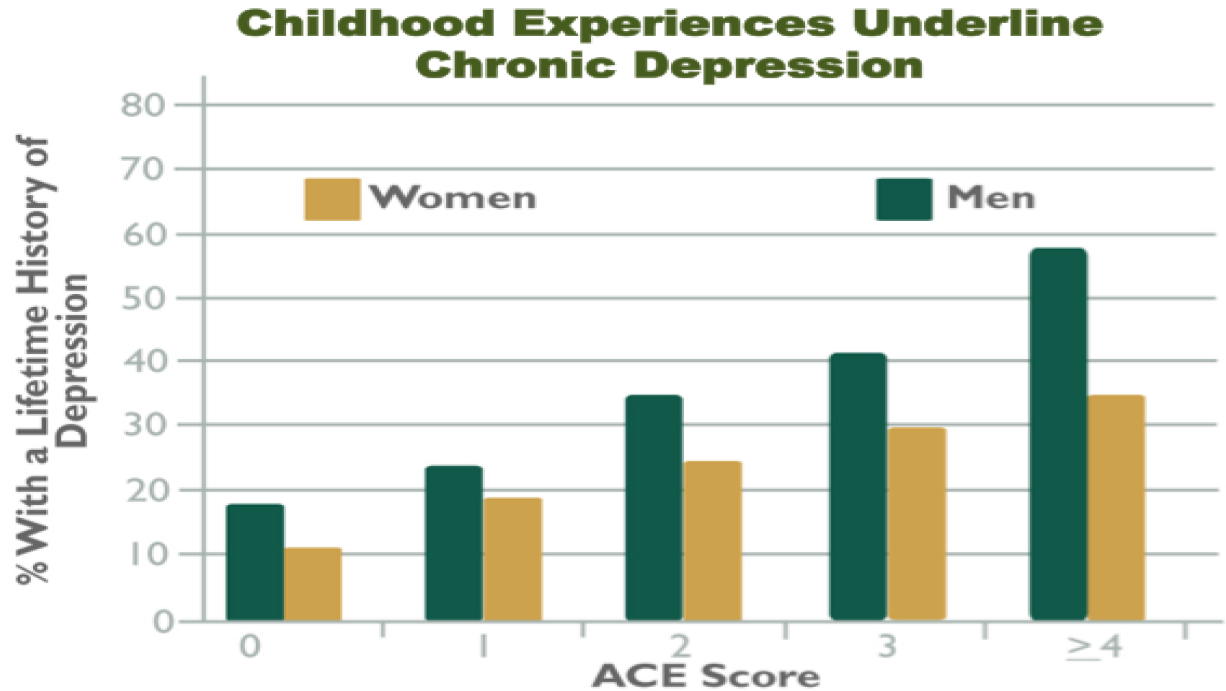


# Behavioral Health Concerns

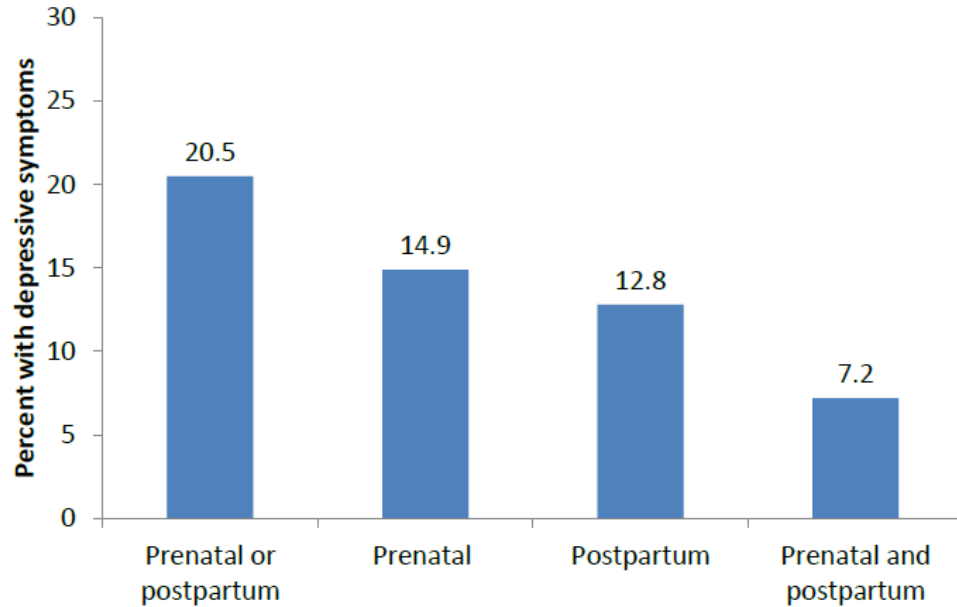
- Drug Abuse
  - Alcohol Abuse
  - Smoking
  - **Perinatal Mood & Anxiety Disorders (aka: postpartum depression)**
  - Interpersonal Violence
  - Risky Sexual Behaviors
  - Suicide
- 



**Depression** in mothers, like any other adult has roots in ACEs...



## 1 in 5 women report prenatal or postpartum depressive symptoms



Data Source: Maternal and Infant Health Assessment (MIHA) Survey, 2013.

Notes: MIHA data are weighted to represent all women with a live birth in California.



# What can we do to improve Maternal Health using a *Trauma Sensitive* approach?

## **Home Visitors**

- ▶ NEAR@Home
- ▶ Moving Beyond Depression™

## **Healthcare Providers**

- ▶ Use the ACEs tool to determine if a pregnancy is HIGH or LOW risk



Improving **Maternal Health** and therefore **Infant Health** requires that we look at...

*Social Determinants of Health*

**“Where we live, learn, work, play and birth...”**

-Connie Mitchel, MD,MPH

Deputy Director, Center for Family Health

California Department of Public Health