

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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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

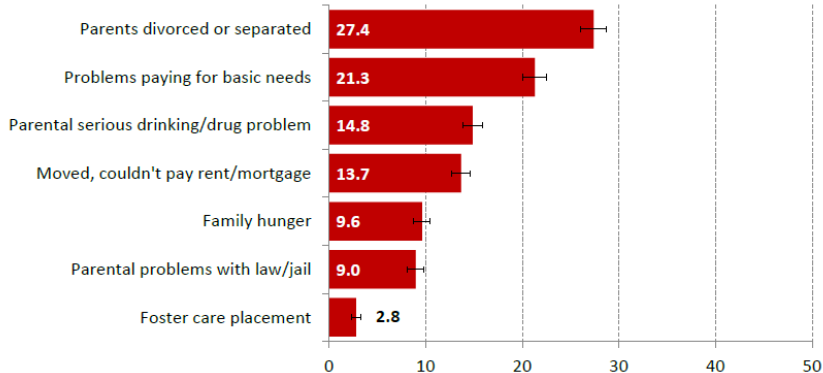
Maternal Health Concerns and ACEs

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Source: "Considering Maternity Care through the Lens of the Social Determinants of Health", Dr. Connie Mitchell, CDPH, October 2014



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



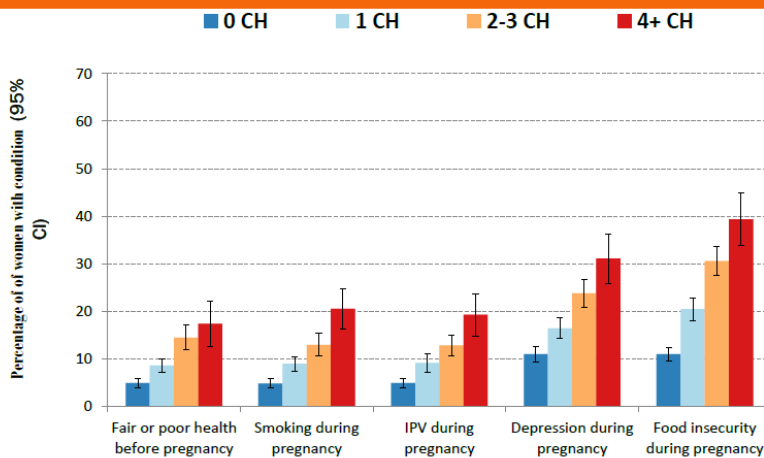
The Maternal and Infant Health Assessment (MIHA) is an annual population based survey of women with a recent live birth with a sample size of n= 13,663 in 2011-12. Percentages and 95% confidence intervals are weighted to represent all women with a live birth in 2011 and 2012 in California.

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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

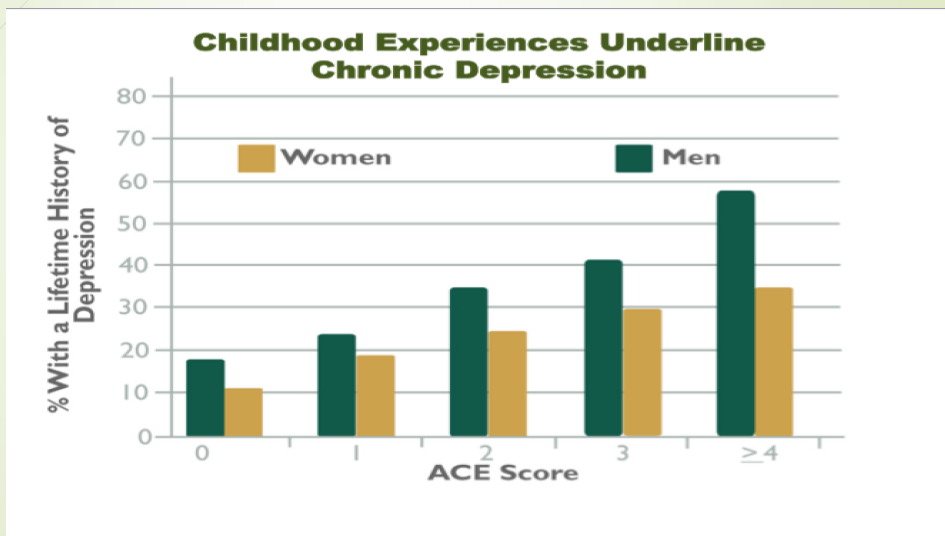
Reproductive Health/Sexual Behavior concerns(based on research from the CDC)

- Sexually Transmitted Diseases
- Unintended Pregnancy
- Teen Pregnancy

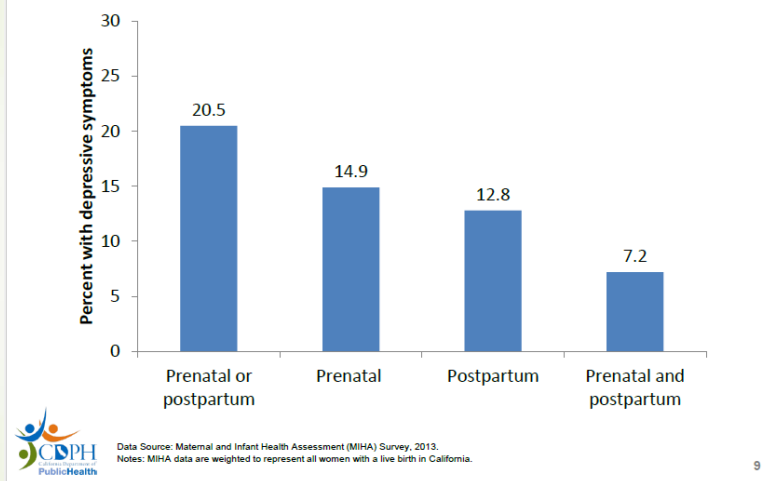
Behavioral Health Concerns

- 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



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