

Adverse Childhood Experiences (ACEs) and their Impact on Breastfeeding and Breastfeeding's Impact on ACEs

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1. ACEs are major risk factors for the leading causes of illness and death in the US (JAMA 1998)
<https://www.youtube.com/watch?v=y3cCAcGeG8E>

- 1995- 1997
- Kaiser Permanente San Diego
- Dr. Vincent Felitti
- 17,000 HMO members
- Physical Exams & Confidential Surveys
- Childhood Experiences, Current Health Stats & Behaviors

2. "The train is leaving the station"

Mainstream media

New Yorker, Huffington Post, NY Times, Atlantic Monthly
National Public Radio: Latino USA, 2 upcoming documentary films

Social media

ACEsTooHigh.com, ACEsConnection.com,
CommunityResilienceCookbook.org (RWJF)

Engagement of Federal health agencies and policy leaders

SAMHSA, CDC, California Assembly Resolution (ACR 155)

Philanthropic organizations

RWJF, California endowment, Google.org

Social movement underway for "trauma-informed" communities

SF ACES Summit

Graded Dose-Response Relationship Between Number of ACE's and Health Outcomes

3. Domestic Violence and ACEs

95% probability that a child growing up with DV will be exposed to at least one other ACE

More than one-third (36%) of children exposed to DV have 4 or more ACEs

Dube et al, 2002

"Normal reactions to abnormal circumstances..."

4. Disrupted Neurodevelopment

- Initial adaptive response
- Chronic stress in childhood adversely affects the brain, endocrine and immune systems
- Epigenetic changes lead to adult sequela and may be passed on to future generations

5. The Impact of ACEs Start Early

- Childhood obesity
- Early age at first intercourse
- Teen pregnancy
- Bullying
- Dating violence

6. Adult Sequela of ACEs:

The 5 "A's"

Social, Emotional and Cognitive Impairment

- Anxiety
- Anger
- Anhedonia
- Alienation
- Avoidance

7. Adoption of Health Risk Behaviors

Prevalence of ACES for US Children:

National Survey for Children's Health (NSCH)

8. Trauma transmission-It's an intergenerational problem

What we see in adult medicine was there in pediatrics

9. What is a helpful response to patients with a history of ACE?

Simple: "Asking, listening, and accepting are a powerful form of doing that appears to provide great relief to patients"

= 35% decrease in Dr Office visits

= 11% decrease in ER visits

10. August 2014 - California Legislature Unanimously Passes ACR 155

Childhood brain development: adverse experiences: toxic stress

Encourages policies to identify evidence-based solutions to reduce children's exposure to adverse childhood experiences, address the impacts of those experiences, and invest in preventive health care and mental health and wellness interventions.

CDC Technical Package Child Maltreatment

- Strengthen Economic Supports to Families
- Change Social Norms to Support Parents and Positive Parenting
- Provide Quality Care and Education in Early Life
- Enhance Parenting Skills to Promote Healthy Child Development
- Intervene to Lessen Harms and Prevent Future Risk

11. There's a lot of HOPE!!!

Resilience Outweighs ACEs

Resilience is the ability to return to being healthy and hopeful. Parents who provide a safe environment reduce the effect of ACEs by:

- understanding child development
- helping children identify and manage emotions and problem solve
- build attachments and nurturing relationships
- build social skills and connections

12. There's a lot of HOPE!!!

Researchers are finding that neonates with many risk factors who are loved and nurtured thrive and prosper!

13. Universal Education with Parents

Many parents may not recognize how early trauma can affect their parenting and their children. Increasing parents' awareness about effects of ACEs can help them to understand their own lives and make healthier choices to protect their own children from ACEs.

14. Resilience is afforded by meeting each person's Maslow's hierarchy of need

15. Perinatal Education opportunities

16. Most Powerful Protective Factor:

Supportive, Attentive Caregivers

Parent's ability to parent under stressful circumstances buffers effects of family violence on child adjustment

Davies et al 2004, Margolin et al 2004

Attachment promoting behaviors can positively affect a child's developing brain

17. Opportunities to incorporate ACE learnings

Prevent ACEs

- Parenting support (perinatal and parenting classes)
- Community Benefit initiatives
- Reduce impact Ensure coordinated care from prenatal care through pediatrics for high risk mothers and their children (DV, peripartum depression, substance use, parenting teens)
- Child Abuse Services
- of current ACEs on children and parents

18. Resilience

Anyone in a caring role without these needs met for themselves need support from:

- Agencies
- Institutions
- Programs

To provide needs for others

19. Nature or Nurture?

20. Goal: Give back as much control as we can to those whose control has been taken away

21. How could ACEs impact breastfeeding?

Negative:

Lack of trust in their body to be able to breastfeed
Feelings of being used sexually when breastfeeding

Confused:

Hyper-protective,
Mis-trusting of everyone

22. Breastfeeding after Traumatic Birth

PATTCH.org

23. Educate, Support Choice & Attachment

How could breastfeeding impact ACEs?

24. Positive:

Strong desire to parent in a purposefully positive and healthy way

25. Resilience in Mother

- Bonding
- Hormonal
- Confident mothering
- Attachment child development understanding

26. Transmission Prevention in Infant

- Bonding
- Attachment
- Increase likelihood of safe home environment
- Understanding child development

27. Resources

www.cdc.gov/violenceprevention/acestudy/

www.acestoohigh.com

www.avahealth.org

Incorporating Technology

www.birthpsychology.com

New Mom Support Groups

Boot Camp for New Moms!

www.kpwomenshealth.org

ACEs handout Washington State:

<http://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/MaternalandChildHealthBlockGrant/AdverseChildhoodExperiences>