



Adverse childhood experiences are associated with poor physical performance in adulthood: results from the Brazilian Longitudinal Study of Adult Health

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Background

- Adverse childhood experiences (ACEs) associate with many chronic diseases and conditions during the life course.
- Little is known about associations with adulthood physical performance, especially in middle- and low-income countries.
- We investigated associations of ACEs, both individually and as a cumulative score, with adulthood physical performance.

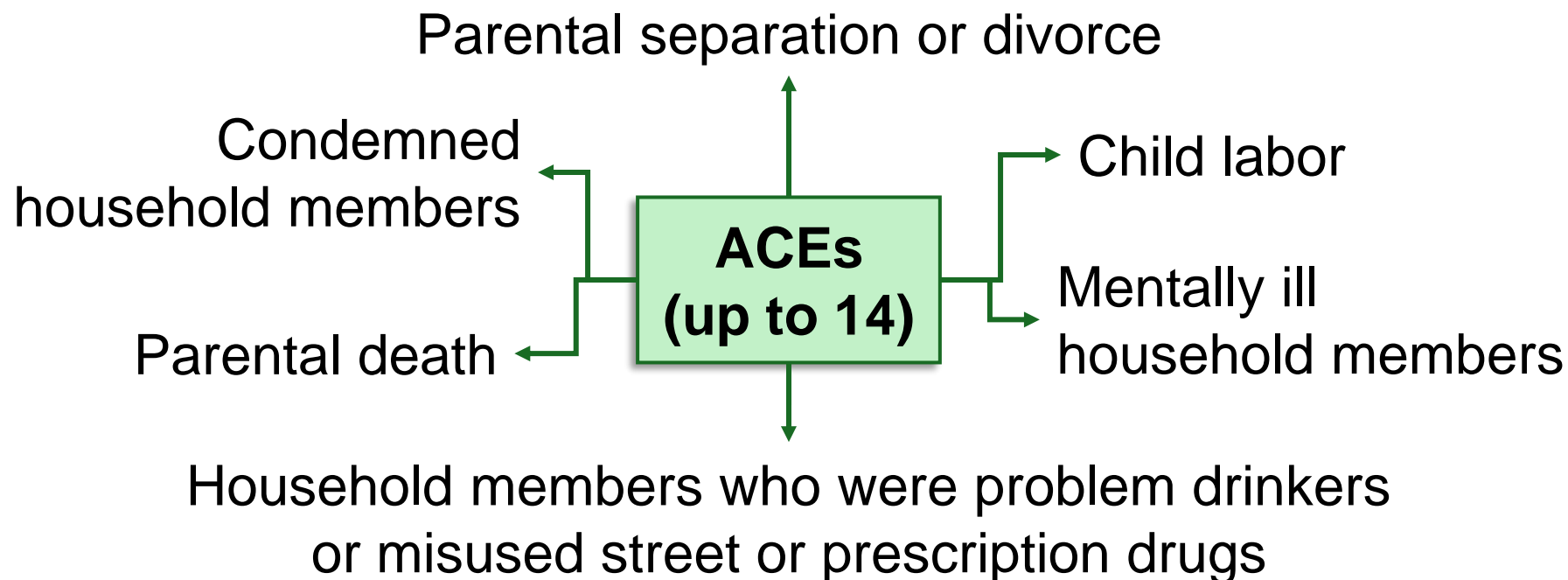
Methods



- Cross-sectional analysis.
- 10,896 workers from the third wave (2017–2019) of the ELSA-Brasil cohort.

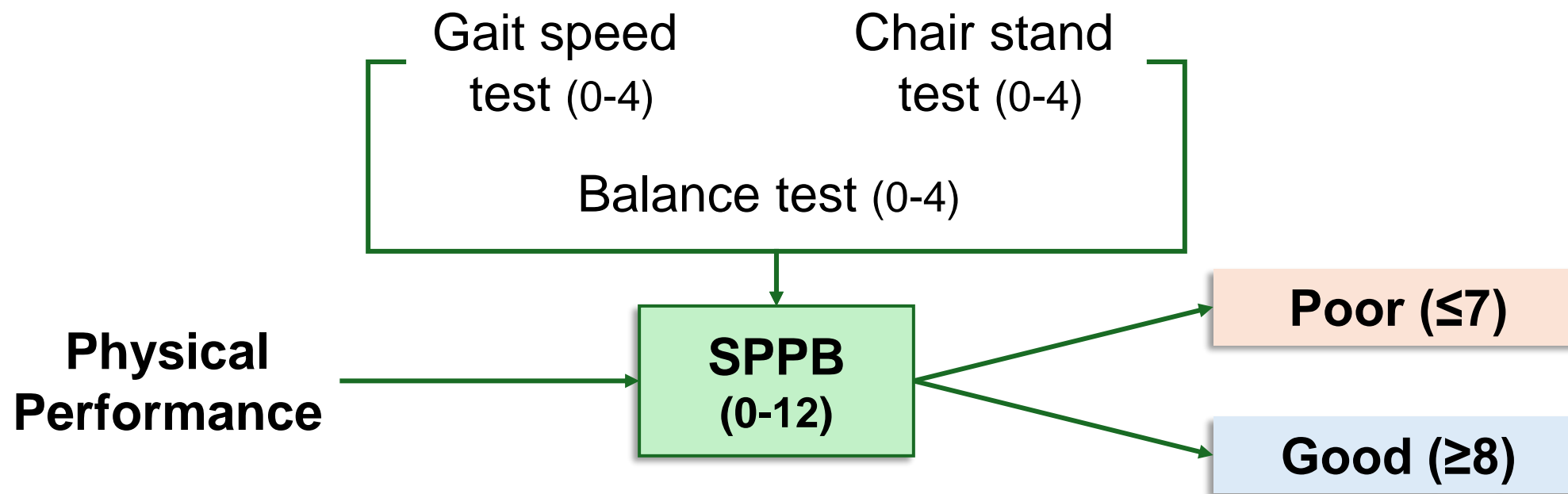
Source: ELSA-Brasil Archives

Methods



- ACEs were analysed individually and as a cumulative score (0, 1, 2 and ≥ 3).

Methods



- Binary logistic regression models were utilized, adjusted for age, sex, race, maternal education and paternal education.

Results

N = 10,896

Age (years)

Mean = 59.2; range = 41–84

Sex (%)

Male = 44.9%; Female = 55.1% ←

Maternal/Paternal education (%)

High school or higher = 25.0 (M); 32.7 (P)

Elementary education = 19.2 (M); 19.7 (P)

→ Primary education = 43.0 (M); 39.1 (P)

Not attended school = 12.8 (M); 8.5 (P)

Race (%)

White/Asiatic = 58.4 ←

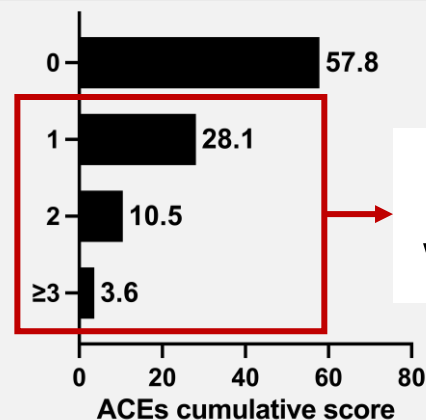
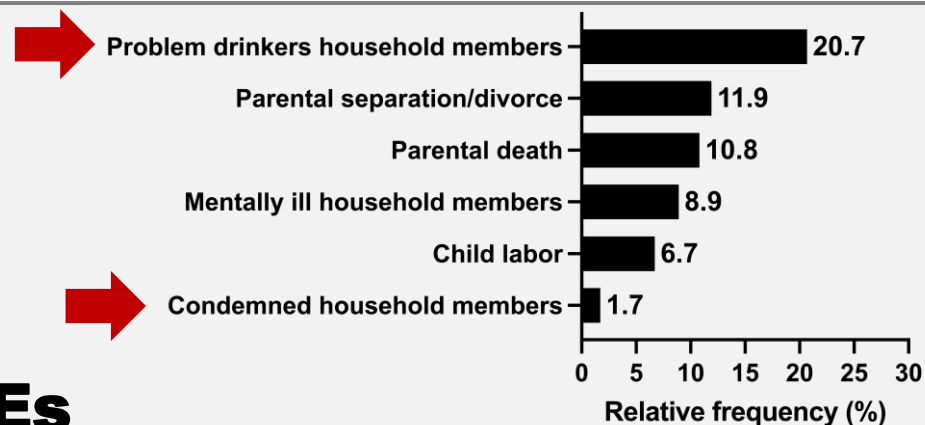
Brown (Mixed) = 26.4

Black/Indigenous = 15.2



Results

N = 10,896

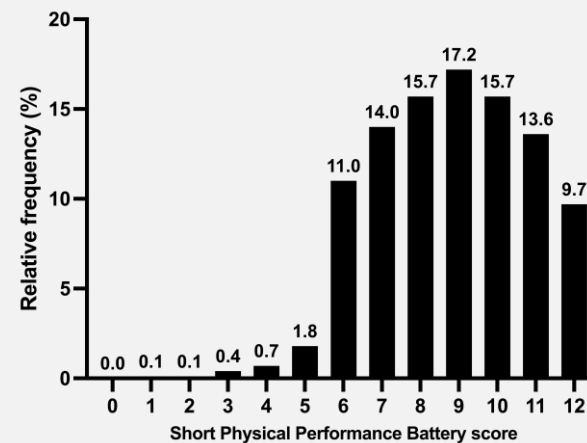


About 42.0% were exposed

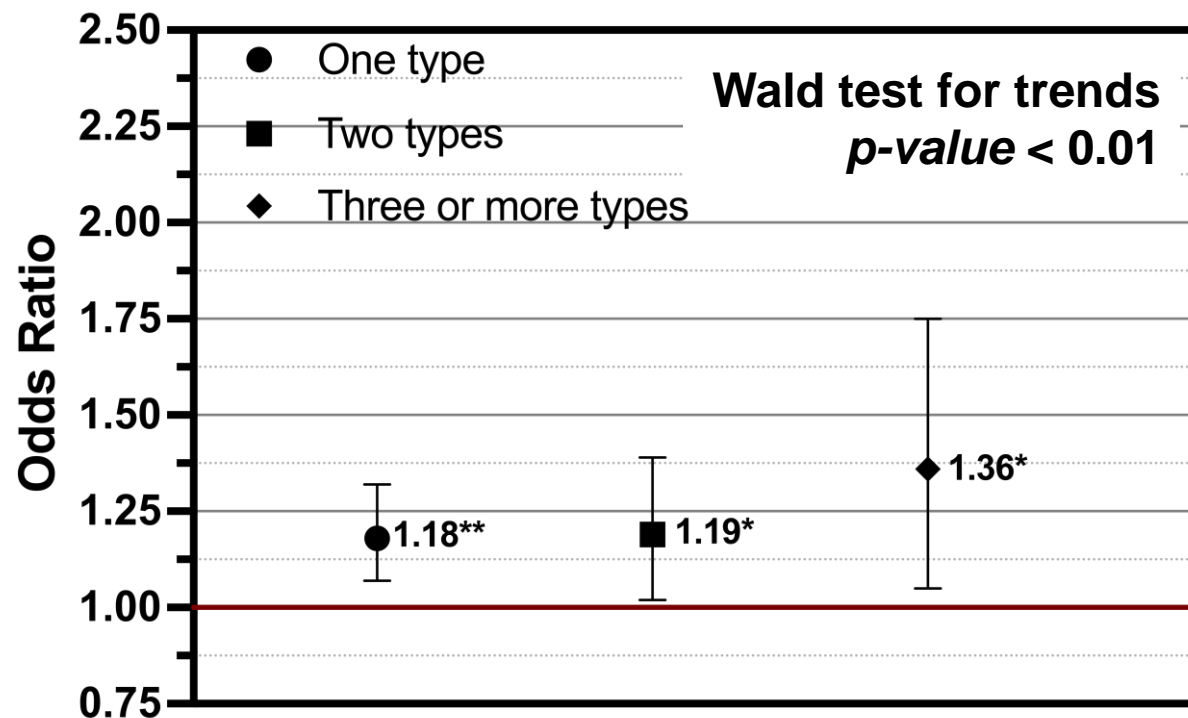
ACEs

Poor = 28.0%

Physical performance



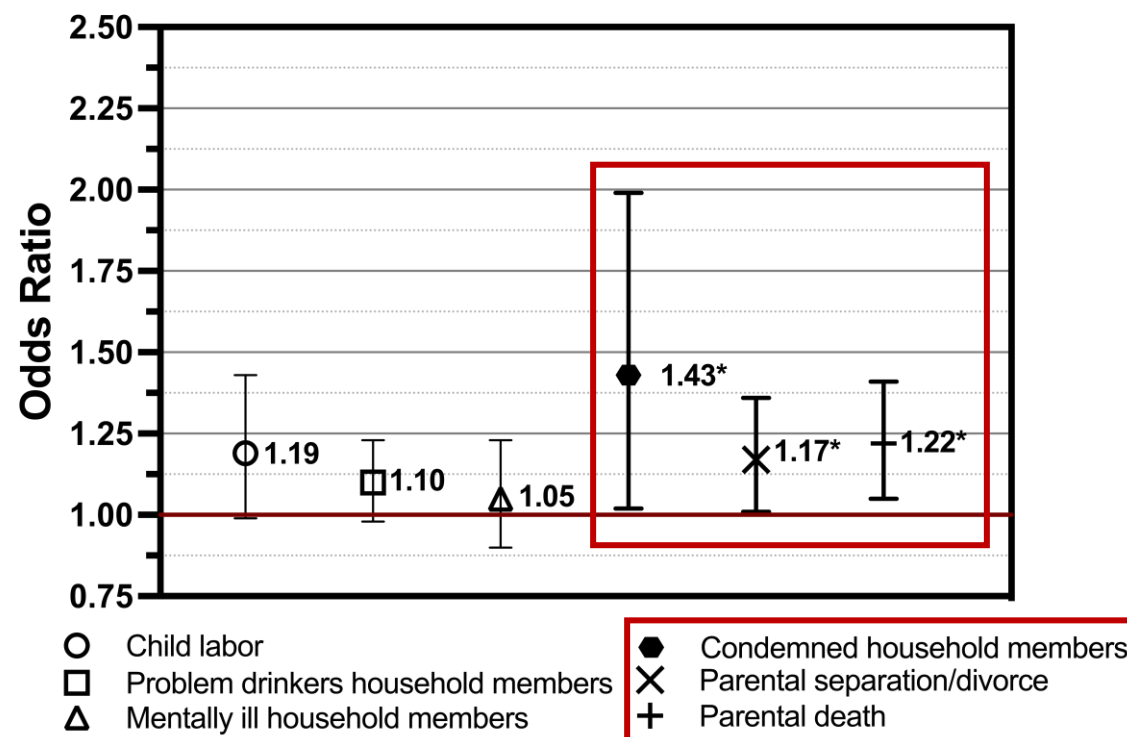
Results



Adjusted association between ACEs cumulative score and poor physical performance in adulthood

p-value* < 0,05; *p-value* < 0,01; ****p-value* < 0,001

Results



Adjusted associations between each ACE indicator and poor physical performance in adulthood

*p-value <0,05; **p-value <0,01; ***p-value <0,001

Conclusions

- Our results demonstrate that there is an association between adverse childhood experiences and poor physical performance in adulthood;
- Reducing the risk of poor physical performance in adulthood and exposure to childhood adversities involves interventions targeting the structures that produce unemployment, poverty, and violence in households and communities.

Thank you!