

NVO CONGRES
26-09-2025

DE PEDAGOOG VAN NU

LISETTE WALBEEHM-HOL
KINDERARTS - ONDERZOEKER - TRAINER - SPREKER

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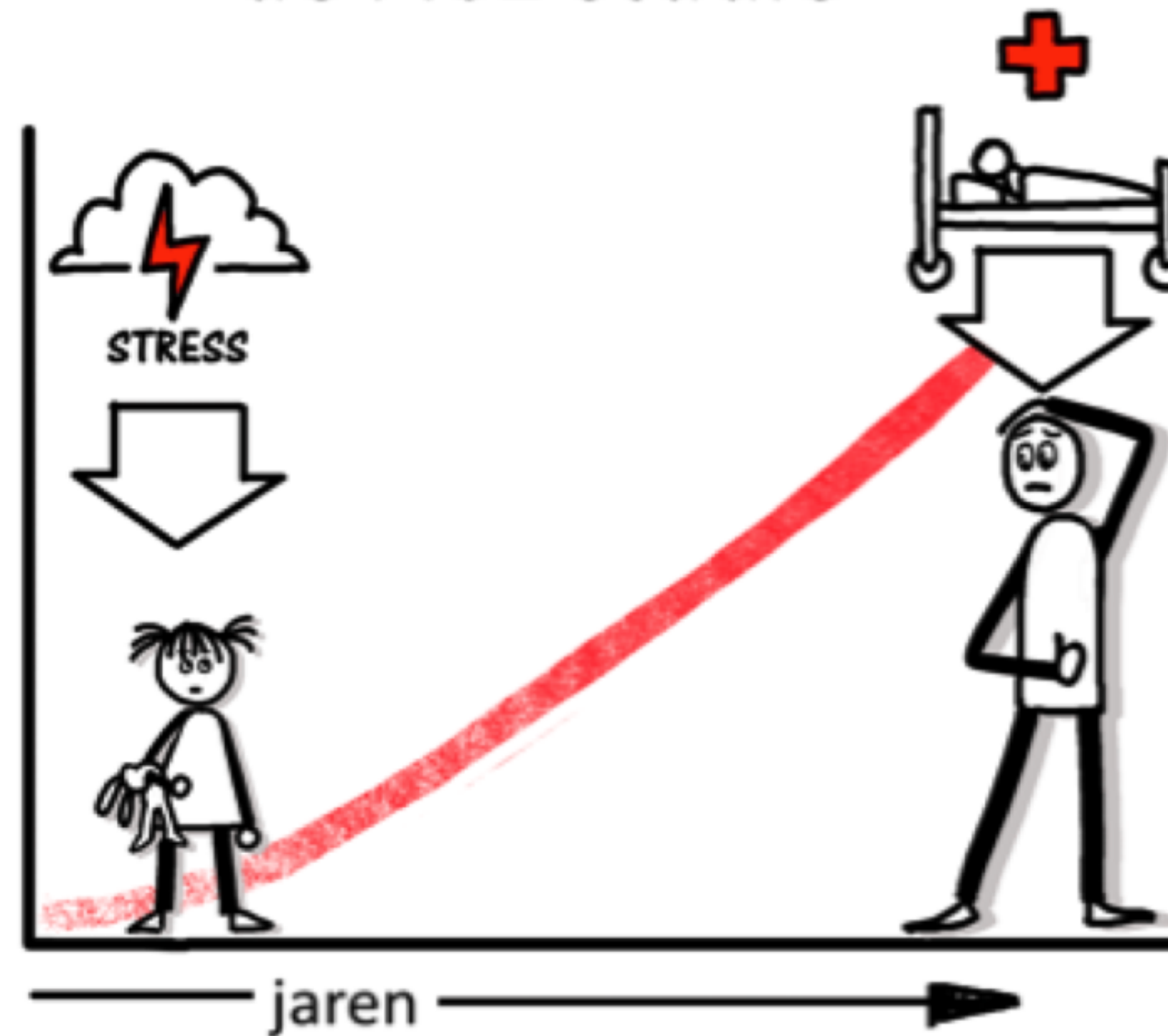


TOXISCHE STRESS

VERLEDEN - HEDEN - TOEKOMST



de ACE studie



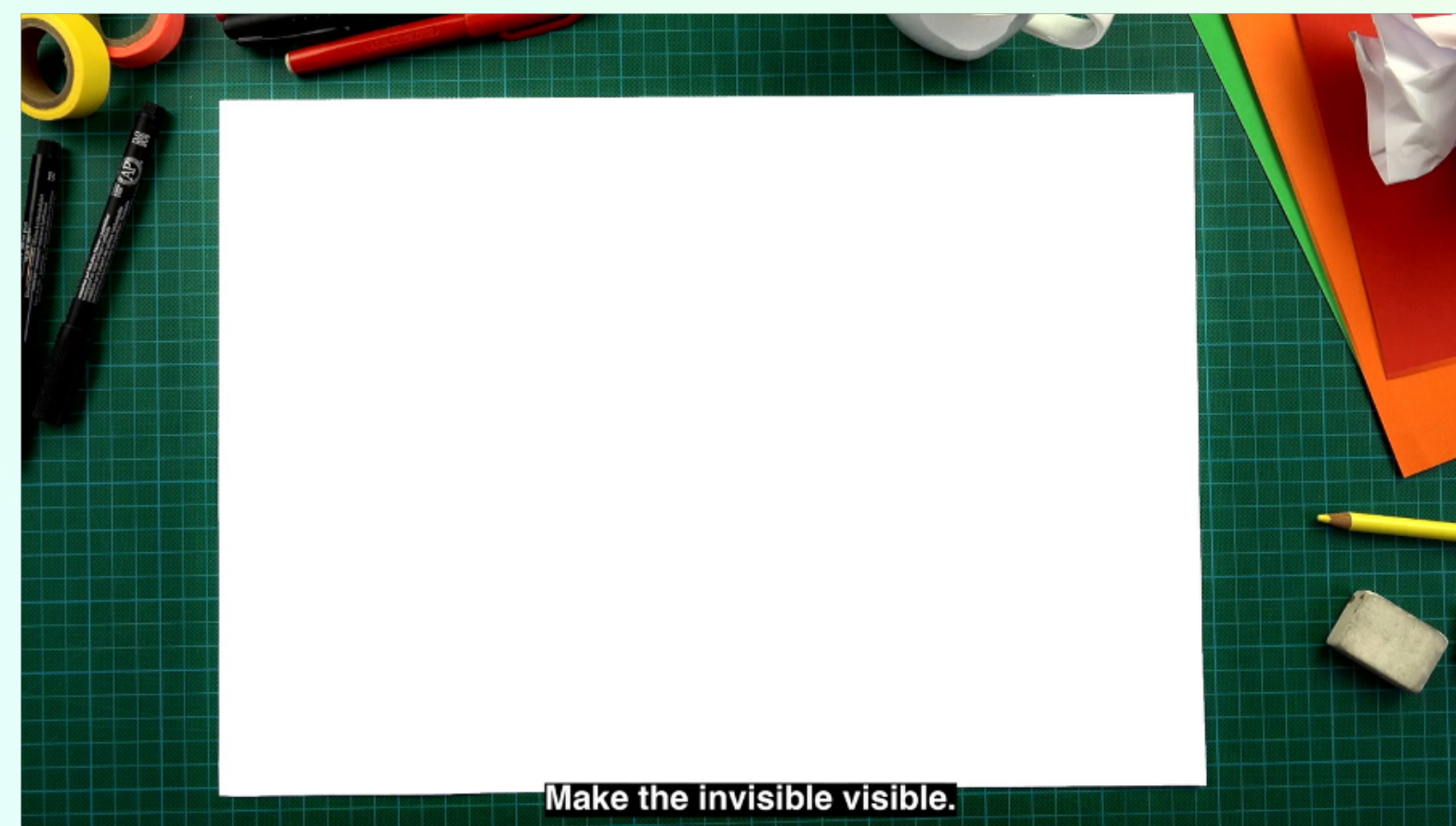
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EXPLAINIMATION

TOXISCHE STRESS KRUIPT ONDER DE HUID

By: Maaïke Brunekreef & Lisette Walbeehm-Hol

CREATING AWARENESS





~~Wat is er mis met jou?~~ >>>> Wat heb jij meegemaakt?

Het verstoren van leren, gedrag, immuniteit, groei, hormonale systemen en hoe DNA wordt gelezen en gekopieerd.



Relatie met gezondheidsklachten

ACE score	Gezondheidsrisico's							
	smoking	severe obesity	physical inactivity	depressed mood	alcoholism	cannabis use	COPD	diabetes
	%	%	%	%	%	%	%	%
0	23	11	40	4	5	11	1	4
1	25	12	44	6	10	17	2	4
2	31	14	44	9	18	25	2	3
3	38	14	48	10	21	30	3	4
4 or higher	40	16	46	16	29	36	5	6
Reference	27	12	42	6	11	17	2	4

Kinderen in Nederland in groep 7 en 8

Aantal ervaren ACE's	% kinderen huidige studie (van 664 kinderen)		% volwassenen studie 2010 (van 2208 volwassenen)
0	54,6 %	(363 kinderen)	56,1%
1	23,1 % *	(153 kinderen)	17,2%
2	11 %	(73 kinderen)	9,3%
3	4,8 %	(32 kinderen)	6,2%
Meer dan 4	6,6 %	(44 kinderen)	11,2%

* $p < 0.01$ bij de Chi kwadraat



Bron: VKJP - De ACE-piramide van Felitti en collega's uit 1998.

Illustratie: vrij naar The ACE Pyramid (Centers for Disease Control and Prevention, 2021b).

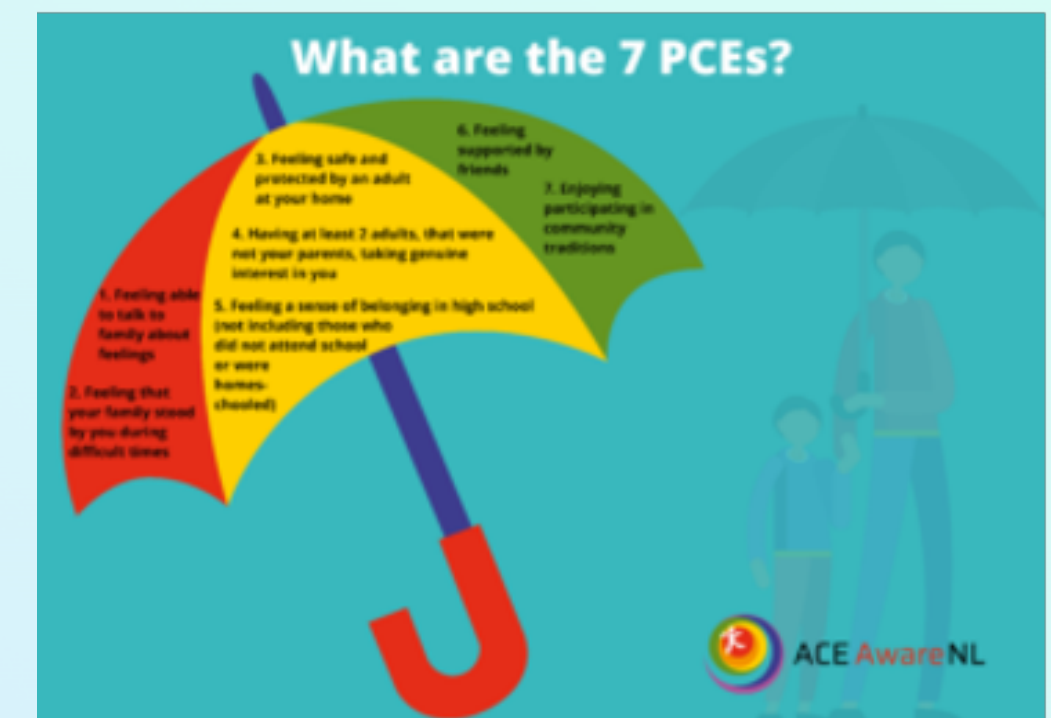


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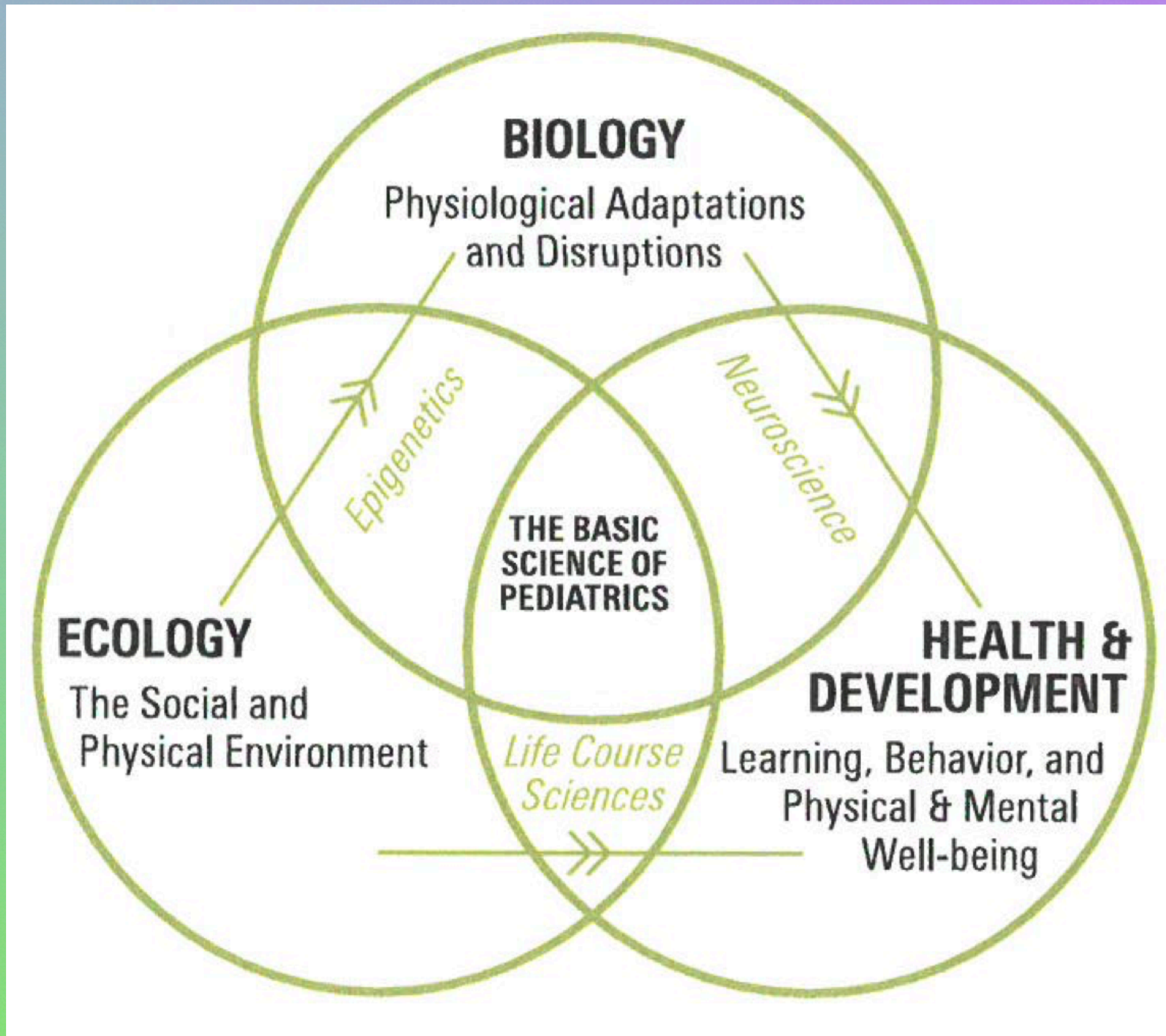
- Commitment
- Change
- Challenge
- Control
- Constructive

POSITIEVE JEUGDERVARINGEN

1. In staat zijn om met je familie over je gevoelens te praten
2. Het gevoel hebben dat familie je bijstond in moeilijke tijden
3. Je veilig en beschermd voelen door een volwassene bij je thuis
4. Minstens 2 volwassenen hebben, die niet je ouders zijn, die oprechte interesse in je hebben
5. Het gevoel erbij te horen op de middelbare school (geldt niet voor hen die niet naar school gingen of thuisonderwijs kregen)
6. Je gesteund voelen door vrienden
7. Genieten van deelname aan tradities binnen je gemeenschap



In onze context
zit onze kracht



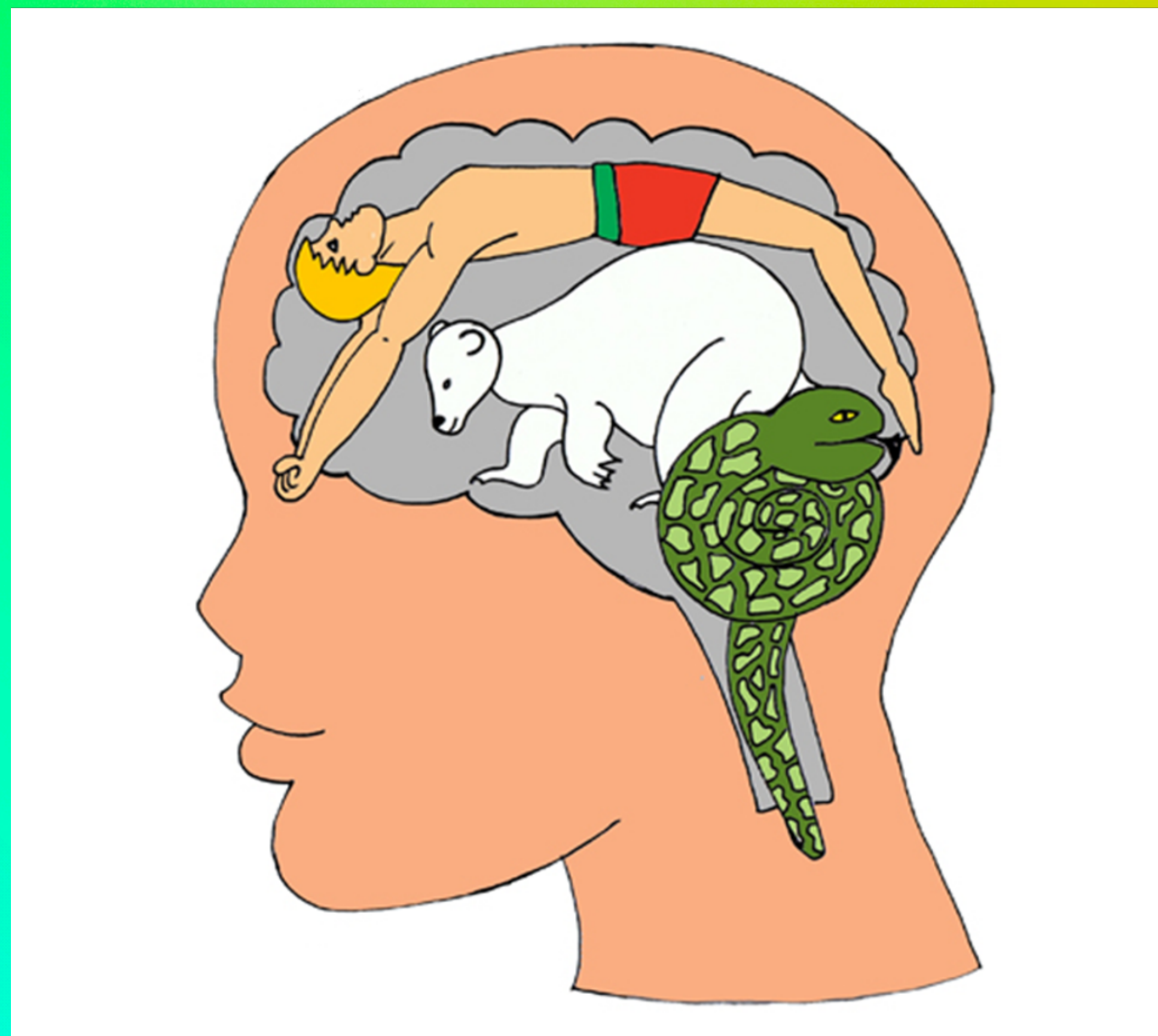
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ZELFZORG

TERUG NAAR HET GROEN

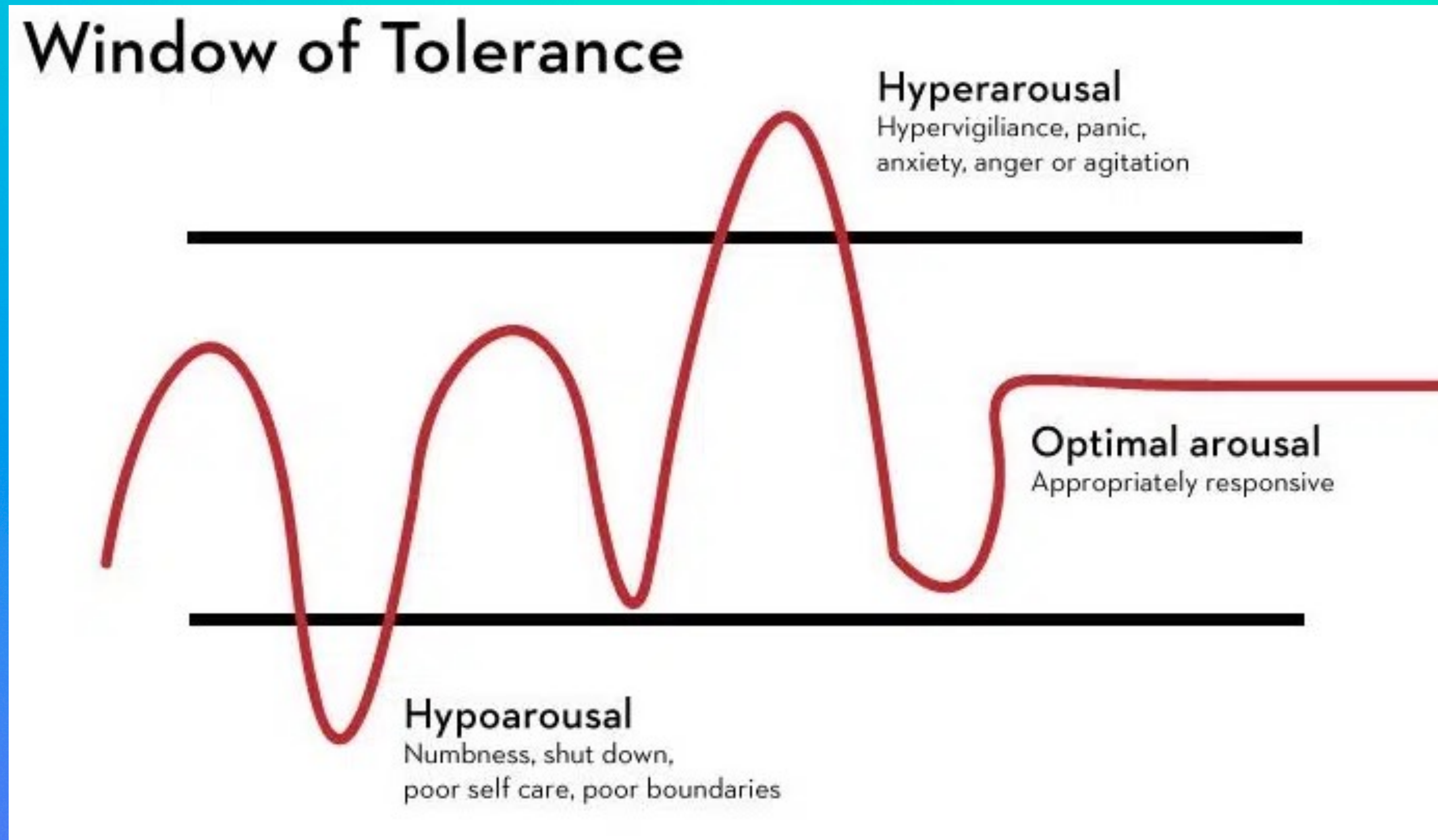


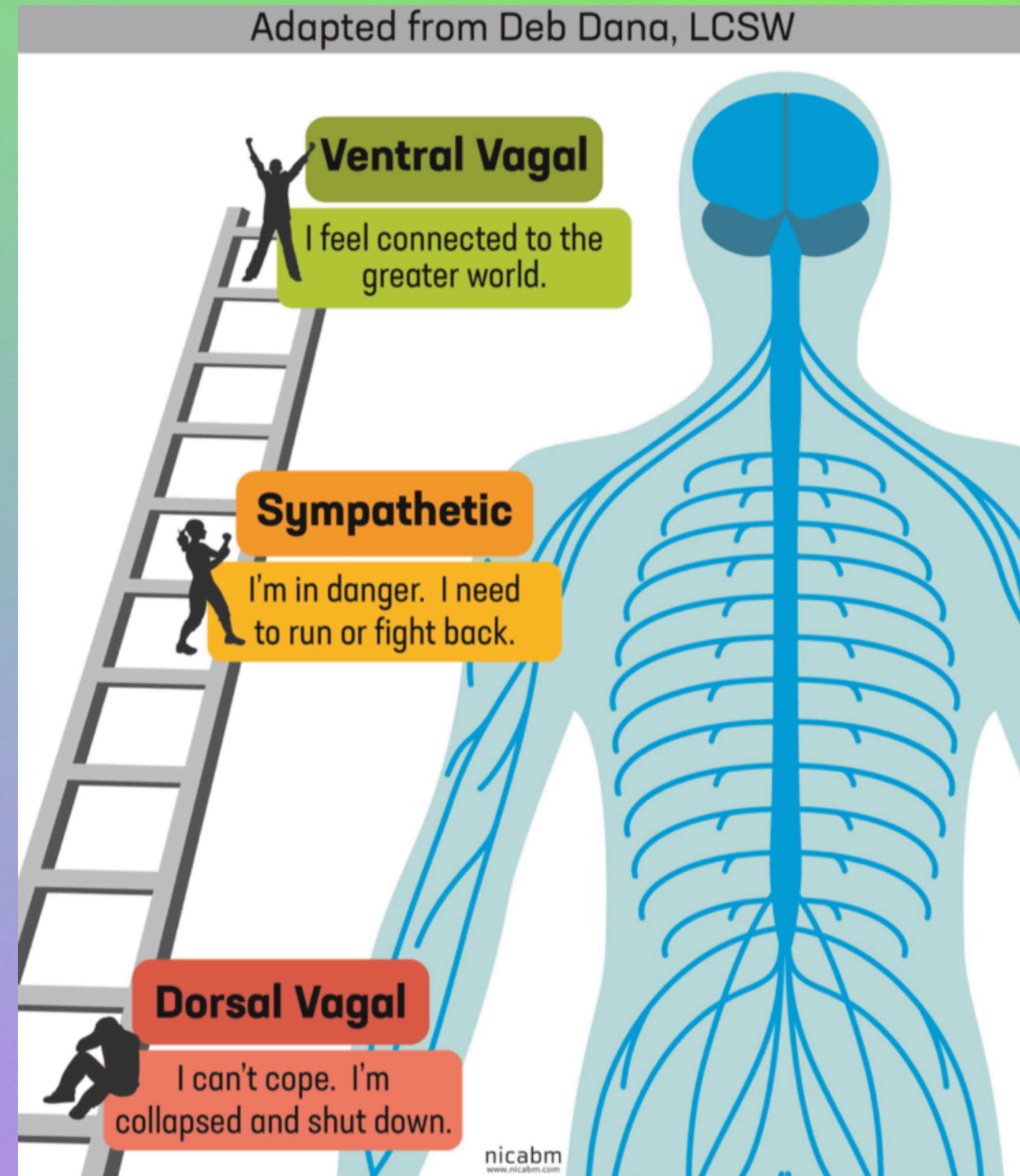
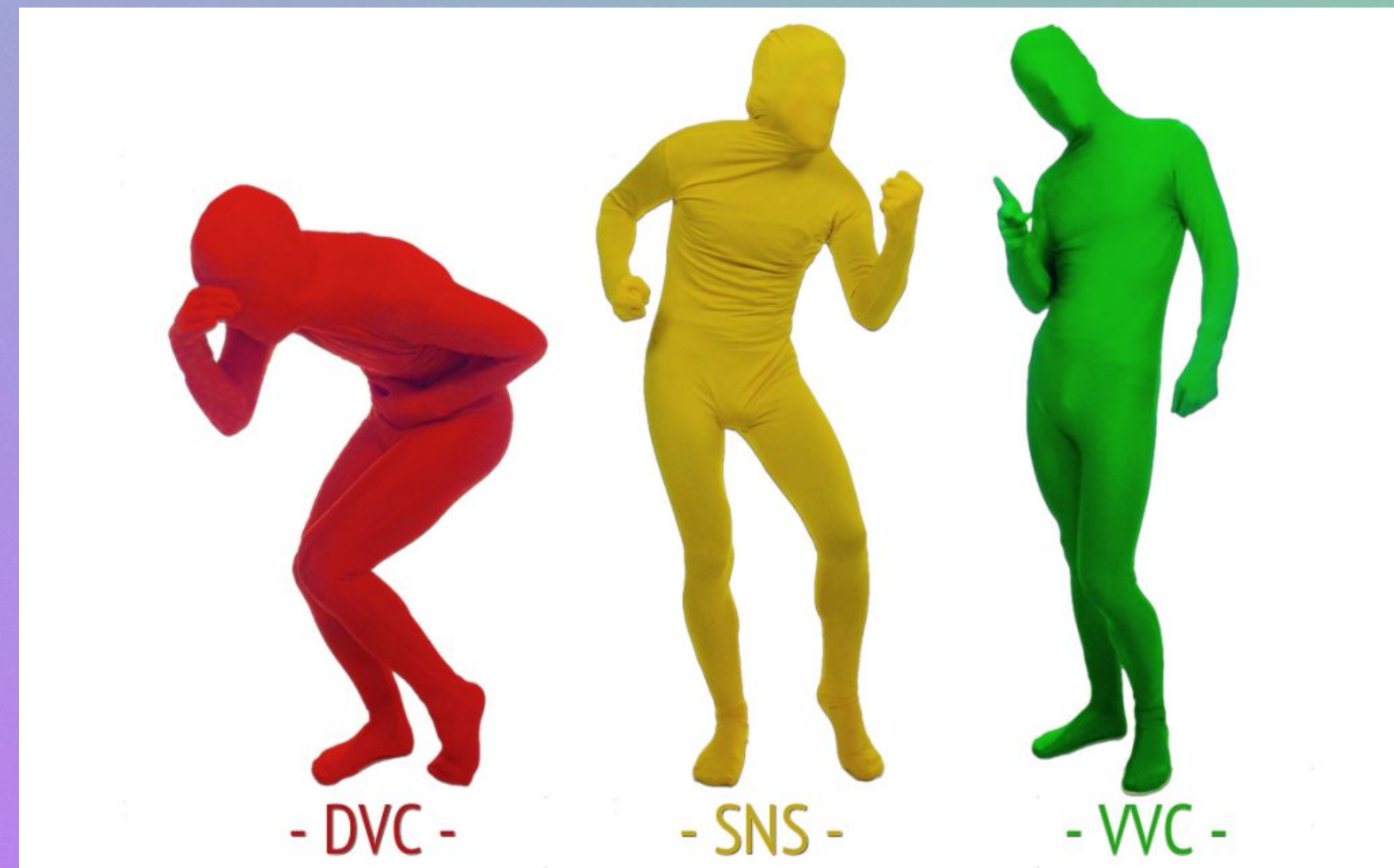


THE WINDOW OF TOLERANCE

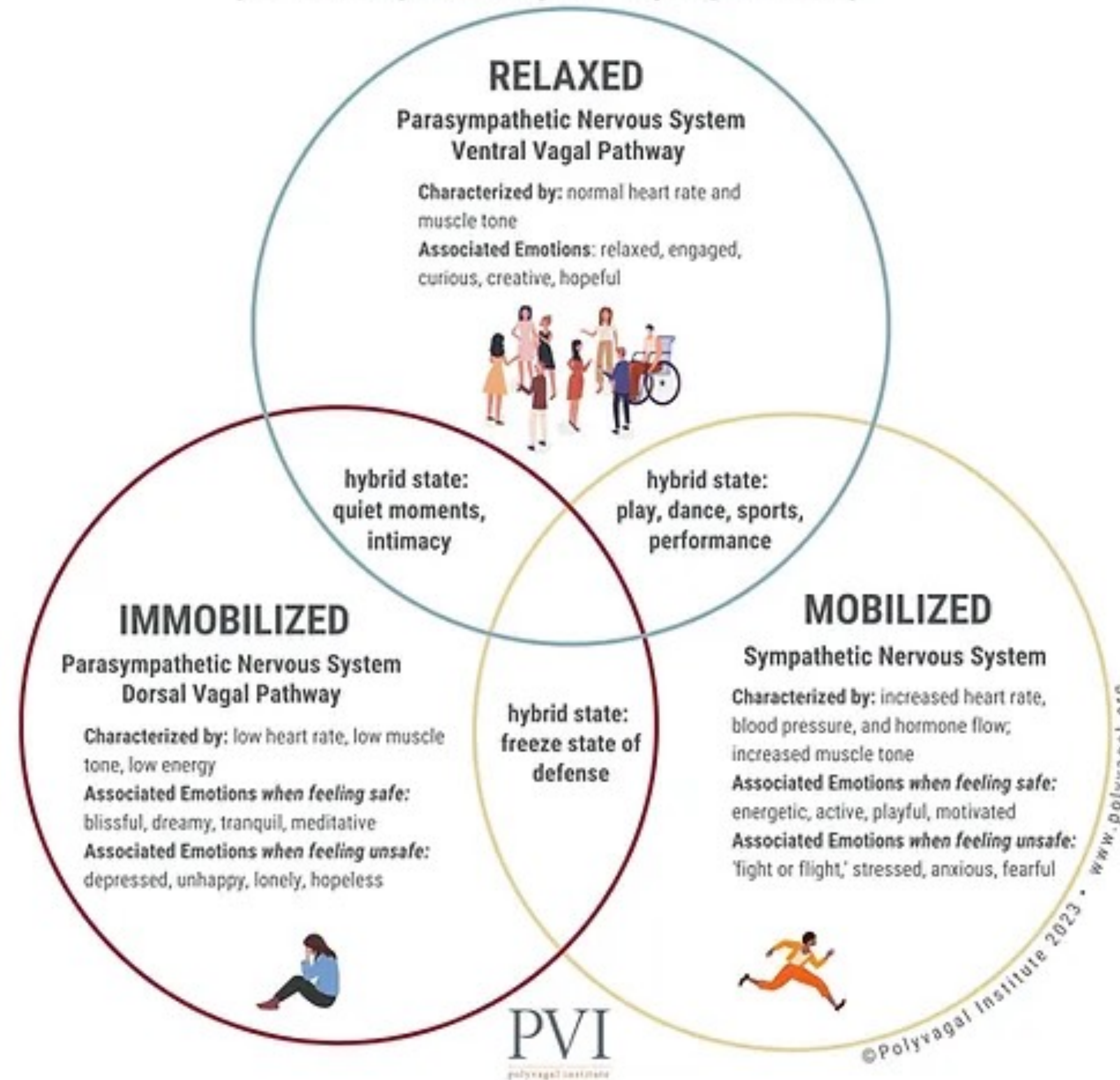


WINDOW OF TOLERANCE = RESILIENCE ZONE

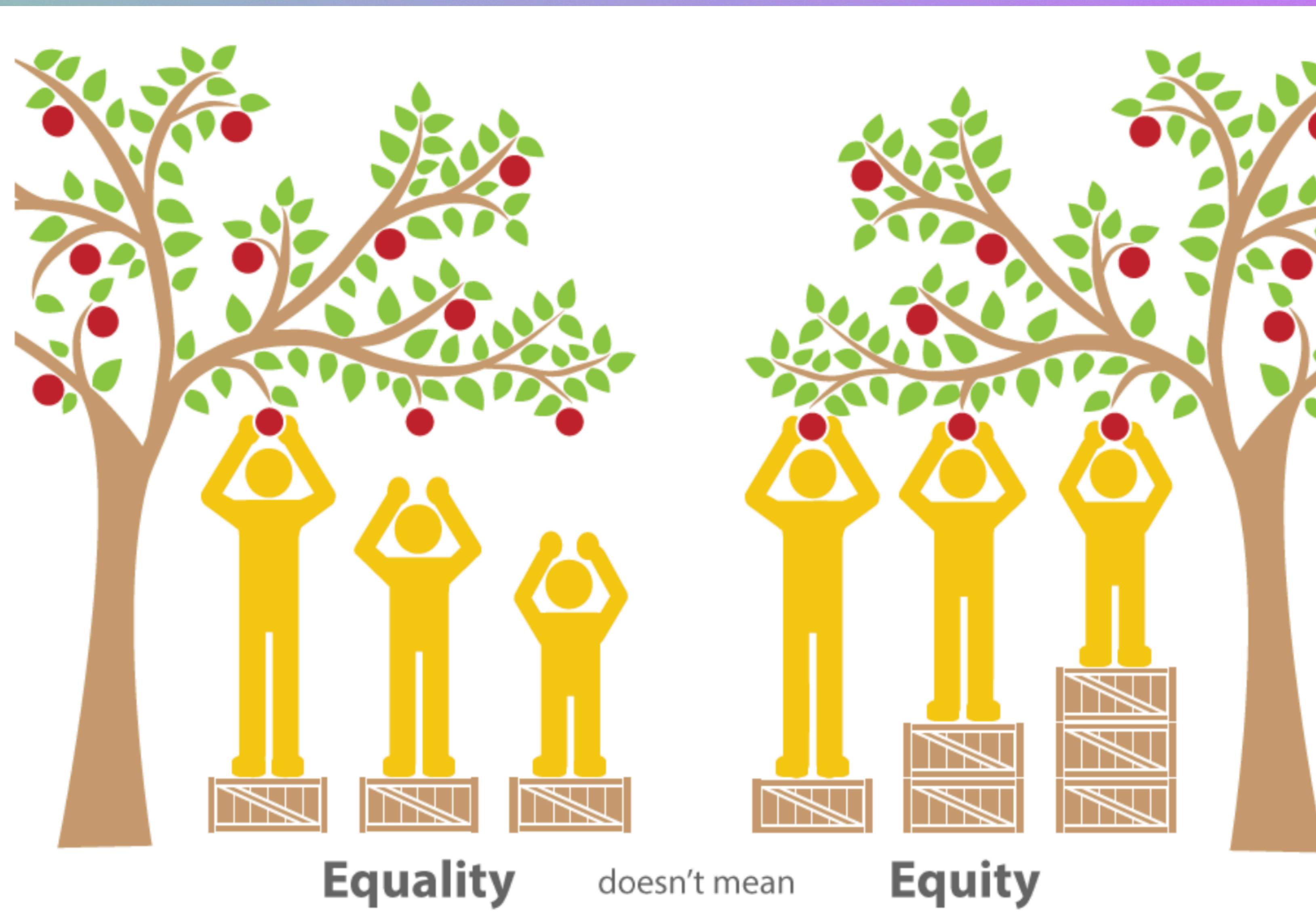




Autonomic Nervous System States per Dr. Stephen Porges' Polyvagal Theory







Saskatoon Health Region, 2014



Awareness of Toxic Stress and Adverse Childhood Experiences among Dutch Pediatric Health Care Providers: A National Survey

Lisette K.M. Walbeehm-Hol, MD and Jamiu O. Busari, MD, PhD

“Clinical Medicine and Research” #CMR



Introduction: Early recognition of adverse childhood experiences (ACEs) and adequate interventions are required to prevent negative effects on the child's mental and physical health later in life caused by toxic stress. This study aimed to assess how familiar the concepts of ACEs and toxic stress are among Dutch pediatric health care providers (PHCPs) and whether screening for ACEs is standard practice in the Netherlands.

Methods: From October 2018 until March 2019, a nation-wide questionnaire survey was held.

Results: Of 548 participating PHCPs, 29% were familiar with toxic stress, 67% were familiar with ACEs, and 63% knew of the relationship between multiple ACEs and somatic diseases. Routine inquiries about ACEs were done always by 17% of the participants and sometimes by 65%. The ACEs which PHCPs asked about the most included divorce (n=288; 76.8%), bullying (n=265; 70.7%), physical domestic violence (n=184; 49.1%), parental psychiatric diseases (n=205; 54.7%) and sexual abuse (n=164; 43.7%). The ACEs asked about the least included deportation of a family member (n=22; 5.9%), gender discrimination (n=9; 2.4%) and racism (n=17; 4.5%).

Conclusion: Even in 2019, there is limited awareness among Dutch PHCPs of ACEs and toxic stress. While most acknowledged to be aware of the role that toxic stress plays in the physical and mental health consequences of ACEs later in life, only 17% of the respondents performed standard ACE screening. Our findings underscore the need for standard ACE screening guidelines to support early recognition and adequate treatment of children suffering with toxic stress.

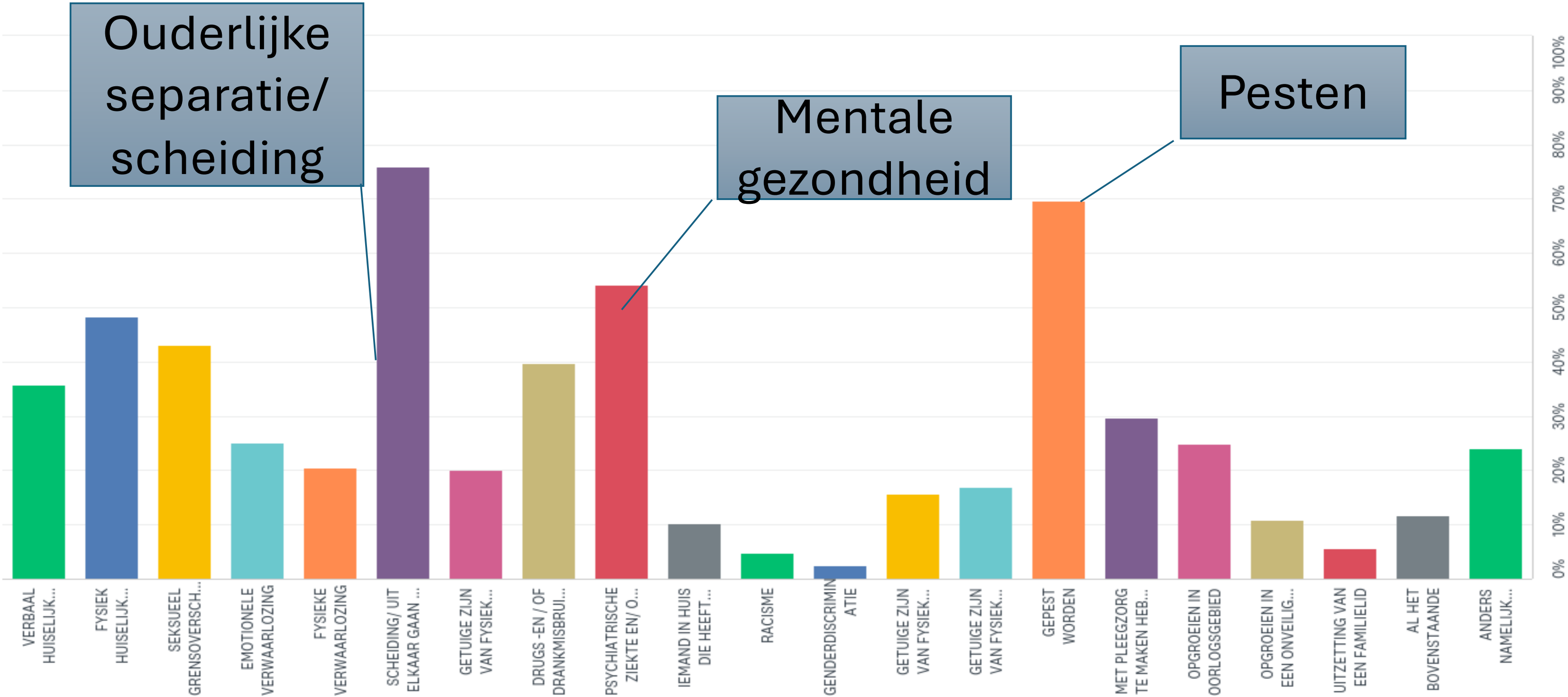
Keywords: ACEs; Adverse childhood experiences; Awareness; Health care; Screening; Toxic stress

Onderzoekslijn toxische stress

Awareness of Toxic Stress and Adverse Childhood Experiences among Dutch Pediatric Health Care Providers: A National Survey

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Naar welke ACEs screent u?



Meest voorkomende ingrijpende jeugdervaringen (ACE's)



lichamelijke
mishandeling



psychische
mishandeling



seksueel
misbruik



lichamelijke
verwaarlozing



psychische
verwaarlozing



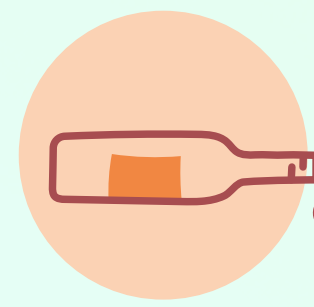
getuige van
geweld tussen
ouders



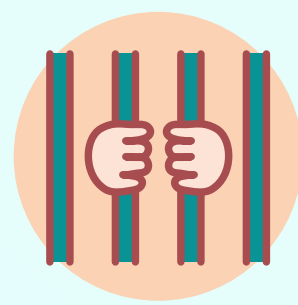
echtscheiding
van ouders



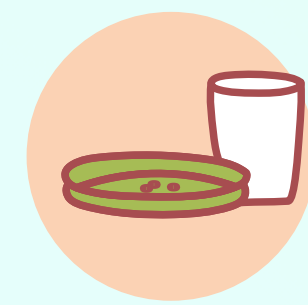
ouder met een
psychische
ziekte



ouder met
verslavings-
problemen



gezinslid in de
gevangenis



opgroeien in
structurele
armoede



overlijden van
een ouder



chronisch
pesten



Tip: zie augeo.nl voor Infographics

HOW TO TACKLE TOXIC STRESS?

- Vanuit zelfkennis naar zelfzorg
- Safety First
- Verbinding voor veiligheid
- Met oprechte interesse handelen en communiceren
- Herstel en veerkracht
- Kansengelijkheid
- Groeien en bloeien



Toekomst



Onderzoekslijn Toxische Stress

