

ADVERSE CHILDHOOD EXPERIENCES

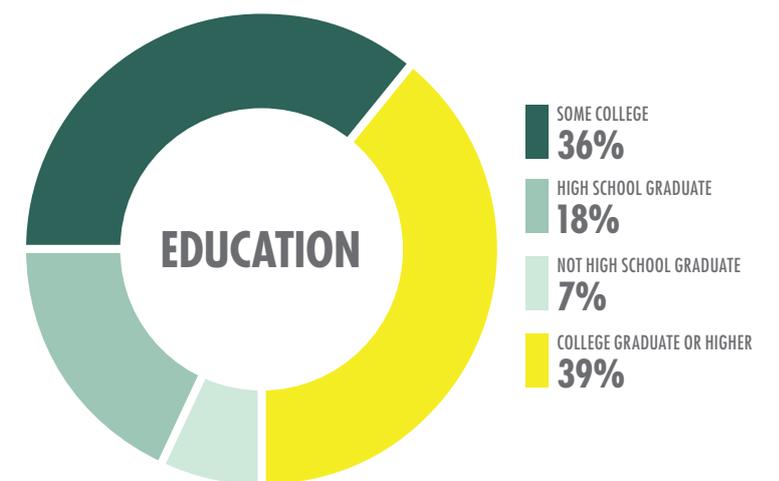
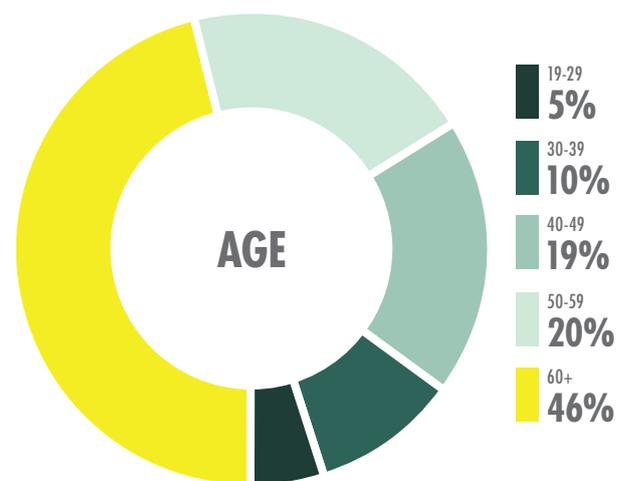
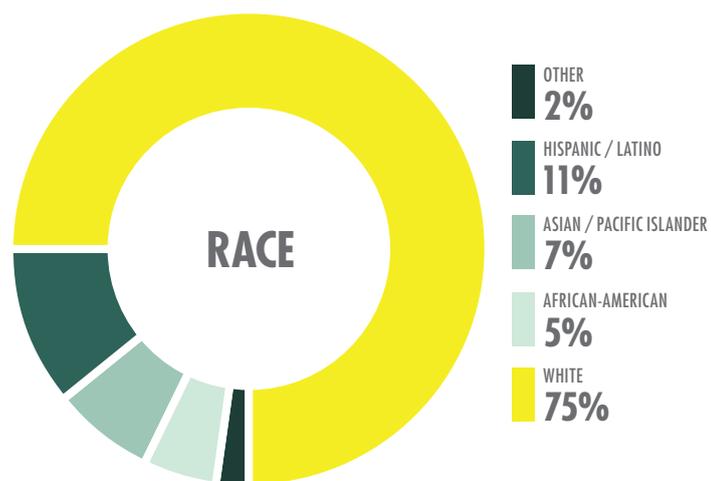
looking at how ACEs affect our lives & society

What are ACEs?

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18. The landmark Kaiser ACE study examined the relationships between these experiences during childhood and reduced health and wellbeing later in life.

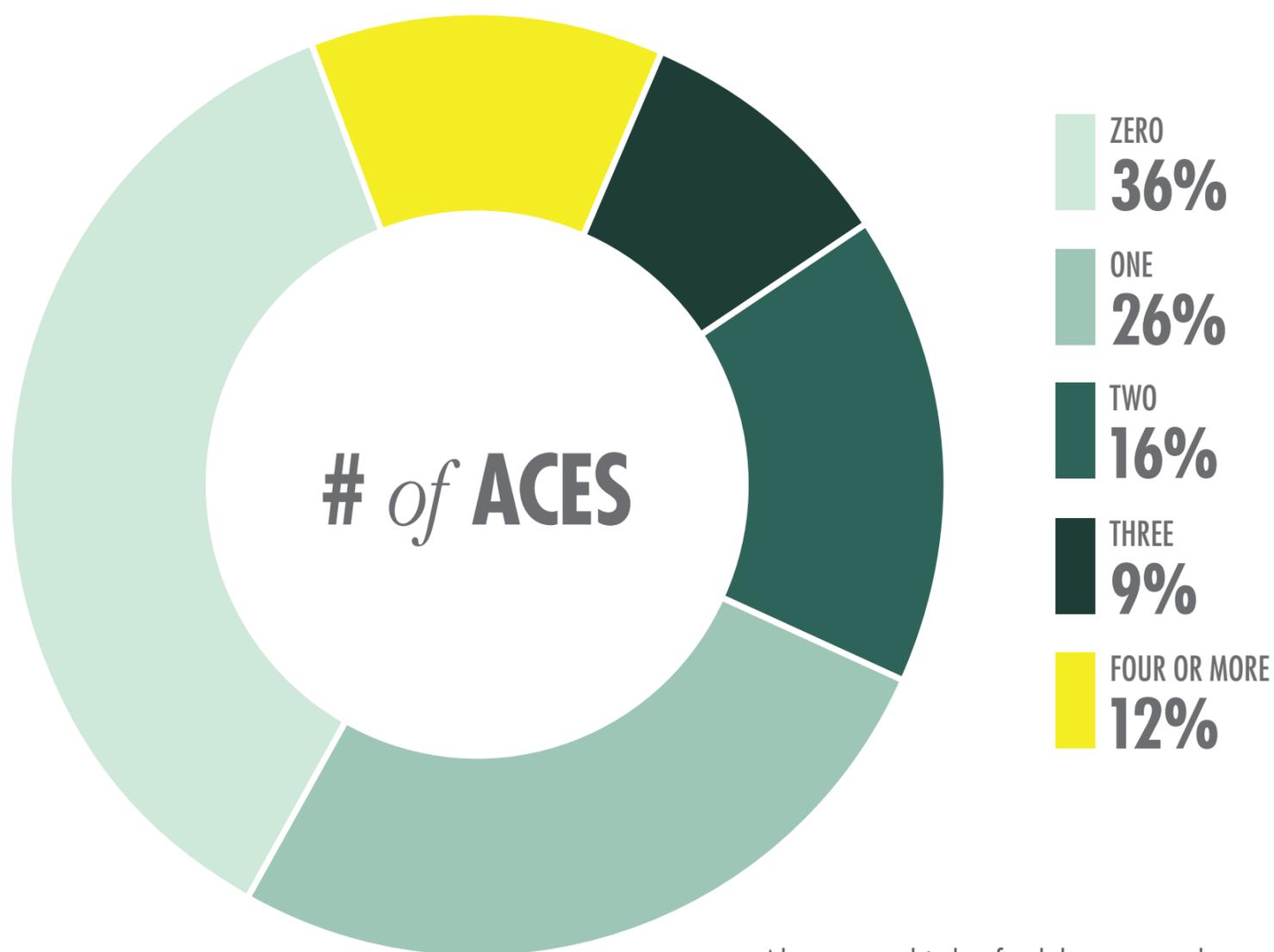
WHO PARTICIPATED IN THE ACE STUDY?

Between 1995 and 1997, over 17,000 people receiving physical exams completed confidential surveys containing information about their childhood experiences and current health status and behaviors. The information of these surveys were combined with results from their physical exams to form the study's findings.



*Participants in this study reflected a cross-section of middle-class American adults.

HOW COMMON ARE ACES?

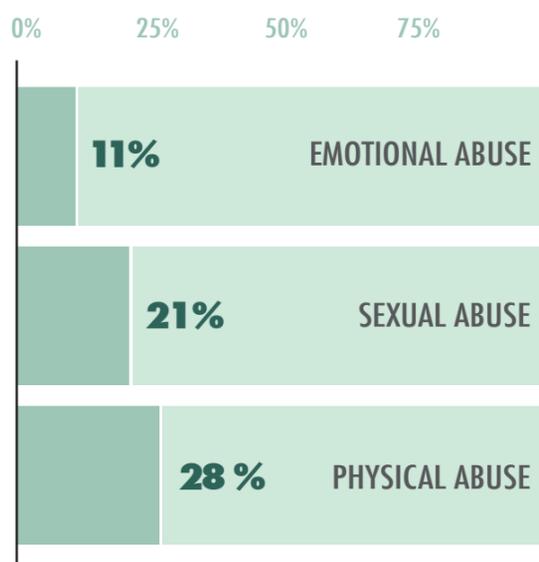


Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

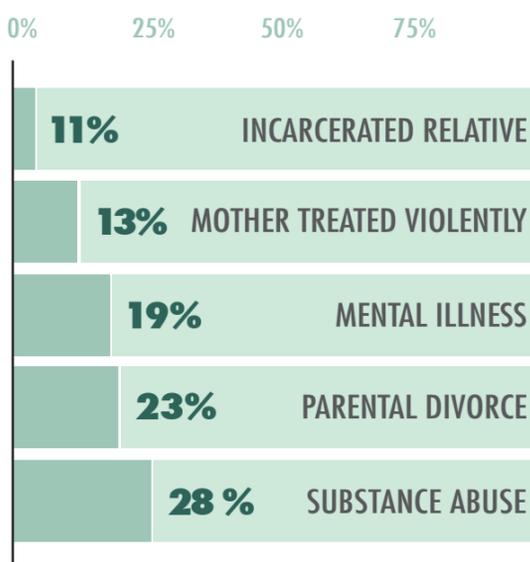
TYPES of ACES

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and contact sexual abuse; **neglect**, including both physical and emotional neglect; and **family dysfunction**, which included exposure to substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or family member incarceration. Respondents were given an **ACE score** between 0 and 10 based on how many of these ten types of adverse experience they reported being exposed to.

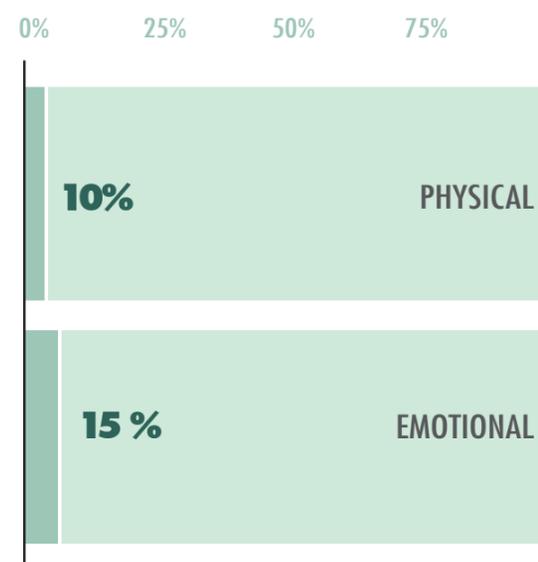
ABUSE



FAMILY DYSFUNCTION

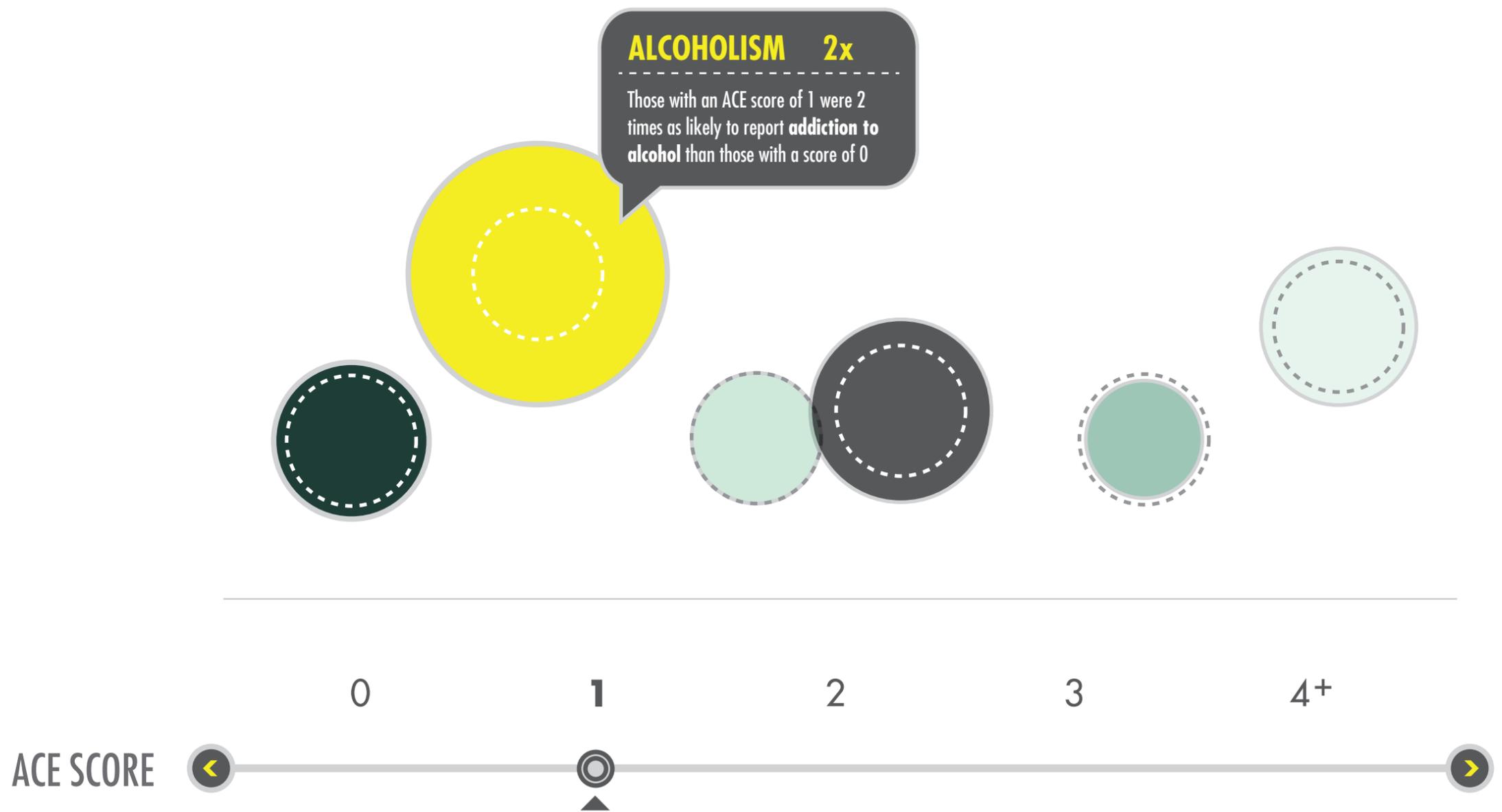


NEGLECT



ACES CAN HAVE LASTING EFFECTS **ON** BEHAVIOR & HEALTH...

You can use this interactive graphic to see how exposure to ACEs increase an individual's risk for serious health and quality of life problems. Just choose as many of the options below, and adjust the ACE score slider. Move your mouse over the circles on the graph for more information.



BEHAVIOR

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK

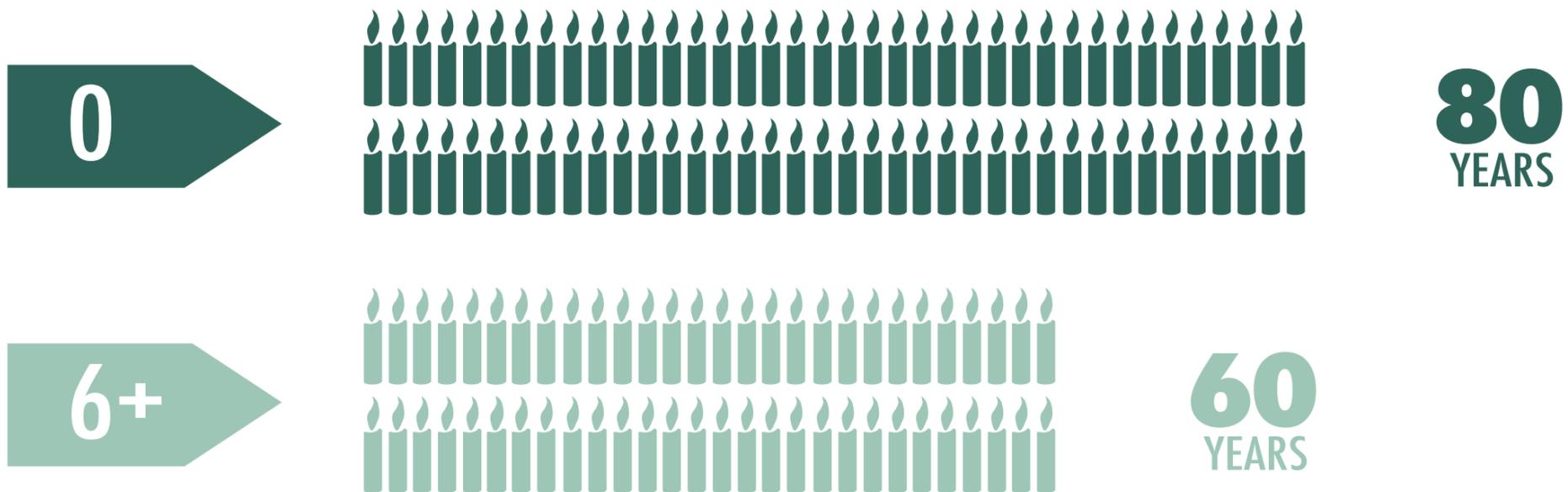
PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDS
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

HOW *do* ACES AFFECT OUR SOCIETY?

LIFE EXPECTANCY

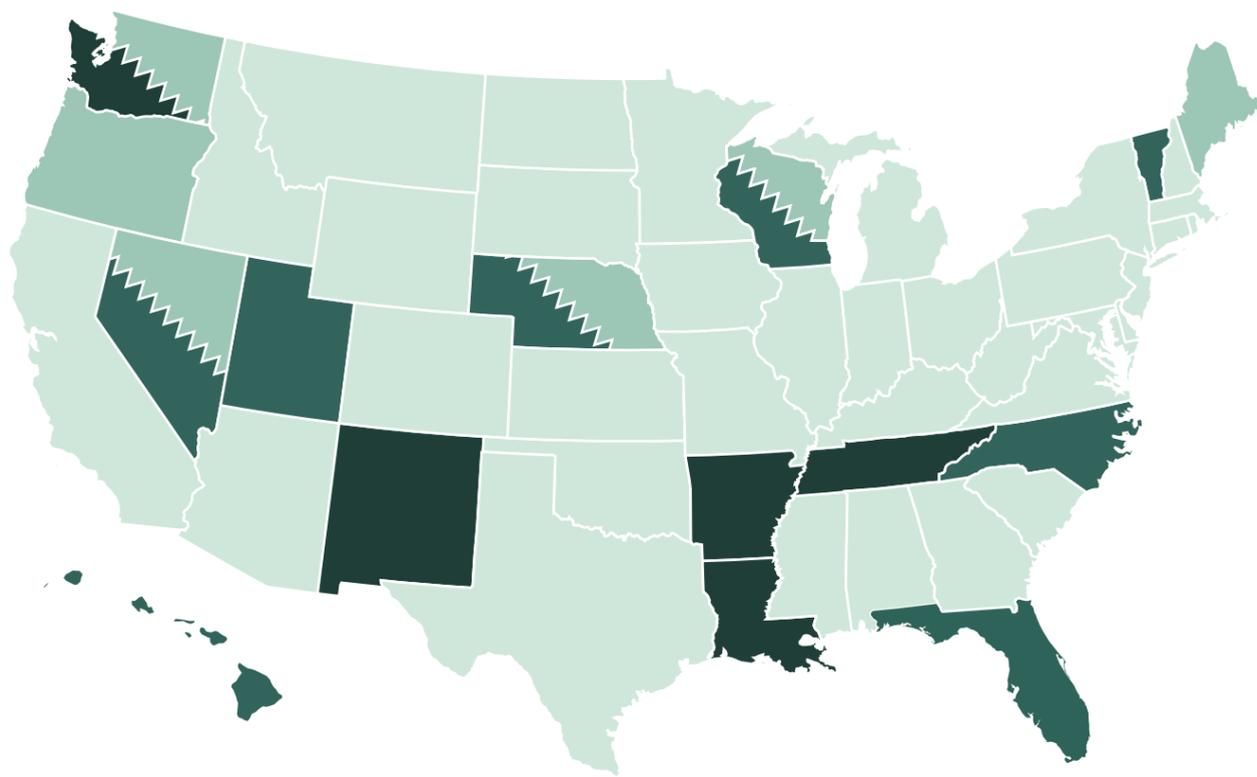
People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



ECONOMIC TOLL

The CDC estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.





AR, LA, NM, TN, WA

2009

HI, NE, NV, NC, UT, VT, FL, WI

2010

ME, NE, NV, OR, WA, WI

2011

Although the study ended in 1997, between 2009 and 2011, 15 states have used a module developed by the CDC collect information about ACEs in their populations.

WHAT *can* BE DONE ABOUT ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable and nurturing relationships** (SSNRs) can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

Home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development.

Example: Nurse-Family Partnership



Home visits to families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



High quality child care



Sufficient Income support for lower income families