

WHAT YOU NEED TO KNOW ABOUT: ADVERSE CHILDHOOD EXPERIENCES

WHAT ARE ACES?

Adverse Childhood Experiences (ACEs) are 10 potentially traumatic events experienced by an individual from birth to age 18.

THE STUDY

A 1995-1997 landmark study conducted by Kaiser Permanente and the CDC examined the relationships between childhood events and the impact those events had on overall health and well-being across the lifespan.

TYPES OF ACES



Abuse

- Emotional
- Physical
- Sexual



Neglect

- Emotional
- Physical



Household Challenges*

- Substance abuse or misuse
- Mental illness
- Suicidal thoughts or behaviors
- Divorce/Separation
- Incarceration
- Intimate Partner Violence

*The child lives with a caregiver who experiences one or more of these challenges.

HOW COMMON ARE ACES?

The original study found that ACEs were quite common, 64% of participants having at least one ACE.

The study participants were primarily white (74.8%), college-educated (75.2%), middle-class individuals.

WHAT IS THE IMPACT?

As the number of ACEs increases, so does the risk for negative health outcomes, such as risky behavior, poor physical and/or mental health, and early death.



A PERSON WITH 4 OR MORE ACES IS...







- ✓ 2.2 times as likely to have ischemic heart disease
- ✓ 2.4 times as likely to have a stroke
- ✓ 1.9 times as likely to have cancer
- ✓ 1.6 times as likely to have diabetes
- ✓ 12.2 times as likely to attempt suicide
- ✓ 10.3 times as likely to use injection drugs
- ✓ 7.4 times as likely to be an alcoholic

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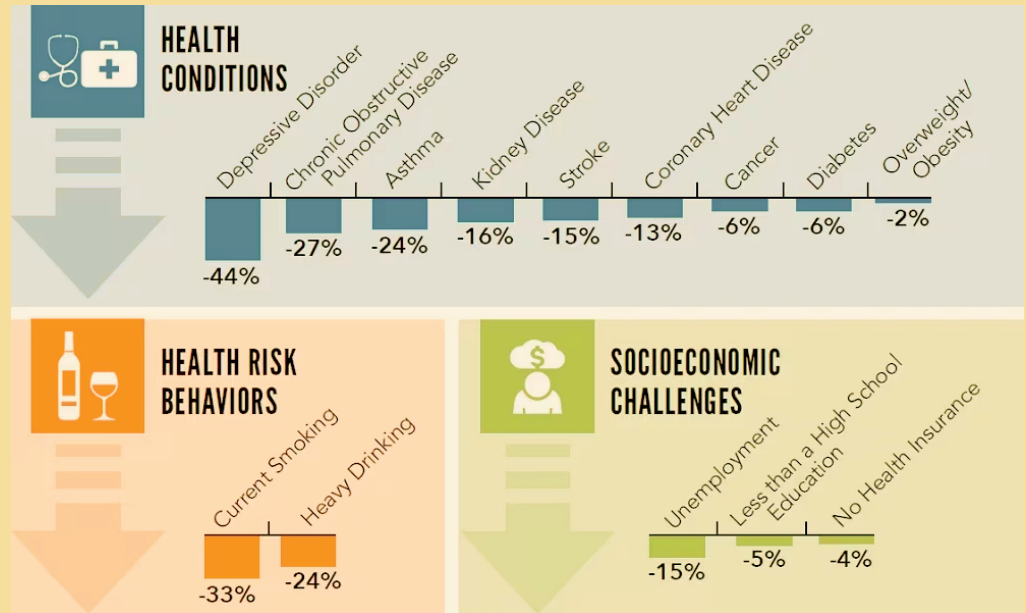
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HOW DO WE BUILD RESILIENCE TO COMBAT ACES?

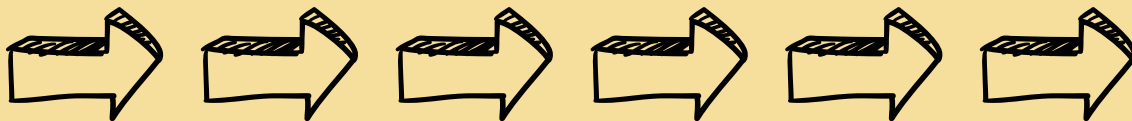
BY BUILDING HOPE THROUGH:

-  Interventions to reduce long-term harms
-  Strengthening families' financial stability
-  Promoting social norms that protect against violence
-  Helping kids have a good start
-  Teaching healthy relationship skills
-  Connecting youth with activities & caring adults

BY PREVENTING ACES WE COULD REDUCE NEGATIVE HEALTH OUTCOMES



HOW DO WE MOVE FORWARD?



HEALTH PROVIDERS:

- Anticipate risk for ACEs in children & history of ACEs in adults.
- Refer patients to effective services and support.
- Link adults to family-centered treatment approaches, including substance abuse treatment and parenting interventions.

STATES & COMMUNITIES:

- Improve access to high-quality childcare.
- Use effective social & economic supports that address financial hardship.
- Enhance connections to caring adults.
- Increase parents' & youth skills to manage emotions and conflicts, using approaches in schools & other settings.

EMPLOYERS:

- Adopt & support family-friendly policies, such as paid family leave and flexible work schedules.

EVERYONE:

- Recognize challenges that families face & offer support to reduce stress.
- Support community programs that provide safe & healthy conditions for all children & families.