



## Major Findings ACE Study

Childhood abuse, neglect, and exposure to other traumatic stressors which we term *adverse childhood experiences* (ACE) are common. Almost two-thirds of our study participants reported at least one ACE, and more than one in five reported three or more ACE. The short- and long-term outcomes of these childhood exposures include a multitude of health and social problems. The ACE Study uses the ACE Score, which is a count of the total number of ACE respondents reported. The ACE Score is used to assess the total amount of stress during childhood and has demonstrated that as the number of ACE increase, the risk for the following health problems increases in a strong and graded fashion:

- alcoholism and alcohol abuse
- chronic obstructive pulmonary disease (COPD)
- depression
- fetal death
- health-related quality of life
- illicit drug use
- ischemic heart disease (IHD)
- liver disease
- risk for intimate partner violence
- multiple sexual partners
- sexually transmitted diseases (STDs)
- smoking
- suicide attempts
- unintended pregnancies

In addition, the ACE Study has also demonstrated that the ACE Score has a strong and graded relationship to health-related behaviors and outcomes during childhood and adolescence including early initiation of smoking, sexual activity, and illicit drug use, adolescent pregnancies, and suicide attempts. Finally, as the number of ACE increases the number of co-occurring or “co-morbid” conditions increases.

Content source: **Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion**

Page Located on the Web at <http://www.cdc.gov/nccdphp/ACE/findings.htm>

**DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
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## ACE Study Handout

### Finding Your ACE Score

#### While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**... Swear at you, insult you, put you down, or humiliate you?

**or**

Act in a way that made you afraid that you might be physically hurt?

Yes No If yes enter 1 \_\_\_\_\_

2. Did a parent or other adult in the household **often or very often**... Push, grab, slap, or throw something at you?

**or**

**Ever** hit you so hard that you had marks or were injured?

Yes No If yes enter 1 \_\_\_\_\_

3. Did an adult or person at least 5 years older than you **ever**...

Touch or fondle you or have you touch their body in a sexual way?

**or**

Attempt or actually have oral, anal, or vaginal intercourse with you?

Yes No If yes enter 1 \_\_\_\_\_

4. Did you **often or very often** feel that ...

No one in your family loved you or thought you were important or special?

**or**

Your family didn't look out for each other, feel close to each other, or support each other?

Yes No If yes enter 1 \_\_\_\_\_

5. Did you **often or very often** feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

**or**

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes No If yes enter 1 \_\_\_\_\_

6. Were your parents **ever** separated or divorced?

Yes No If yes enter 1 \_\_\_\_\_

7. Was your mother or stepmother:

**Often or very often** pushed, grabbed, slapped, or had something thrown at her?

**or**

**Sometimes, often, or very often** kicked, bitten, hit with a fist, or hit with something hard?

**or**

**Ever** repeatedly hit at least a few minutes or threatened with a gun or knife?

Yes No If yes enter 1 \_\_\_\_\_

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No If yes enter 1 \_\_\_\_\_

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

Yes No If yes enter 1 \_\_\_\_\_

10. Did a household member go to prison?

Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.**