

# Data: New Findings Related to ACEs in the Midwest

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Beyond ACEs:

# **BUILDING HOPE & RESILIENCY IN IOWA**

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FINDINGS ON ADVERSE CHILDHOOD  
EXPERIENCES IN IOWA FROM 2012-2014  
AND OPPORTUNITIES TO RESPOND



# Iowa ACEs Movement: Where we started





# Prevalence of ACEs among Iowa adults

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## PERCENT OF IOWA ADULTS REPORTING EACH CATEGORY OF ACES

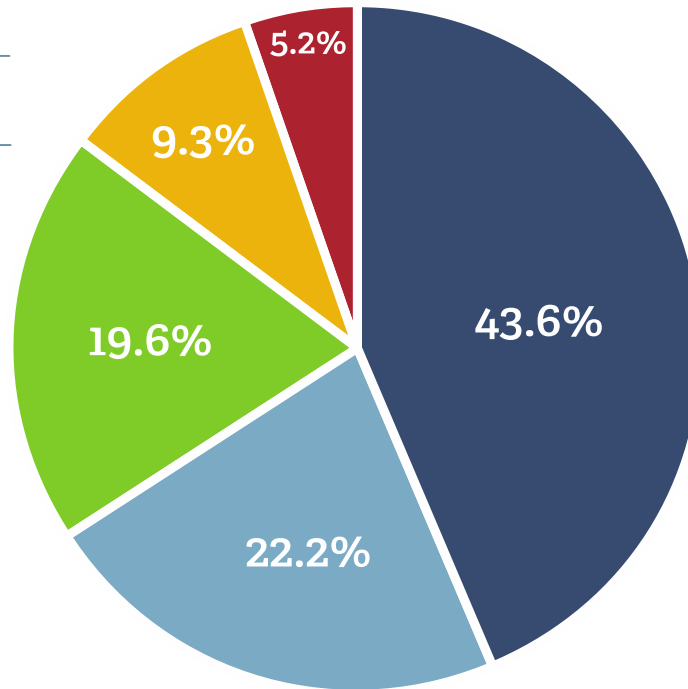
CHILD ABUSE	%
Emotional abuse	26.8
Physical abuse	15.9
Sexual abuse	9.7
HOUSEHOLD DYSFUNCTION	
Substance abuse in home	26.1
Separation/divorce	23.2
Family member with mental illness	18
Domestic violence	15.3
Incarcerated family member	6.8
Any ACE	56

## PREVALENCE OF ADDITIONAL ACES AMONG THOSE WHO EXPERIENCE EACH CATEGORY OF ACES

	% with 1+ additional ACE	% with 2+ additional ACEs
Emotional abuse	69	48
Physical abuse	84	69
Sexual abuse	73	56
Substance abuse in home	73	54
Incarcerated family member	85	74
Family member with mental illness	76	58
Domestic violence	86	73
Separation/divorce	71	51

# Prevalence of ACEs among Iowa adults

SHARE OF IOWA ADULT  
POPULATION BY TOTAL  
NUMBER OF ACES  
REPORTED



**14.5%**  
of Iowa adults  
report experiencing  
**four or more ACEs.**

**ACEs score**



0



1



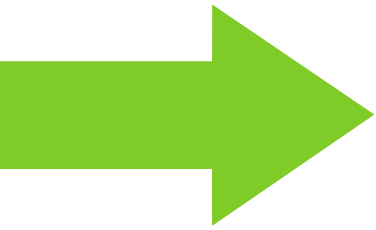
2-3



4-5

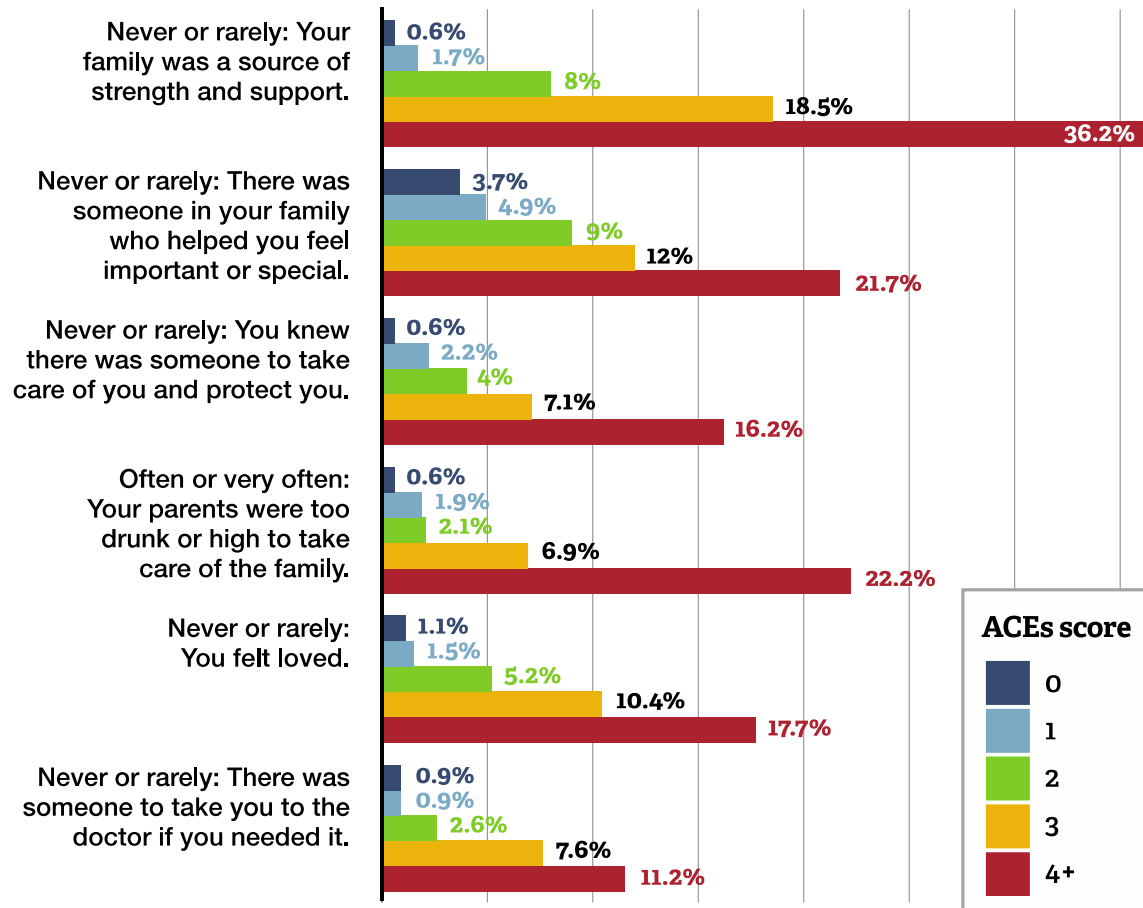


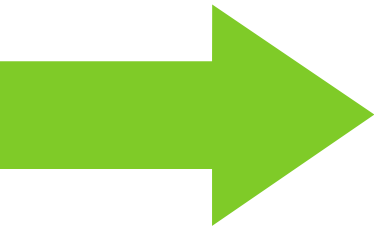
6+



# Prevalence of additional ACEs

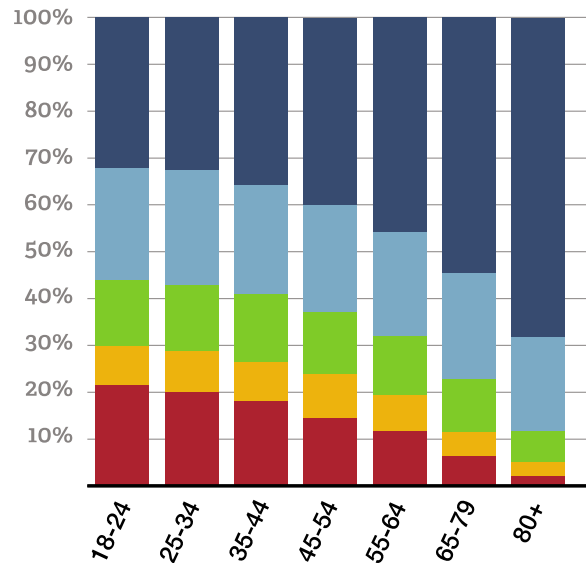
PREVALANCE  
OF NEGLECT  
AS ACES  
INCREASE



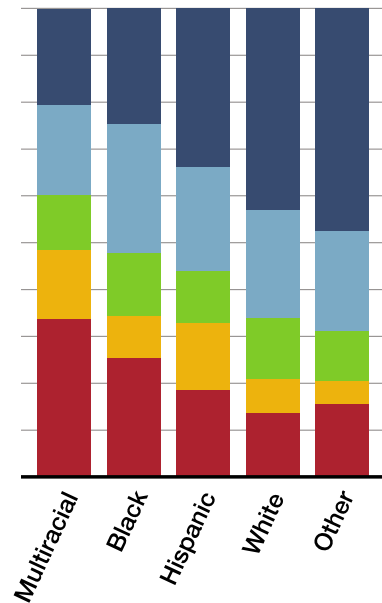


# ACEs by demographics

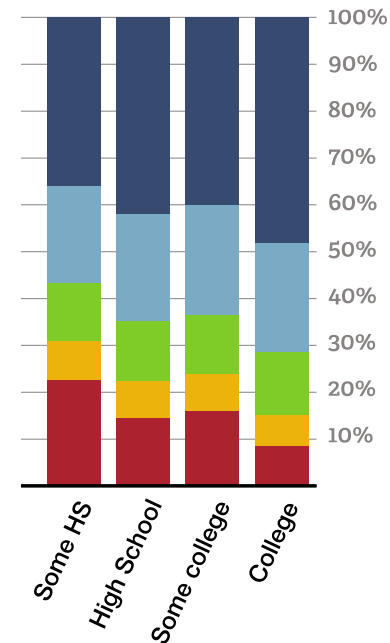
## ACES BY AGE



## ACES BY RACE



## ACES BY EDUCATION LEVEL



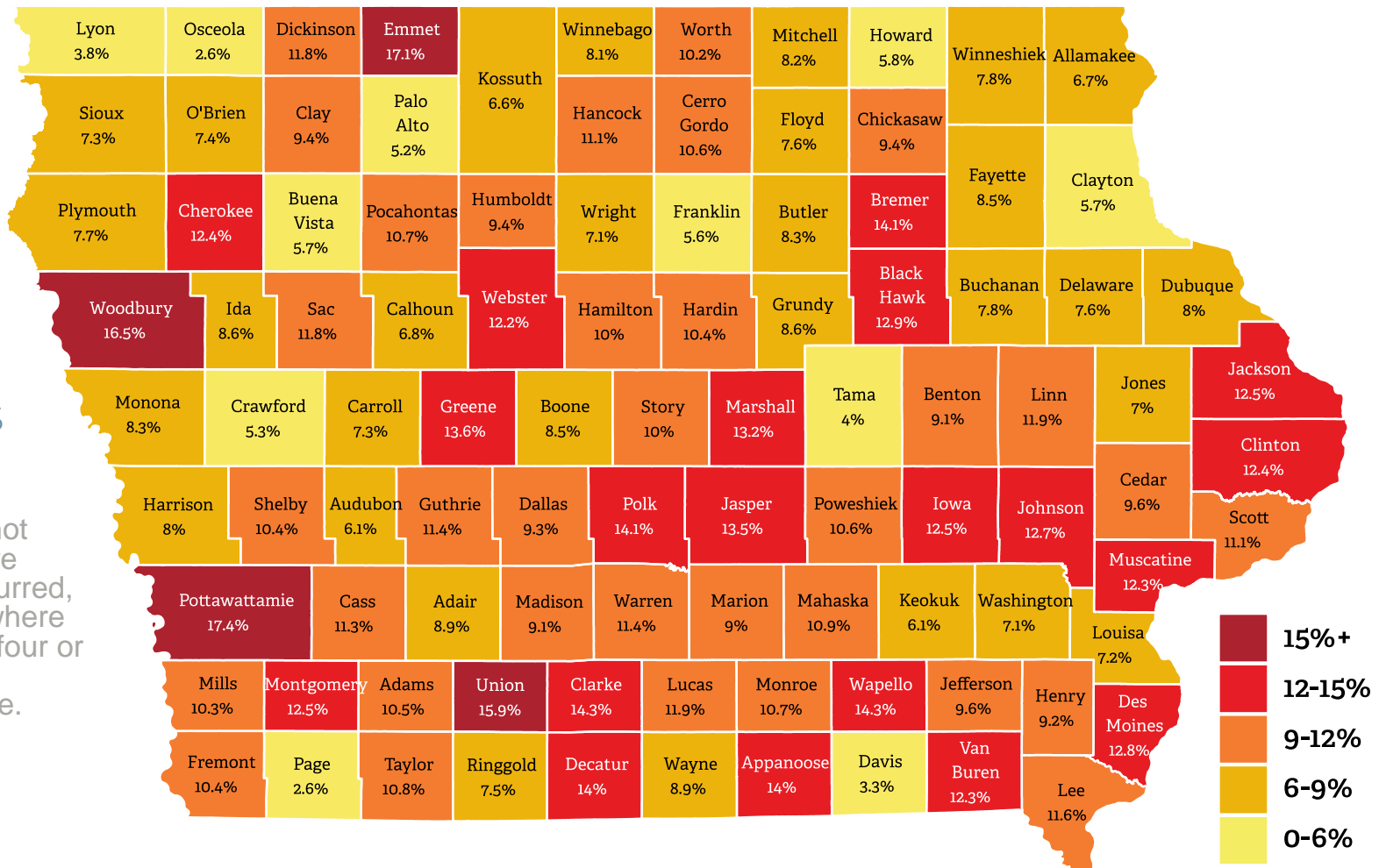
**ACEs score**



# Where do Iowa adults with ACEs live now?

PERCENT  
OF ADULTS  
REPORTING  
FOUR OR  
MORE ACES

- Map does not reflect where trauma occurred, but rather where adults with four or more ACEs currently live.

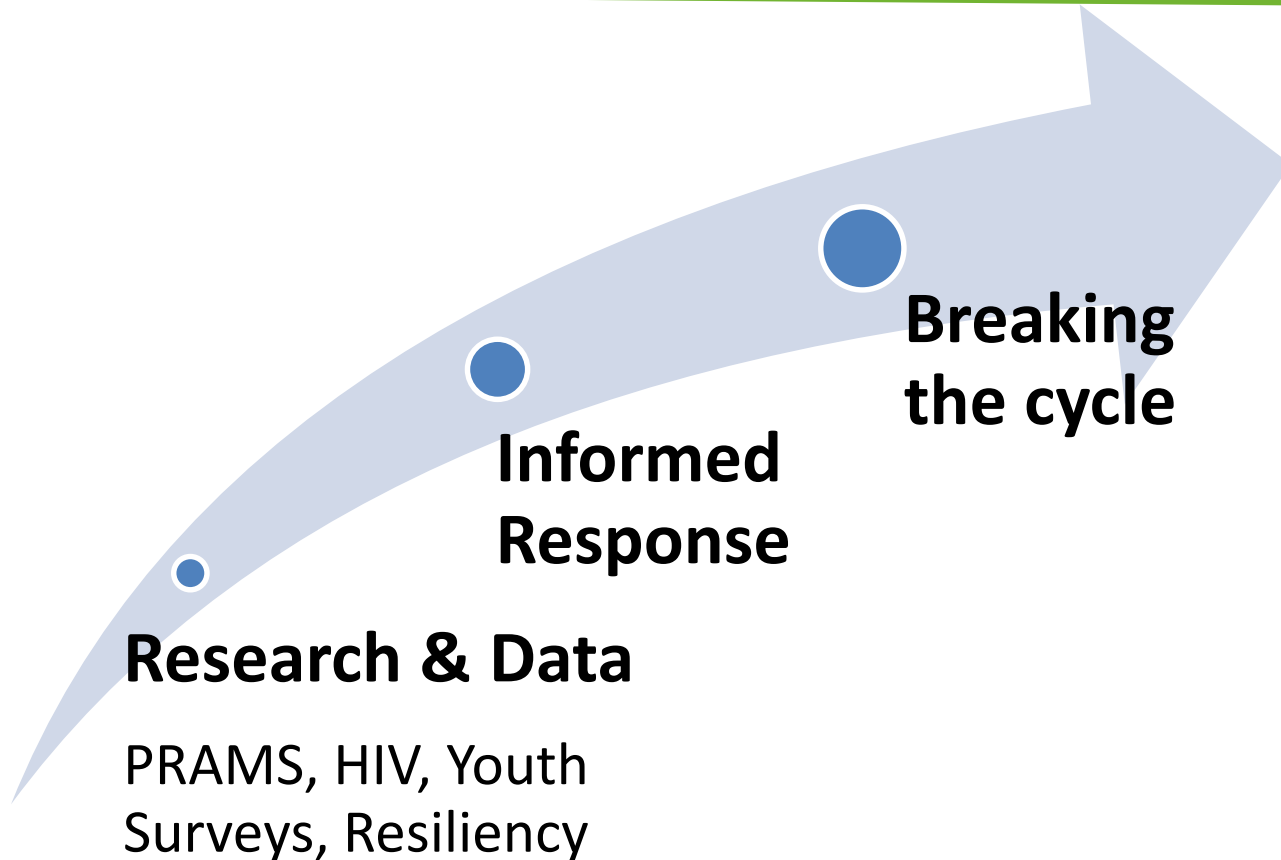




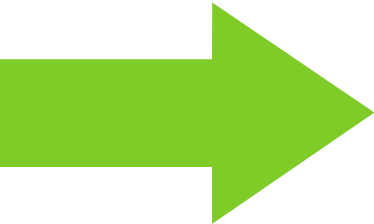


# Building the future: Expanding data partnerships

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**Adverse Childhood Experiences**



# Breaking the cycle: parenting

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## MORE FAMILIES IN IOWA FACE STRESSFUL ENVIRONMENTS

**15.5%**

**of Iowa's children (ages 0-17) lived below the poverty line in 2014, a 43.9 percent increase since 2000.** Children growing up in poverty are more likely than their peers to experience stress and deprivation that hinders development and readiness for school and life.

**21%**

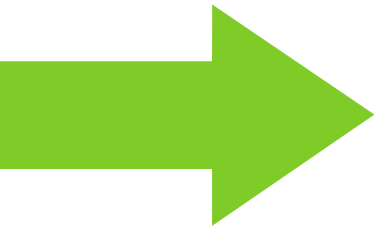
**of Iowa children ages four months to 5 years are at moderate or high risk of developmental, behavioral or social delays.** Children with special needs require a greater level of support.

**25%**

**of Iowa women with young children in the home have a high school diploma or less, a key indicator of child outcomes.** This level of education can make finding a well-paying job difficult.

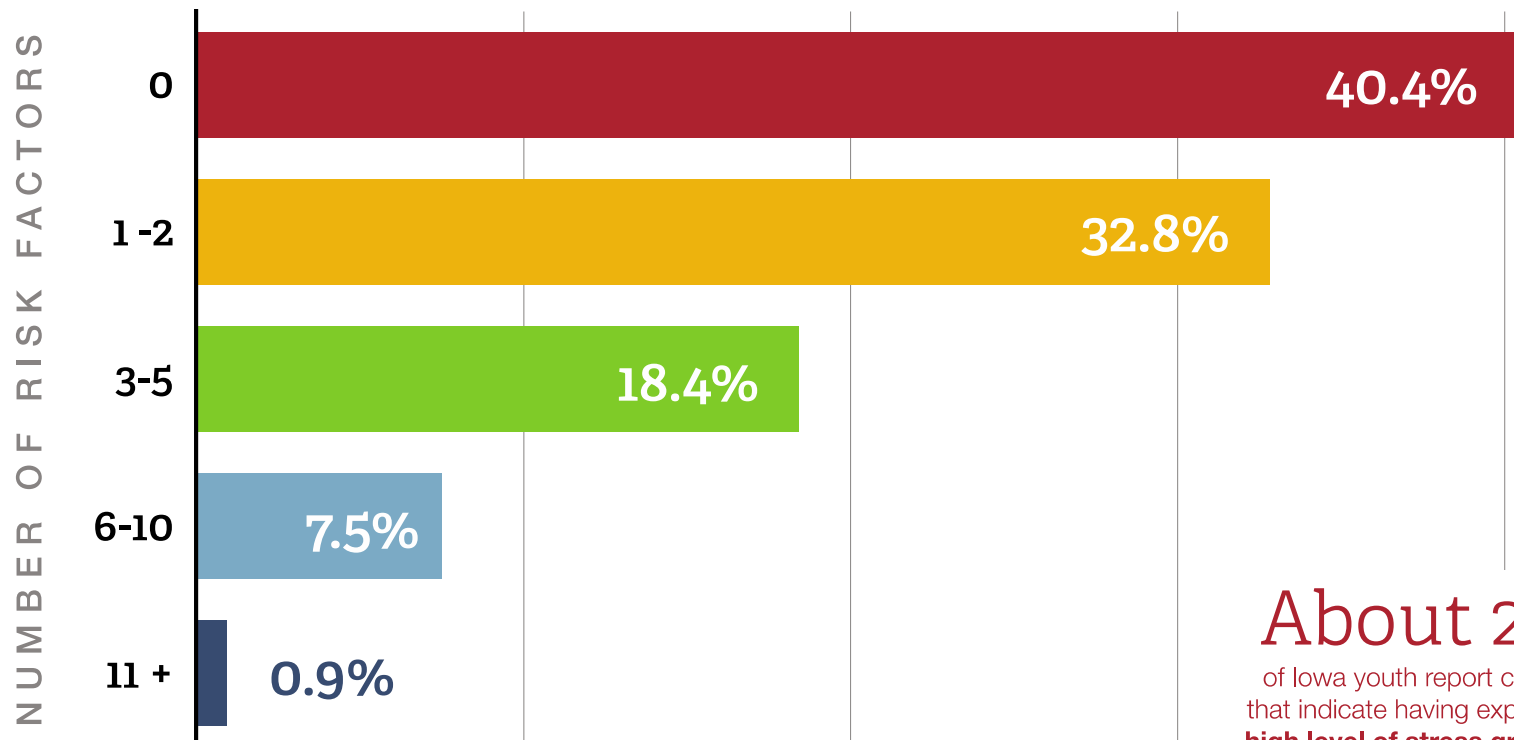
**30.8%**

**of families with children are headed by a single parent, a 23.7 percent increase since 2000.** Single-parent families are at increased risk for stress and economic hardship.



# Breaking the cycle: youth

## RISK FACTORS IN IOWA YOUTH



**About 25%**  
of Iowa youth report challenges  
that indicate having experienced a  
**high level of stress growing up.**

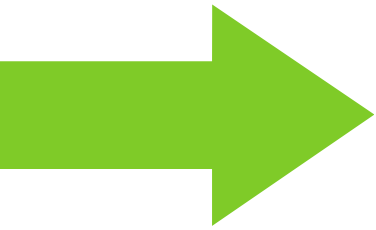


# Breaking the cycle: **education & early care**

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STUDENTS WITH A HIGHER NUMBER OF ACES ARE MORE LIKELY TO:

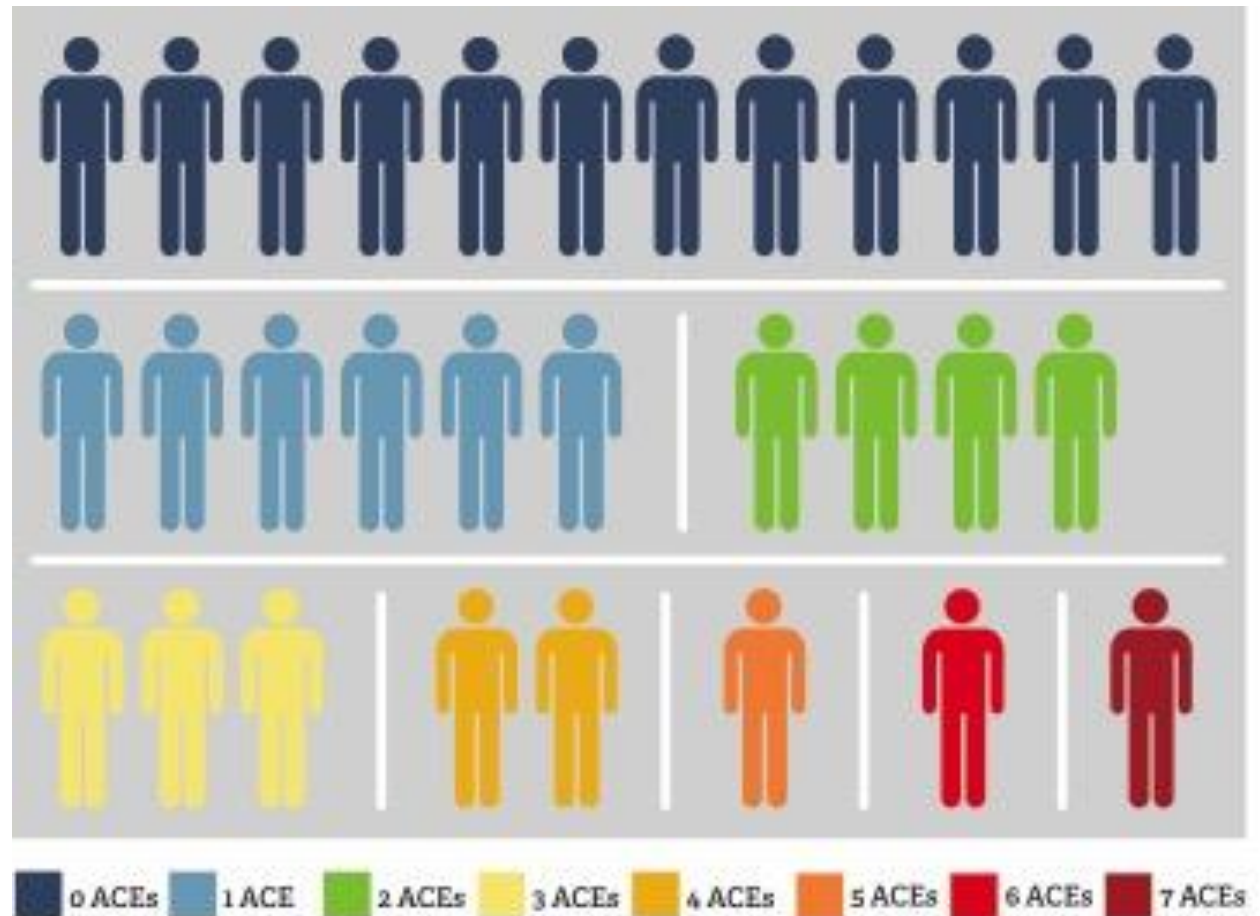
- ▼ Score lower on a standardized test
- ▼ Have language difficulties
- ▼ Be suspended or expelled
- ▼ Have poorer health
- ▼ Fail a grade

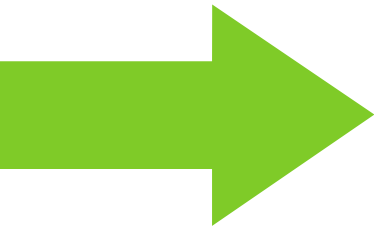


# Breaking the cycle: **business**

AVERAGE  
NUMBER OF  
ACES PER  
PERSON IN  
AN OFFICE  
OF 30  
EMPLOYEES

5 out  
of 30  
employees have  
experienced  
**significant**  
childhood trauma





# Breaking the cycle: **our community**

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STUDIES PROVE THAT COMMUNITIES CONNECTED  
THROUGH CARING RELATIONSHIPS HAVE:

▼ Less crime

▼ Less homelessness

▼ Less substance abuse

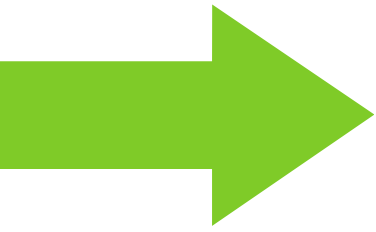
▲ Increased school success

▲ Increased mental health

▲ Increased physical health

Respondents reporting high ACEs and high support/help often fare better in health and mental health than those with no ACEs and low support.

Respondents reporting a high level of reciprocity and social bridging (such as **watching out for the community's children**, asking for help and intervening when someone is in trouble) had lower rates of obesity, mental illness and health-risk factors.



# Building the future: **Key Partners**

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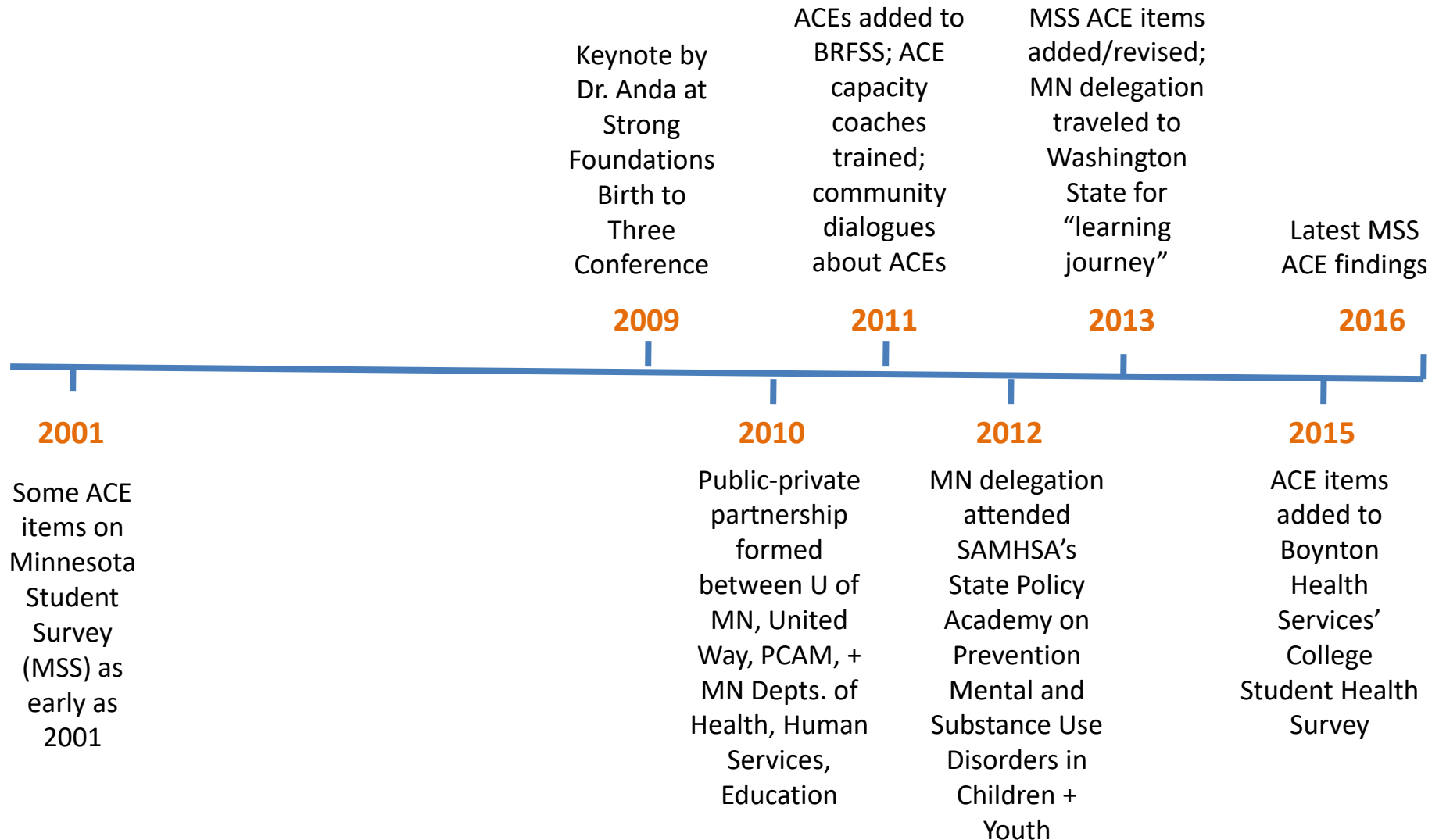


Minnesota State Epidemiological Outcomes Workgroup

# **MINNESOTA ACES DATA**



# Minnesota Timeline



# Minnesota student survey

- Collaboration between Minnesota Schools and Depts. of Education, Health, Human Services, and Public Safety
- Administered in first half of 2016 to students in grades 5, 8, 9, and 11
- 85% of public school districts participated in 2016
- Statewide sample size = 168,733



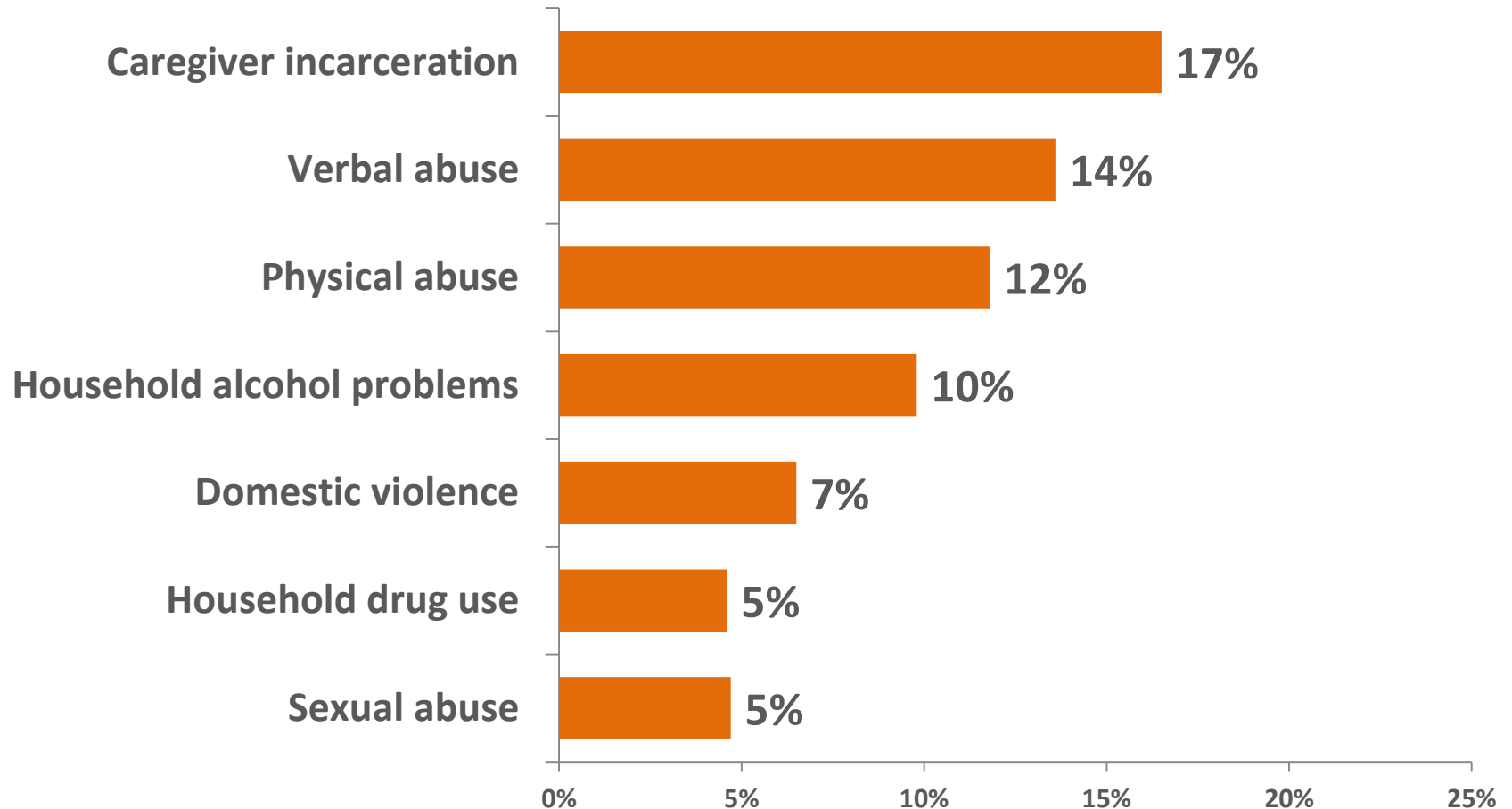
# Seven\* ACE Items

- Incarcerated parent/caregiver
- Living with someone who drinks too much alcohol
- Living with someone who uses illegal drugs or abuses prescription drugs
- Verbal abuse
- Physical abuse
- Household domestic abuse
- Sexual abuse

\*Some people include additional items, such as measures of poverty and/or dating violence

# Frequency of ACE Categories among Minnesota 8th, 9th, and 11th Graders

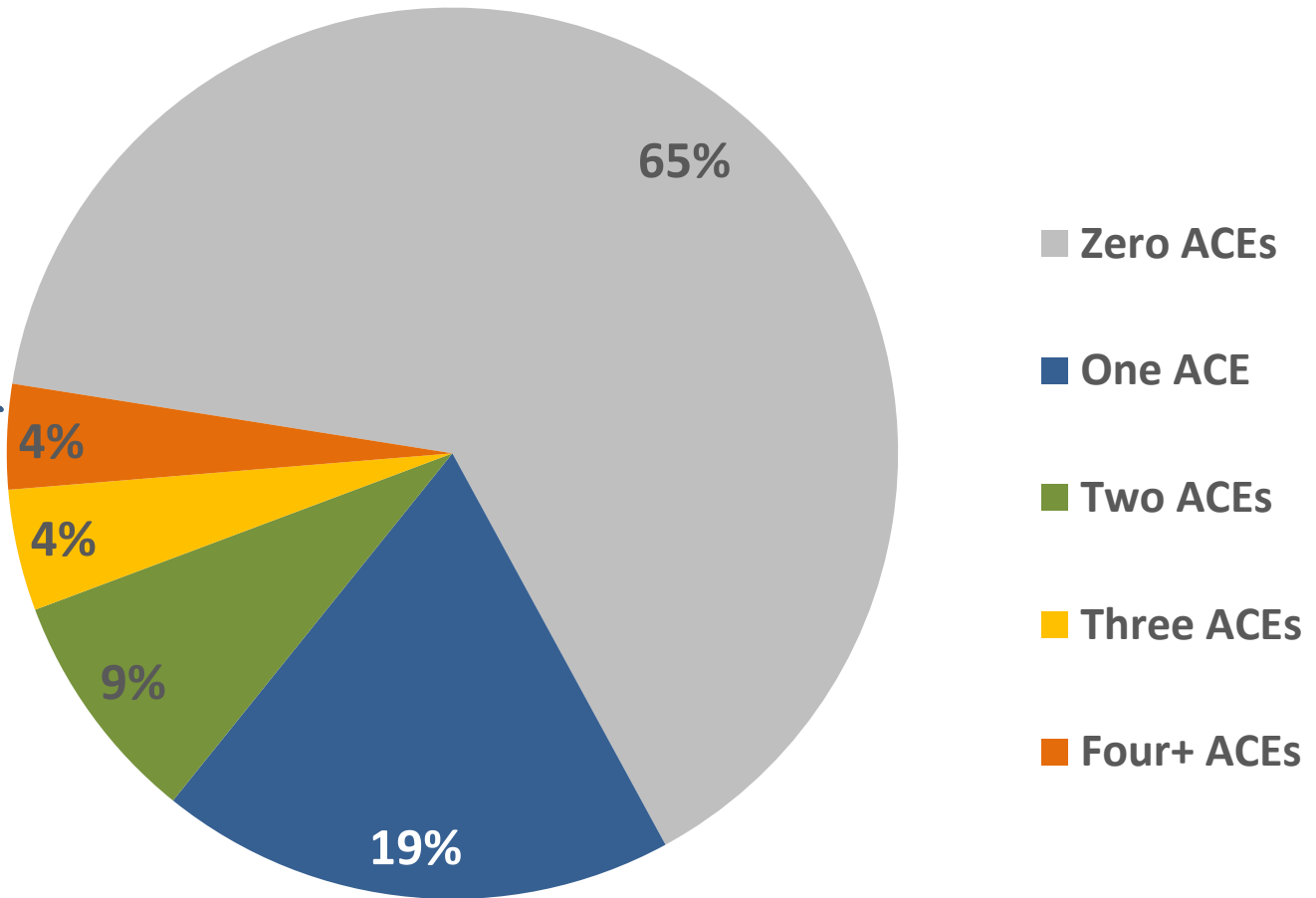
2016 MSS



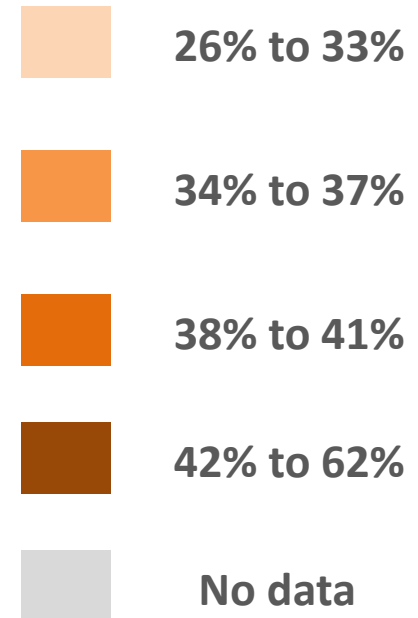
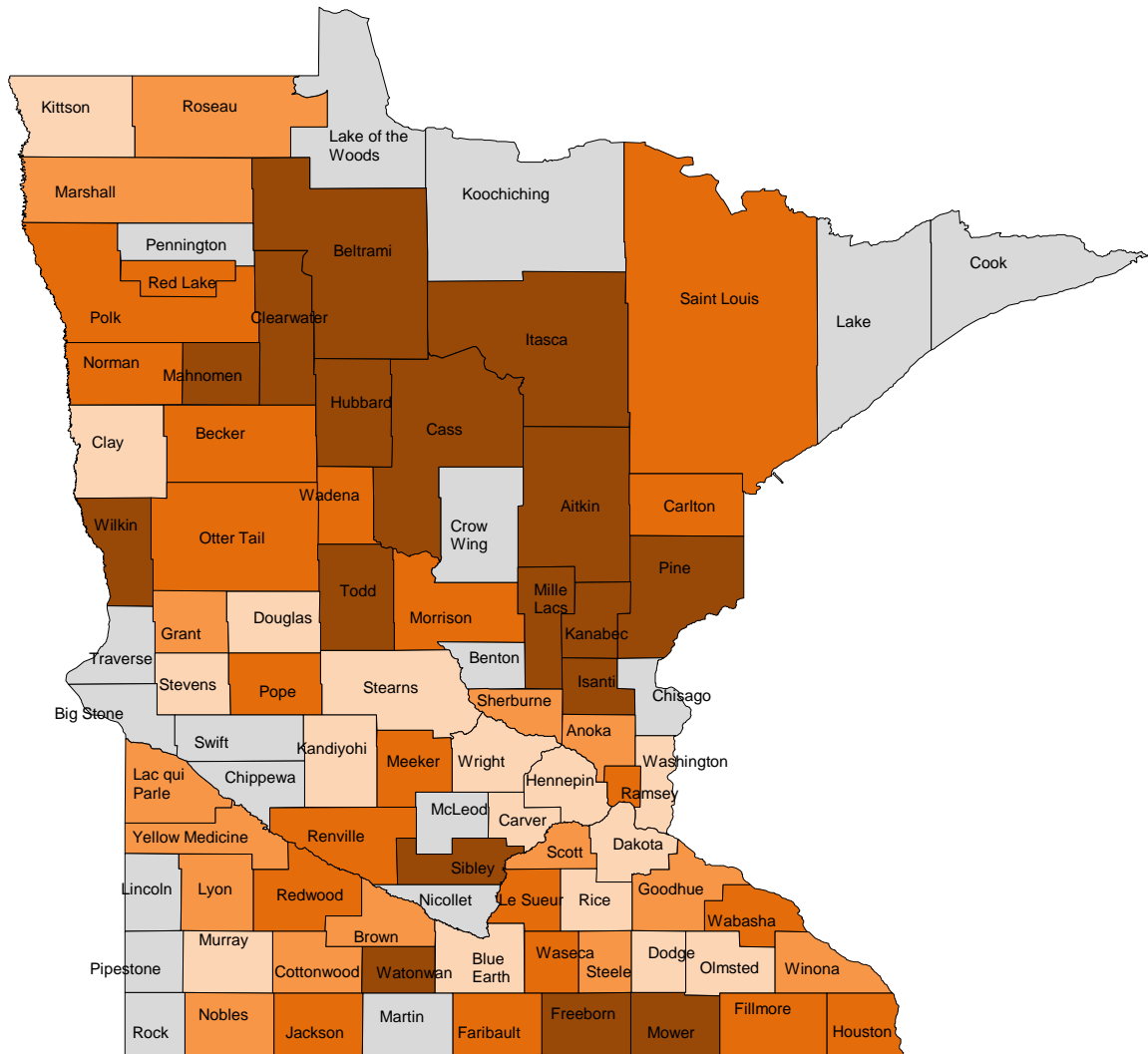
# Number of ACEs Reported by Minnesota 8th, 9th, and 11th Graders

2016 MSS

8<sup>th</sup> graders were  
*as likely as* 11<sup>th</sup>  
graders to report  
4+ ACEs

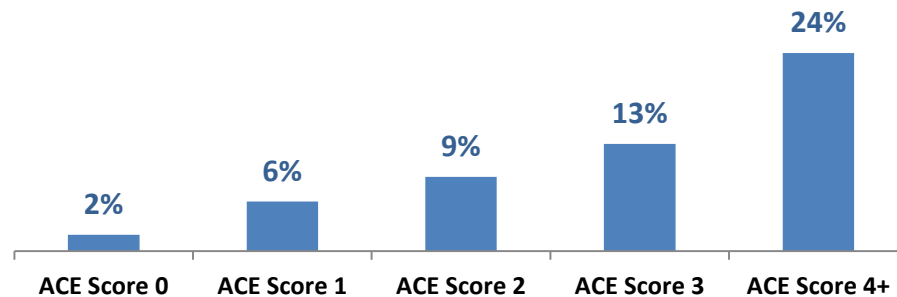
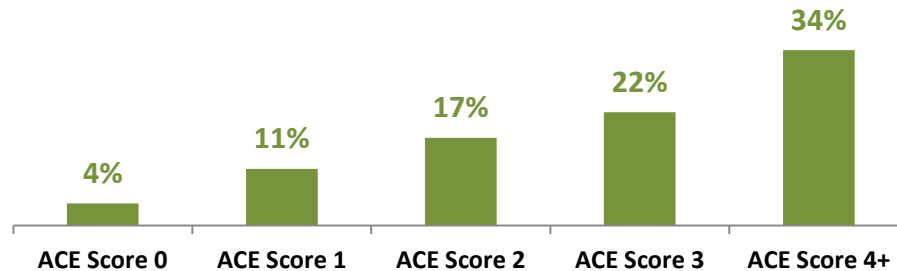
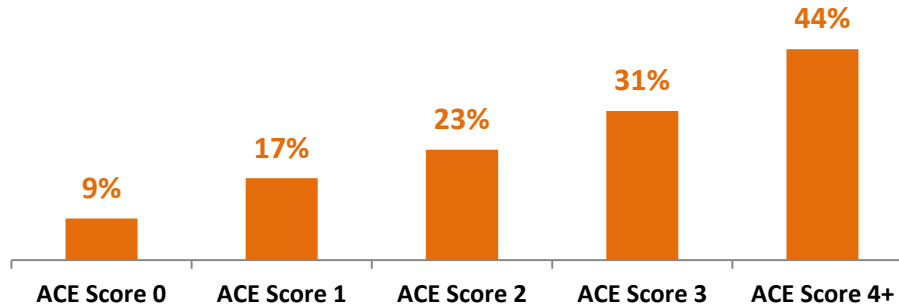


Percentage of Minnesota  
8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> Graders  
Reporting One+ ACEs,  
MSS 2016



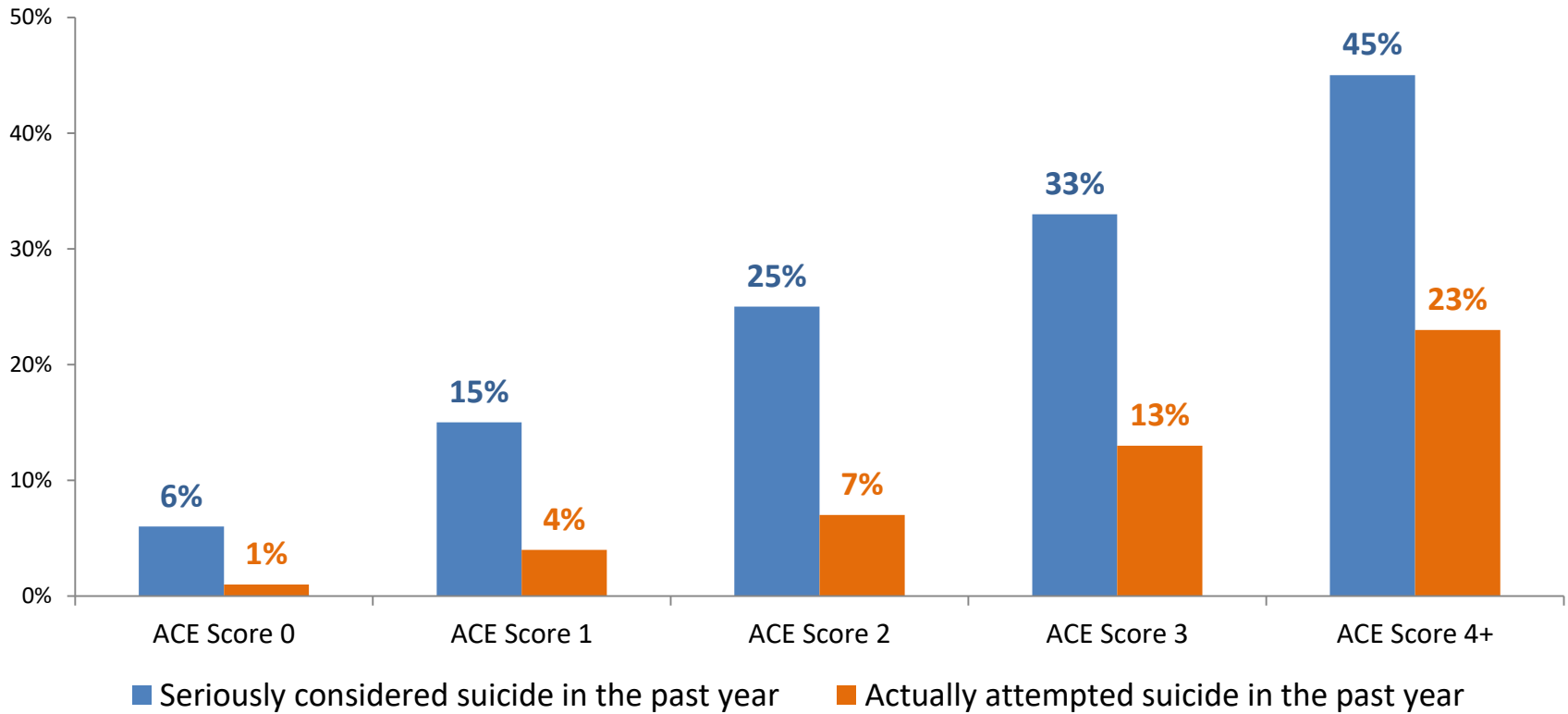
# ACEs + Past Month Substance Use

MSS 2016



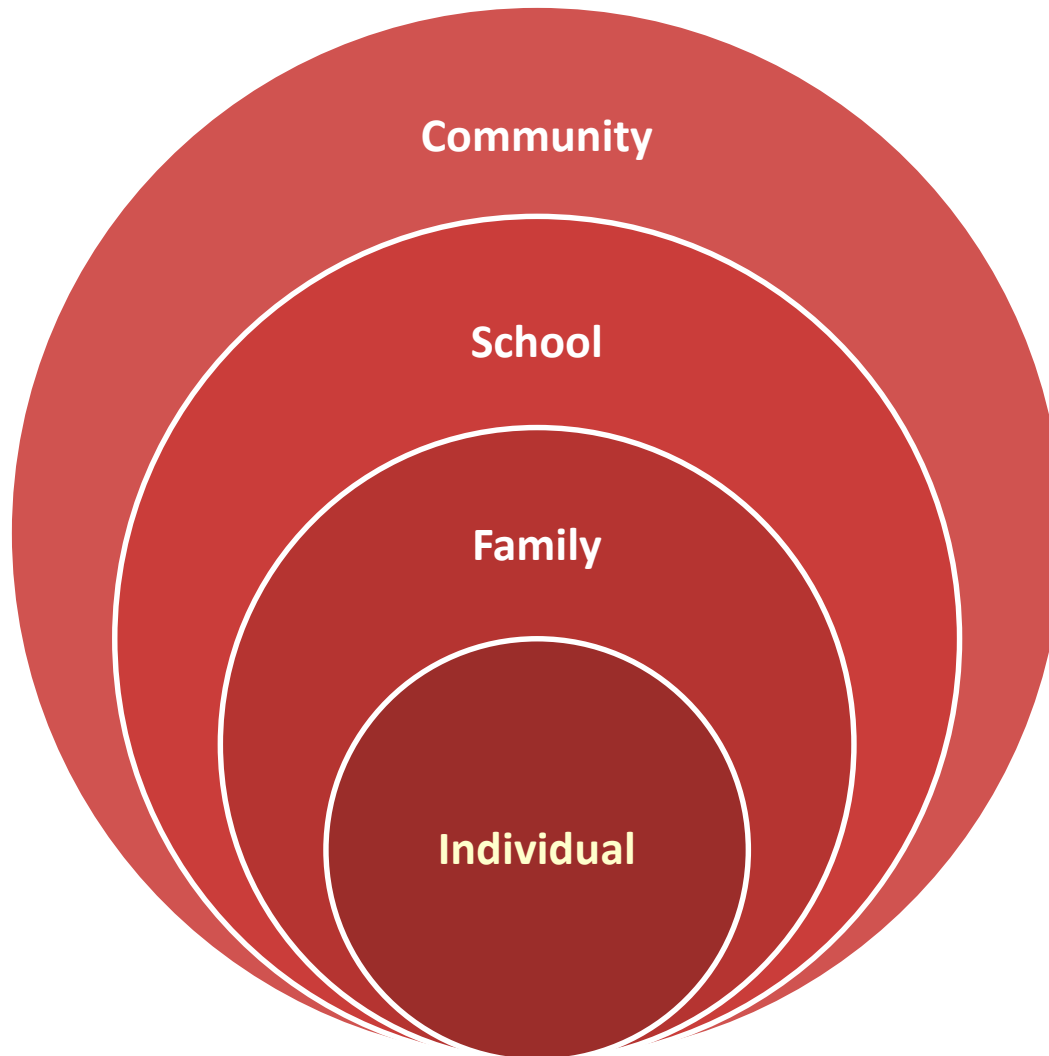
# ACES + Suicidal Ideation/Attempt

Minnesota 8th, 9th, and 11th Graders Reporting Past Year Suicidal Ideation and Attempts, by ACE Score, 2016 MSS





# Protective Factors



- Adults in community care
- Neighborhood is safe
- Participation in pro-social community activities

- Educational engagement
- Teacher-student relationships
- Participation in school activities

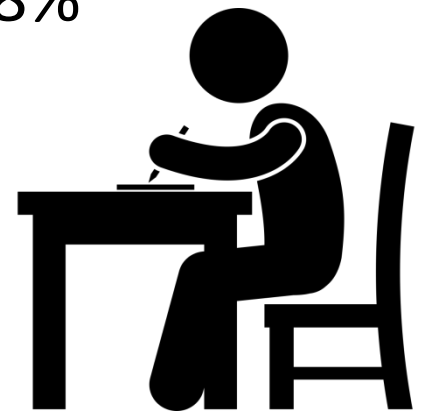
- Other adult relatives care
- Can talk to at least one parent about problems

- Hope for future
- Ability to make good decisions
- Feeling valued and appreciated
- Having useful roles

# Educational Engagement

Among those with **2+ ACEs**, students with greater educational engagement are less likely to report:

- Past month alcohol use: 23% vs. 40%
- Past month Rx misuse: 10% vs. 19%
- Past year suicidal ideation: 27% vs. 38%



# Teacher-Student Relationships

Among those with **2+ ACEs**, students with stronger teacher-student relationships are less likely to report:

- Past month alcohol use: 25% vs. 36%
- Past month Rx misuse: 9% vs. 16%
- Past year suicidal ideation: 21% vs. 35%



# Caring Adults in Community

Among those with **2+ ACEs**, students who feel adults in their community care about them are less likely to report:

- Past month alcohol use: 22% vs. 32%
- Past month Rx misuse: 9% vs. 14%
- Past year suicidal ideation: 19% vs. 35%



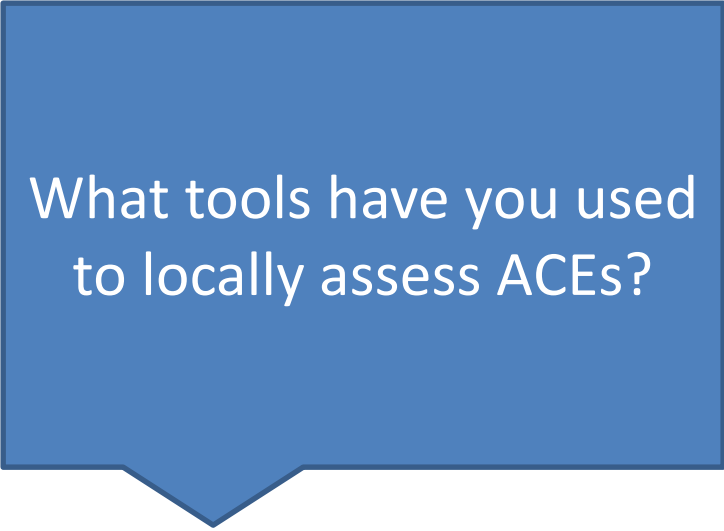
# Data Sharing

## How?

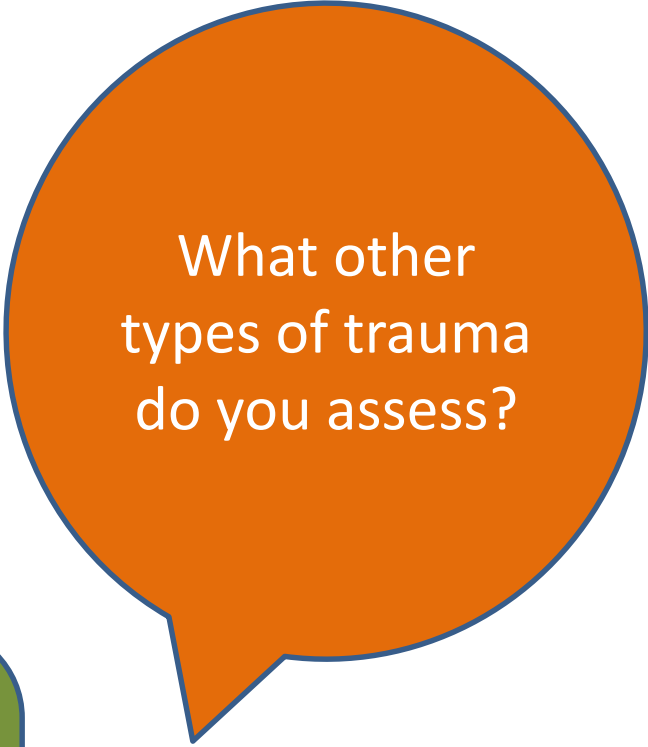
- Teacher in-services
- Lunch-n-learns at local clinics
- Town hall forums/  
community listening sessions
- Training for local law enforcement

## Why?

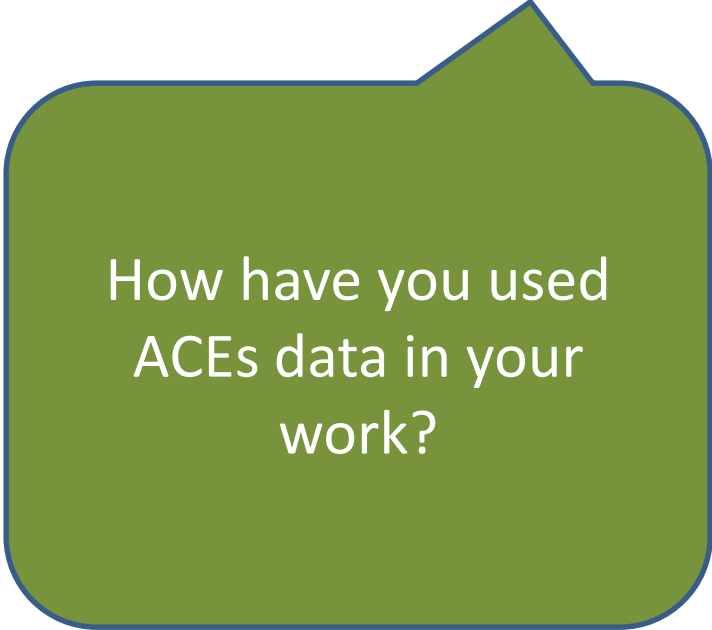
- Build buy-in for prevention efforts
- Raise awareness of local needs
- Show how community partners can enhance protective factors that buffer risks associated w/ ACEs



What tools have you used  
to locally assess ACEs?



What other  
types of trauma  
do you assess?



How have you used  
ACEs data in your  
work?

# Contact

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