

# ADVERSE CHILDHOOD EXPERIENCES

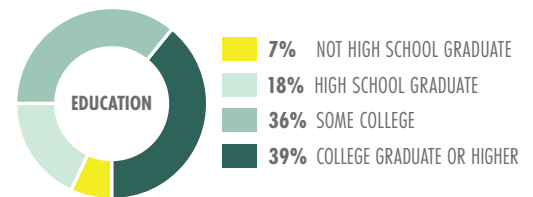
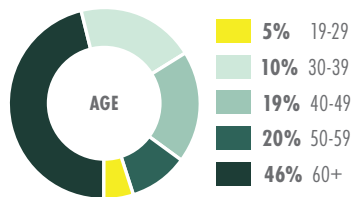
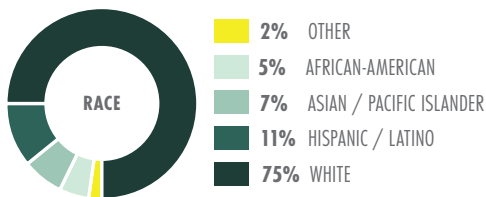
*looking at how ACEs affect our lives & society*

## 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 well-being later in life.

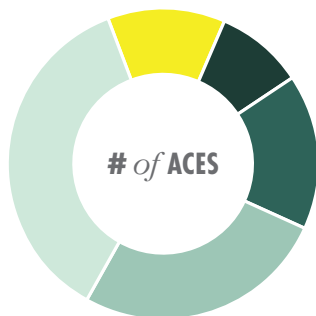
### WHO PARTICIPATED IN THE ACE STUDY?

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 from these surveys was 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 10 types of childhood trauma: emotional, physical, and sexual abuse; physical and emotional neglect; and growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce, or a household member who was incarcerated. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experiences they reported being exposed to. Subsequent ACEs studies have included questions about racism, bullying, community violence, involvement with the foster care system, and other types of trauma.

# HOW DO ACES AFFECT OUR LIVES?

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

Simply put, our childhood experiences have a tremendous, lifelong impact on our health and the quality of our lives. The ACE Study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and **the leading causes of death**.

The following charts compare how likely a person with 1, 2, 3, or 4 ACEs will experience specified behaviors than a person without ACEs.

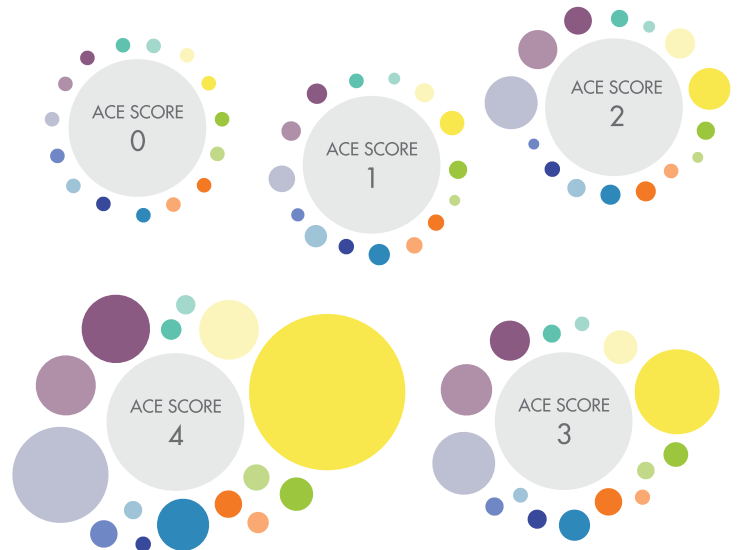
### PHYSICAL & MENTAL HEALTH

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

### BEHAVIORS

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

\*Having an ACE score of zero does not imply an individual could not have other risk factors for these health behaviors/diseases.



## 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 Centers for Disease Control and Prevention (CDC) estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.



"ACEs Science 101" and other resources can be found at [www.bit.ly/ACEsInitiatives](http://www.bit.ly/ACEsInitiatives)