

ADVERSE CHILDHOOD EXPERIENCES

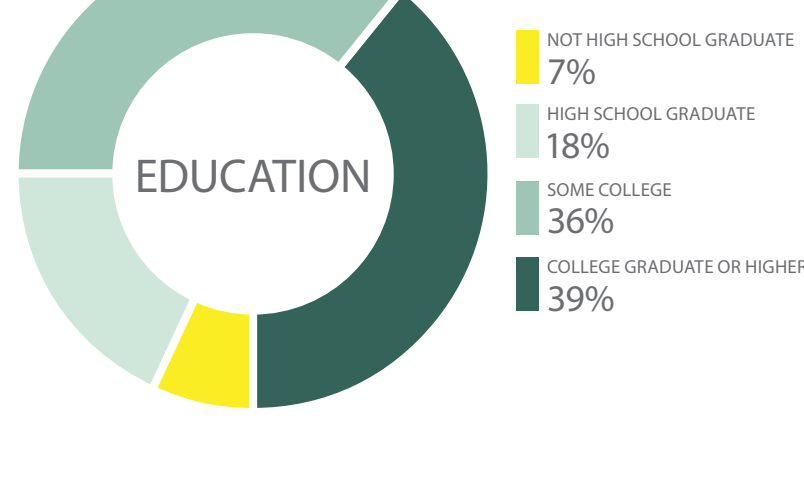
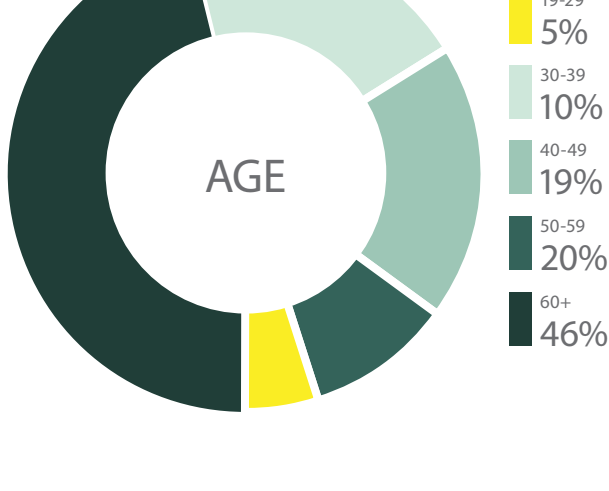
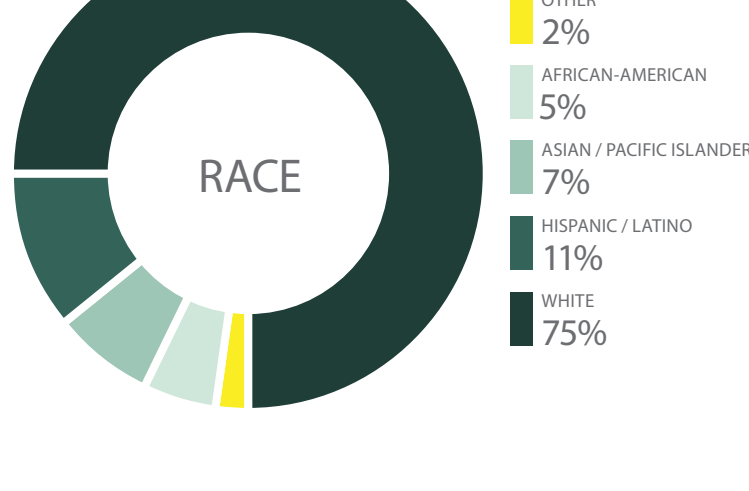
looking at how ACEs affect our lives & society

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.

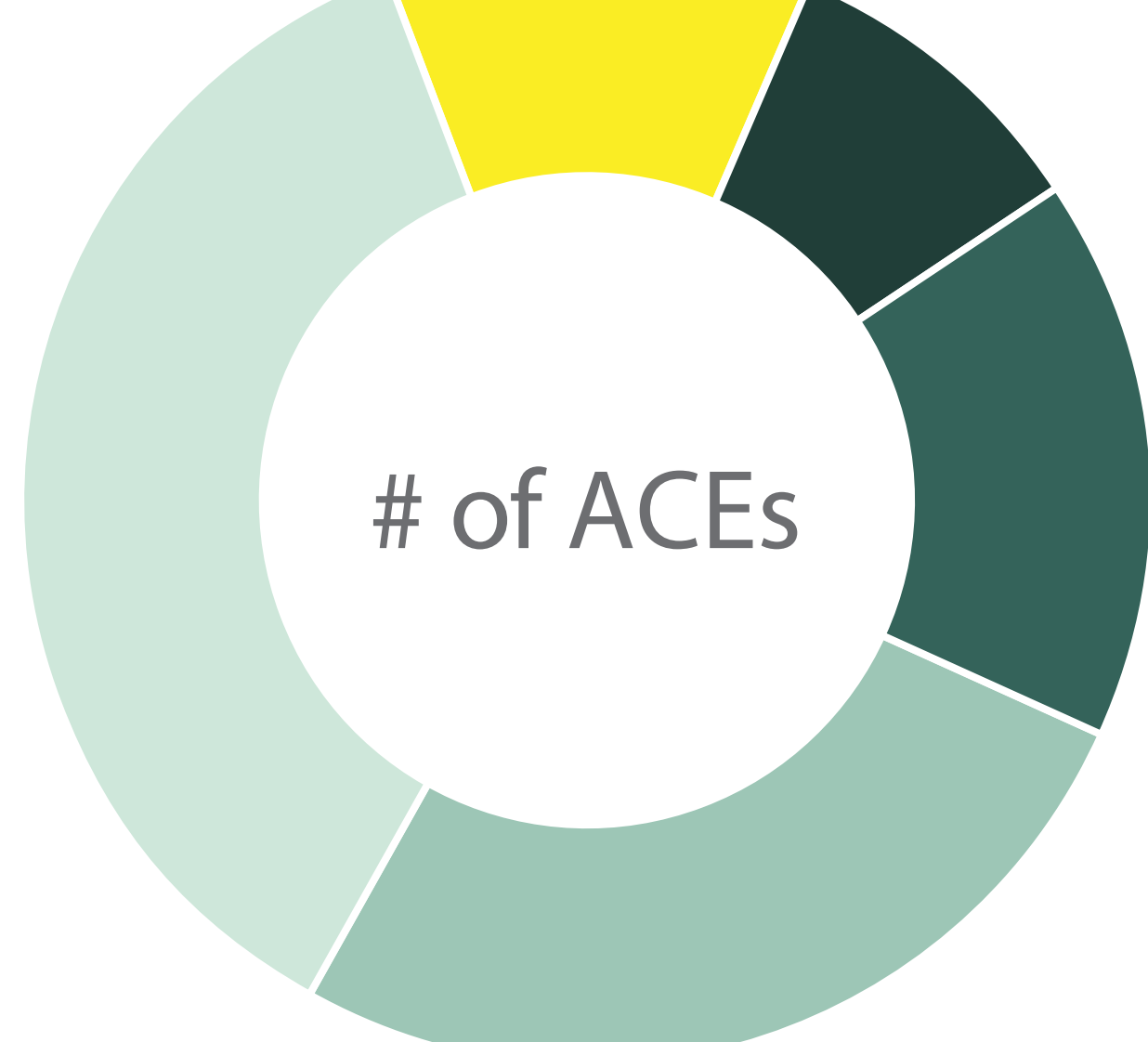
WHO PARTICIPATED IN THE ACE STUDY?

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?

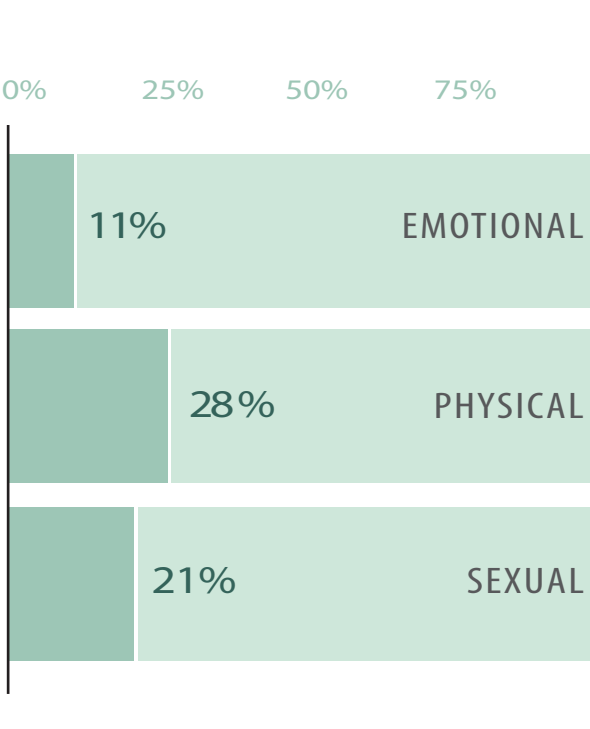


Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

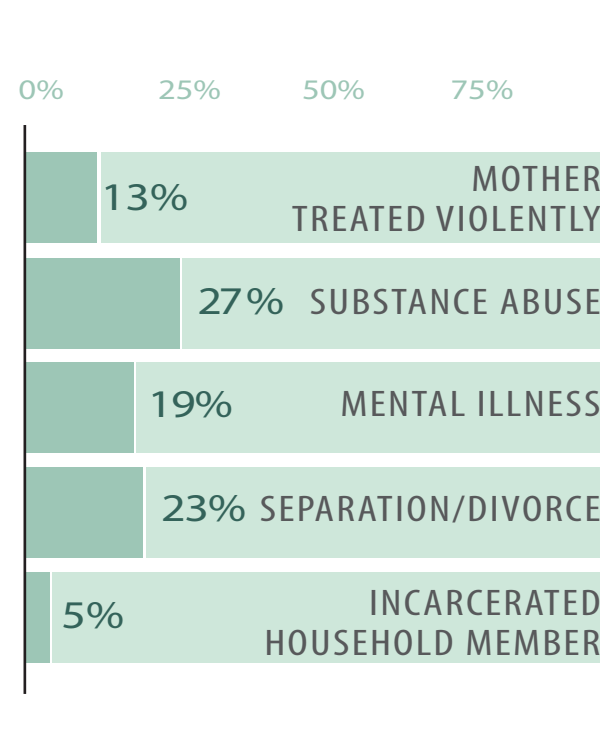
TYPES of ACEs

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had an incarcerated household member. Respondents were given an **ACE score** between 0 and 10 based on how many of the 10 types of adverse experiences they reported experiencing.

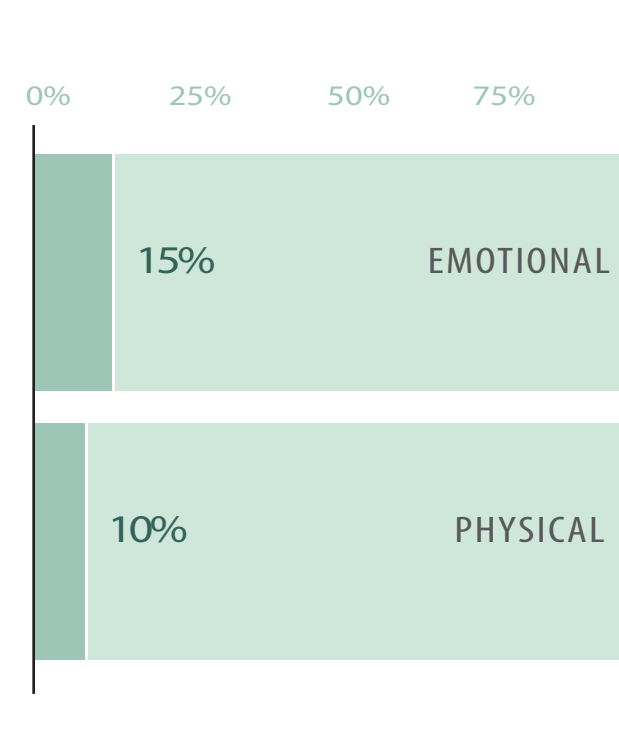
ABUSE



HOUSEHOLD CHALLENGES



NEGLECT



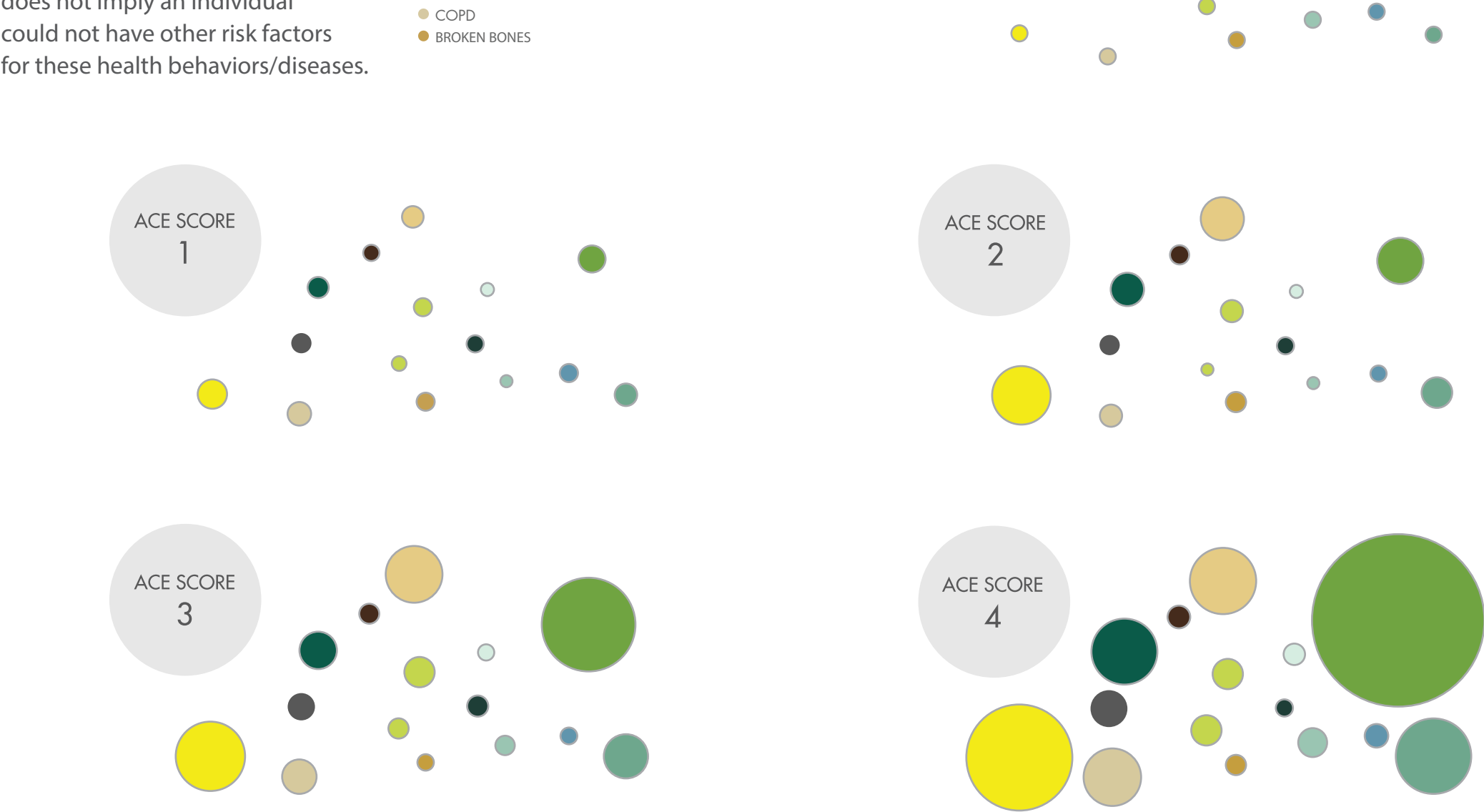
HOW DO ACEs AFFECT OUR LIVES?

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.

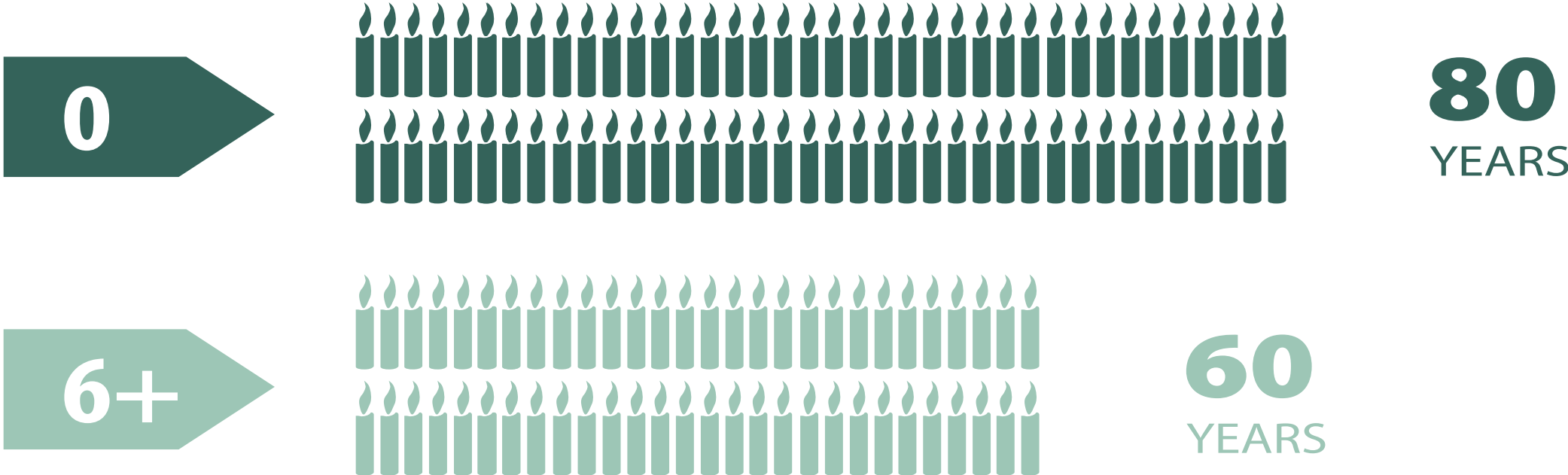
- PHYSICAL & MENTAL HEALTH**
 - Severe obesity
 - Diabetes
 - Depression
 - Suicide attempts
 - STDs
 - Heart disease
 - Cancer
 - Stroke
 - COPD
 - Broken bones
- BEHAVIORS**
 - Lack of physical activity
 - Smoking
 - Alcoholism
 - Drug use
 - Missed work



HOW DO ACEs AFFECT OUR SOCIETY?

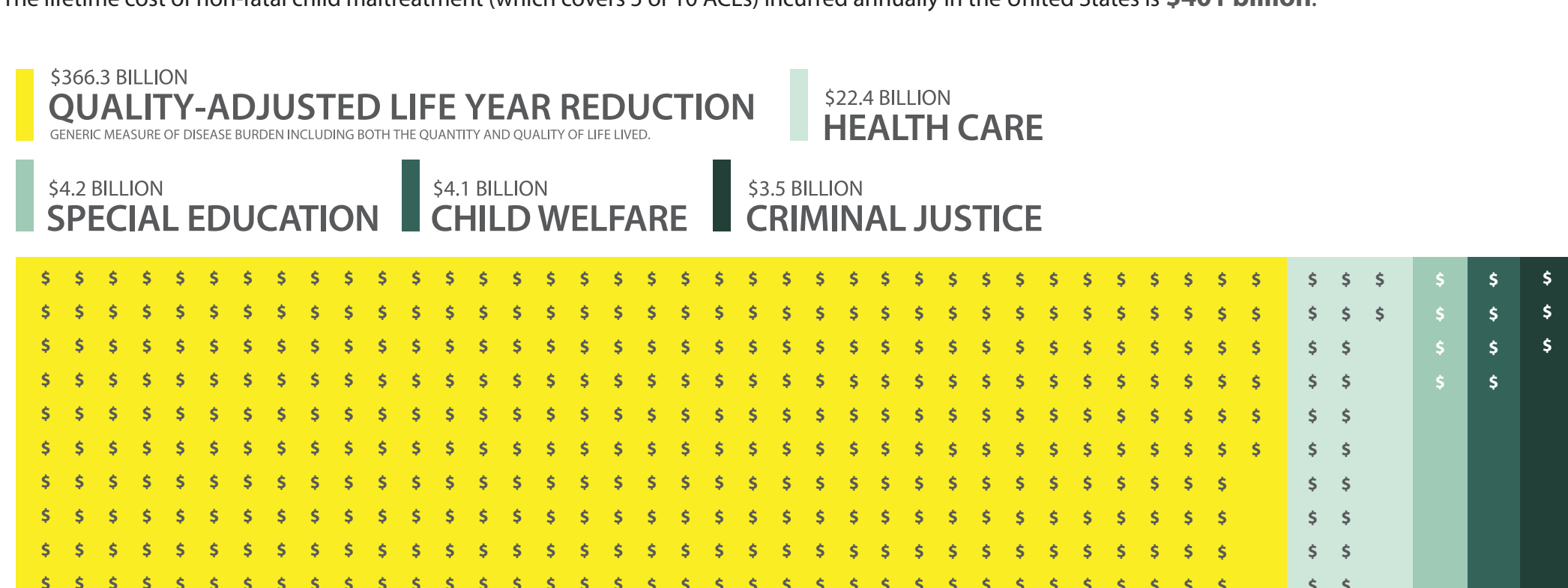
LIFE EXPECTANCY

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

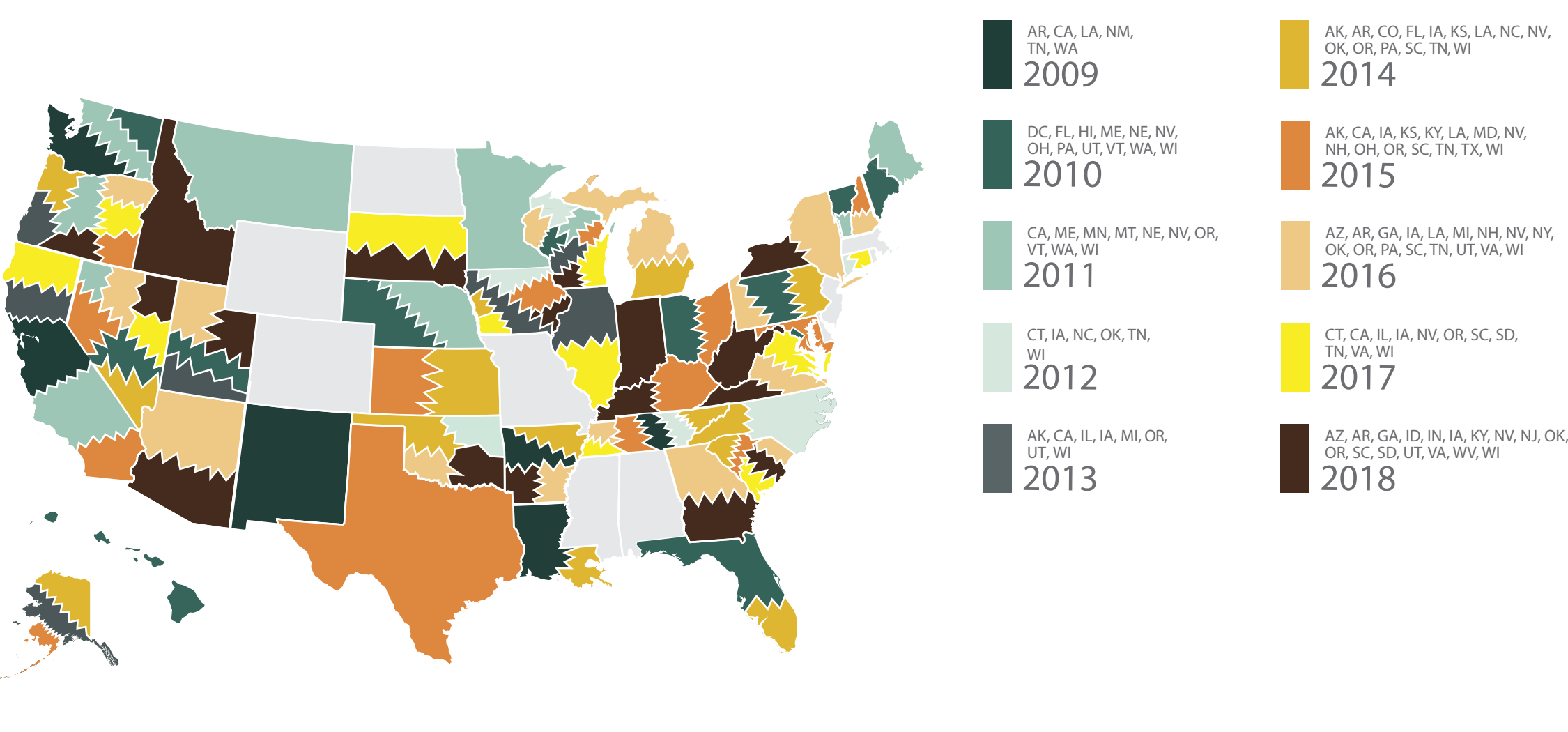


ECONOMIC TOLL

The lifetime cost of non-fatal child maltreatment (which covers 5 of 10 ACEs) incurred annually in the United States is **\$401 billion**.



THE ACE STUDY CONTINUES



Although the study ended in 1997, some states are collecting information about ACEs in their population through the Behavioral Risk Factor Surveillance System (BRFSS).

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 and environments** 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:

The earned income tax credit (EITC) is a policy that the federal government, states, territories and some municipalities have implemented to build workers' financial stability, especially those with children. The EITC raises approximately 6 million people—half of them children—above the poverty line each year, and research suggests that the policy reduces child abuse and risk factors for child abuse and neglect.

- Parent support programs for teens and teen pregnancy prevention programs
- Mental illness and substance abuse treatment
- ABC High quality child care
- Sufficient economic supports for families with lower incomes.
- Home visiting to pregnant women and families with newborns
- Parenting training programs
- Intimate partner violence prevention
- Family-friendly work

REFERENCES AND RESOURCES

REFERENCES

- ACE Study
- Child Welfare Information Gateway
- Economic Cost of Child Abuse and Neglect
- Essentials for Childhood

