

ACE (Adverse Childhood Experiences)

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ACE Study: Examined the health and social effects of ACEs throughout the lifespan among 17,421 members of the Kaiser Health Plan in San Diego County

Adverse Childhood Experiences: Childhood abuse and neglect; growing up with domestic violence, substance abuse or mental illness in the home, parental discord, crime

ACEs are common:

Household Dysfunction

Substance Abuse	27%
Parental Separation/Divorce	23%
Mental Illness	17%
Battered Mother	13%
Criminal Behavior	6%

Abuse

Psychological	11%
Physical	28%
Sexual	21%

Neglect

Emotional	15%
Physical	10%

ACEs rarely occur in isolation...they come in groups

- If you were abused as a child, your chance that you also witnessed domestic violence increases (see chart A)
- If you had a battered mother, the chance for additional ACEs
 - 95% chance to have 1 more ACE
 - 82% chance to have 2 more ACEs
 - 64% chance to have 3 more ACEs
 - 48% chance to have 4 more ACEs
 - 52% chance to have 5 or more ACEs

Number of ACEs and prevalence

ACE Score	Prevalence
0	33%
1	26%
2	16%
3	10%
4 or more	16%

ACE Score and Teen Sexual Behaviors

- The higher your ACE score the more likely you are to experience intercourse by age 15, teenage pregnancy and teenage paternity (see chart B)

ACE Score and Prevalence of Severe Obesity

- More ACEs increases likelihood of obesity (see chart C)

Increased number of ACEs impacts mental health

- Higher ACE score increase risk for suicide attempt (see chart D)
- Higher ACE score increases risk for history of depression (see chart E)
- Higher ACE score increases likelihood you will be a victim of domestic violence (see chart F)
- Higher ACE score increases likelihood you will abuse drugs (see chart G)

Increased number of ACEs impacts physical health:

- Higher ACE score increases risk for smoking and lung disease (see chart H)
- Higher ACE Score increases risk for heart disease (see chart I)

ACEs are a Clinical and Public Health Issue:

- ACEs are endemic
- ACEs are highly interrelated
- ACEs have a cumulative stressor effect
- ACEs effects are biologically plausible

ACEs are a National Health Issue

ACEs have a strong influence on:

- Adolescent Health
- Reproductive Health
- Smoking
- Alcohol Abuse
- Illicit Drug Abuse
- Sexual Behavior
- Mental Health
- Risk of Victimization
- Stability of relationships and homelessness
- Performance in the workforce

ACEs increase the risk of:

- Heart Disease
- Chronic Lung Disease
- Liver Disease
- Suicide
- Injuries
- HIV and STDs
- Other risks for the leading causes of death

Summary of Findings

- ACEs are very common
- ACEs are strong predictors of health risks and disease from adolescence to adulthood
- This combination of findings makes ACEs one of the leading, if not the leading determinant of the health and social well-being of our nation

What can be done?

Improved recognition and treatment of

- Mental Illness
- Substance abuse
- Domestic violence
- Child abuse

Education about child development and parenting

- Parents
- Media
- Schools

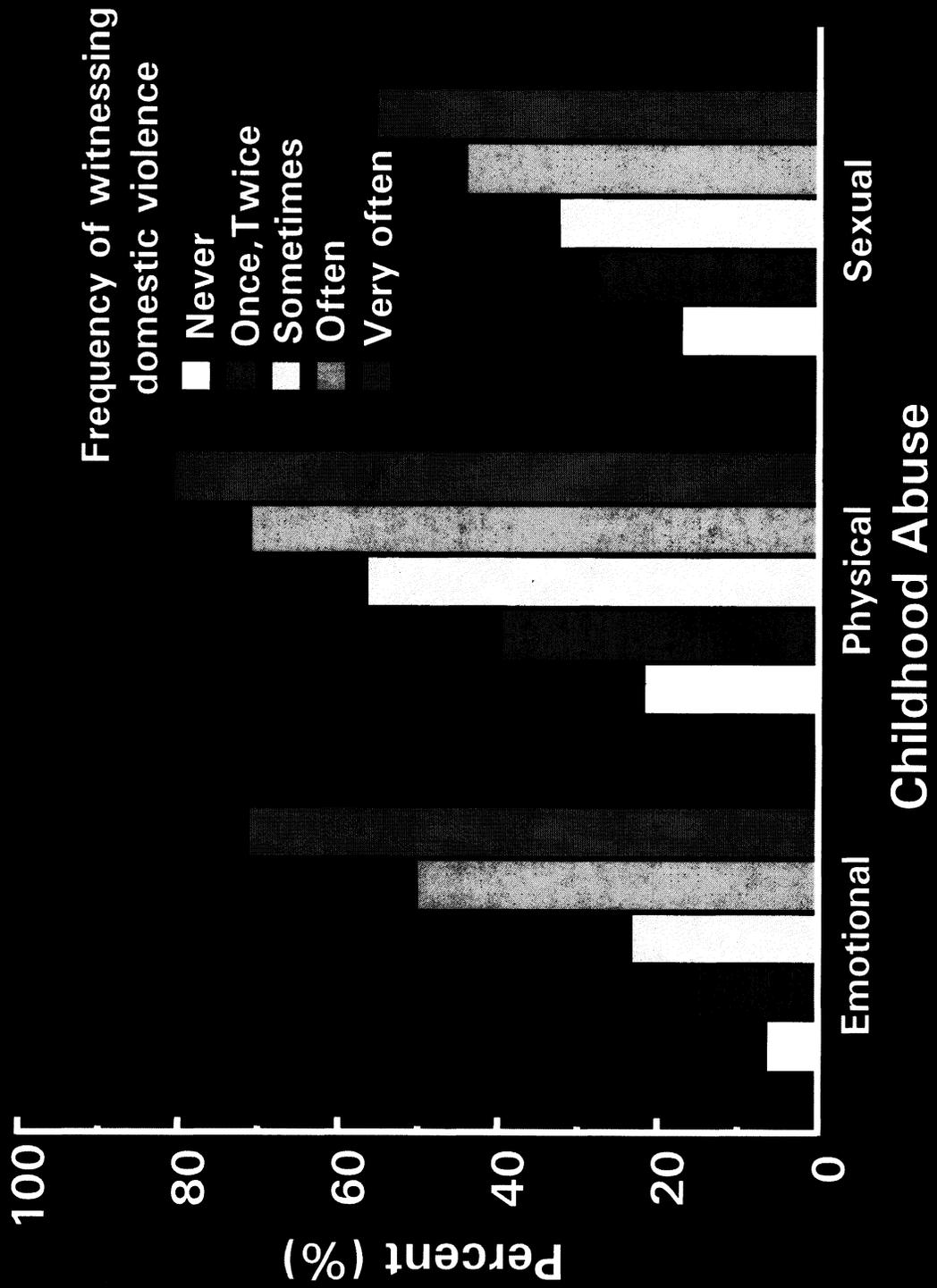
Recognize and document the societal burden of child health as it stands

- New directions in prevention and treatment

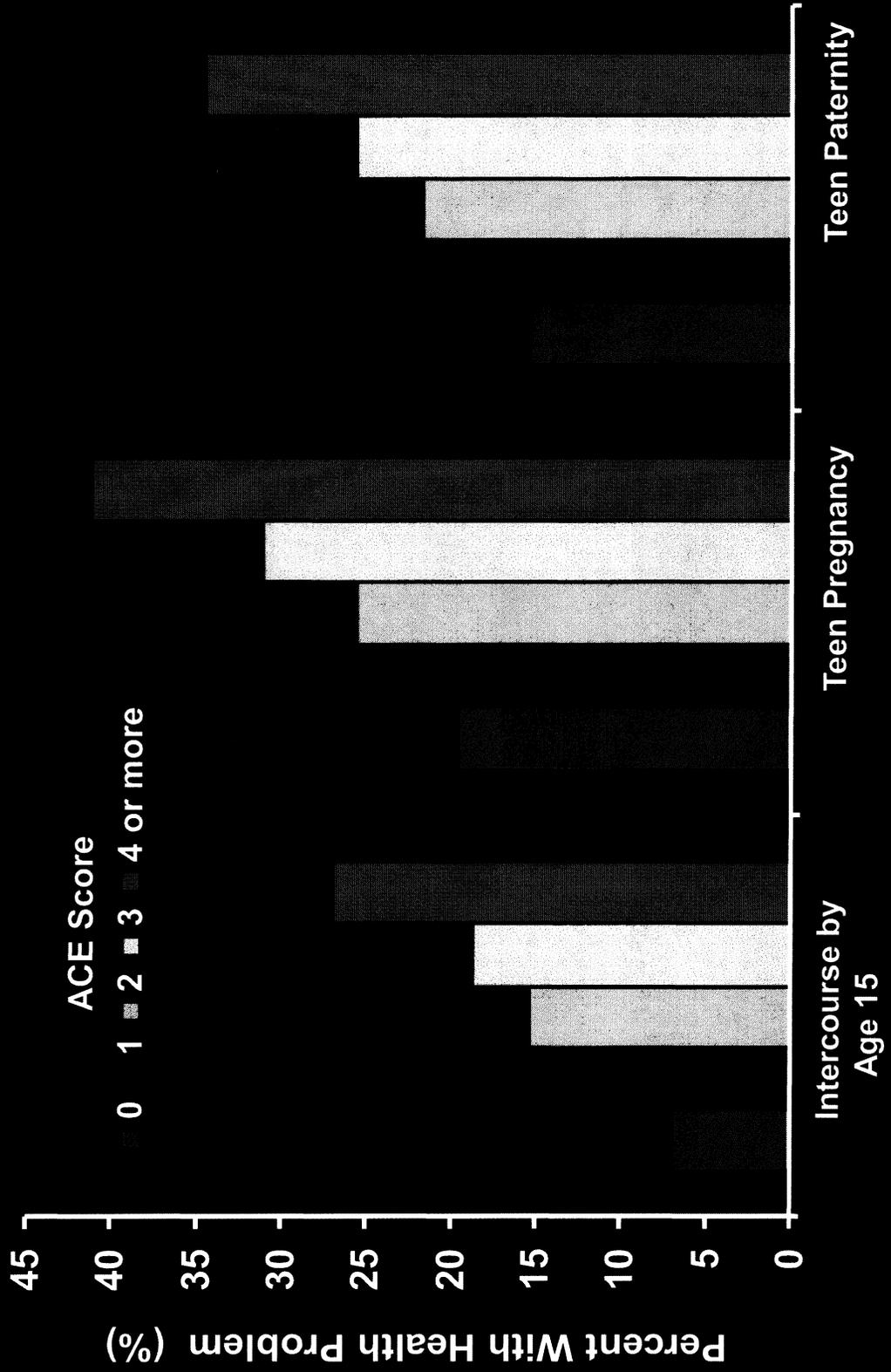
Training education of medical, mental health, legal, and corrections field regarding ACEs

- Early and Routine screening for trauma is needed

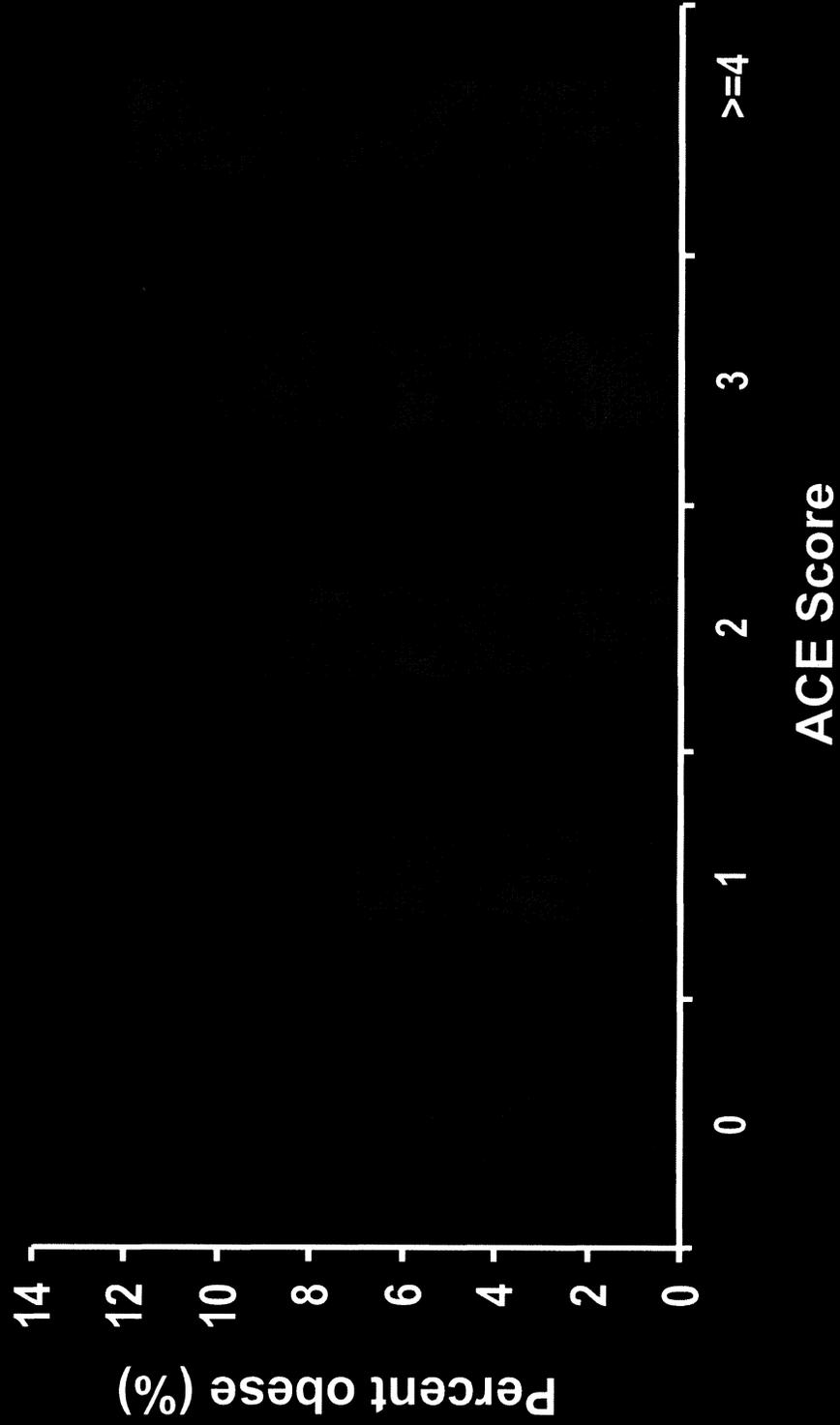
Prevalence of Childhood Abuse by Frequency of Witnessing Domestic Violence



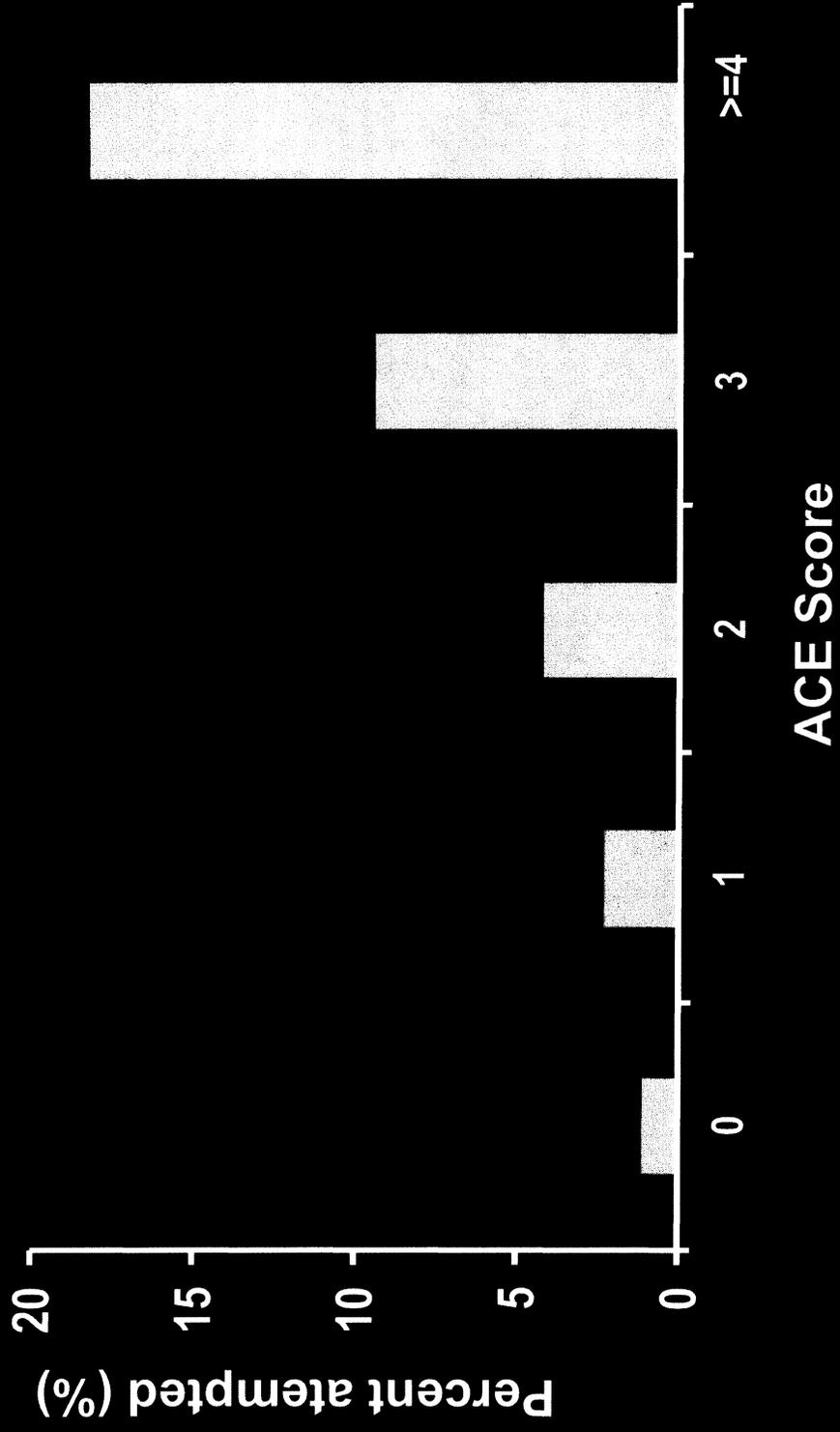
ACE Score and Teen Sexual Behaviors



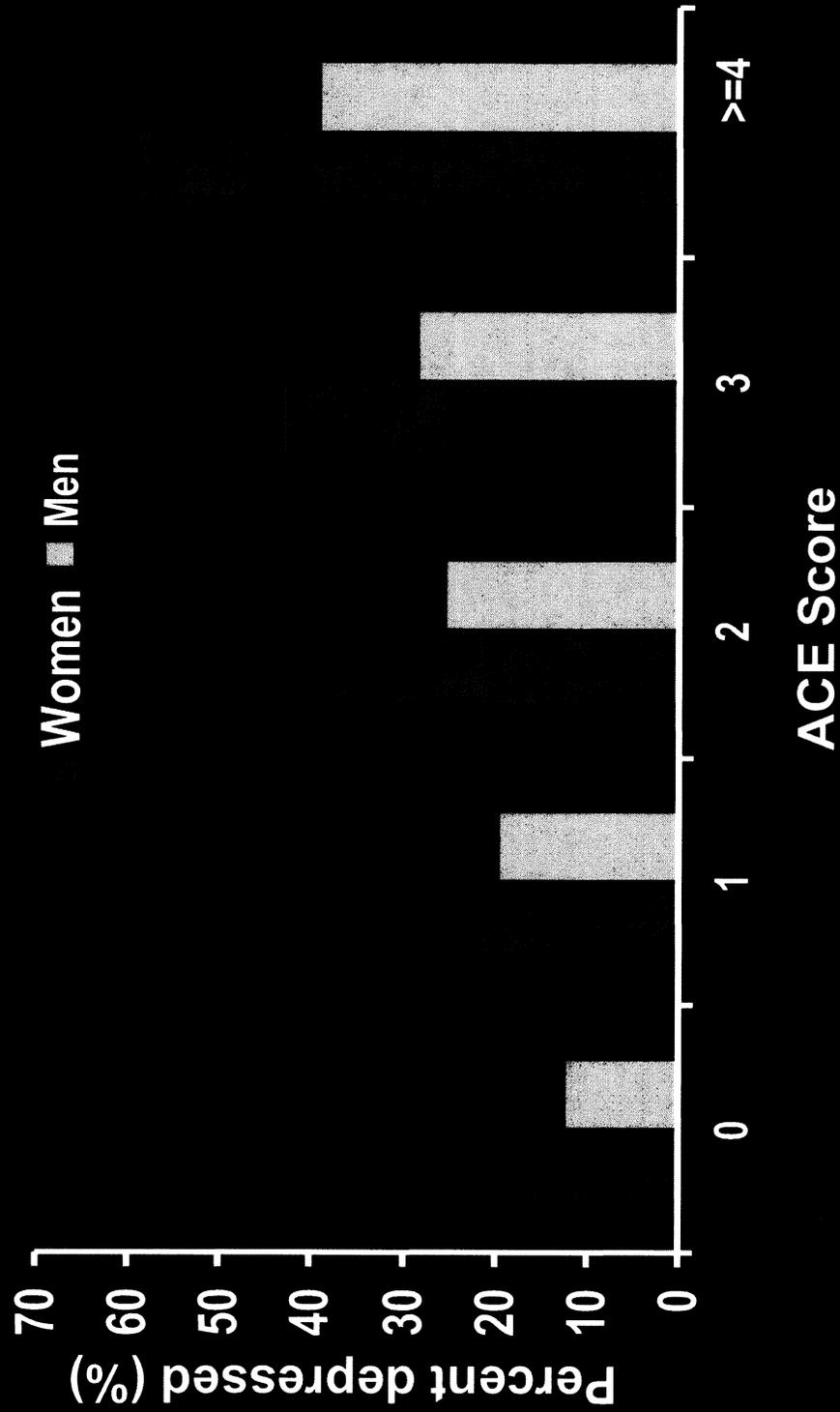
The ACE Score and the Prevalence of Severe Obesity (BMI ≥ 35)



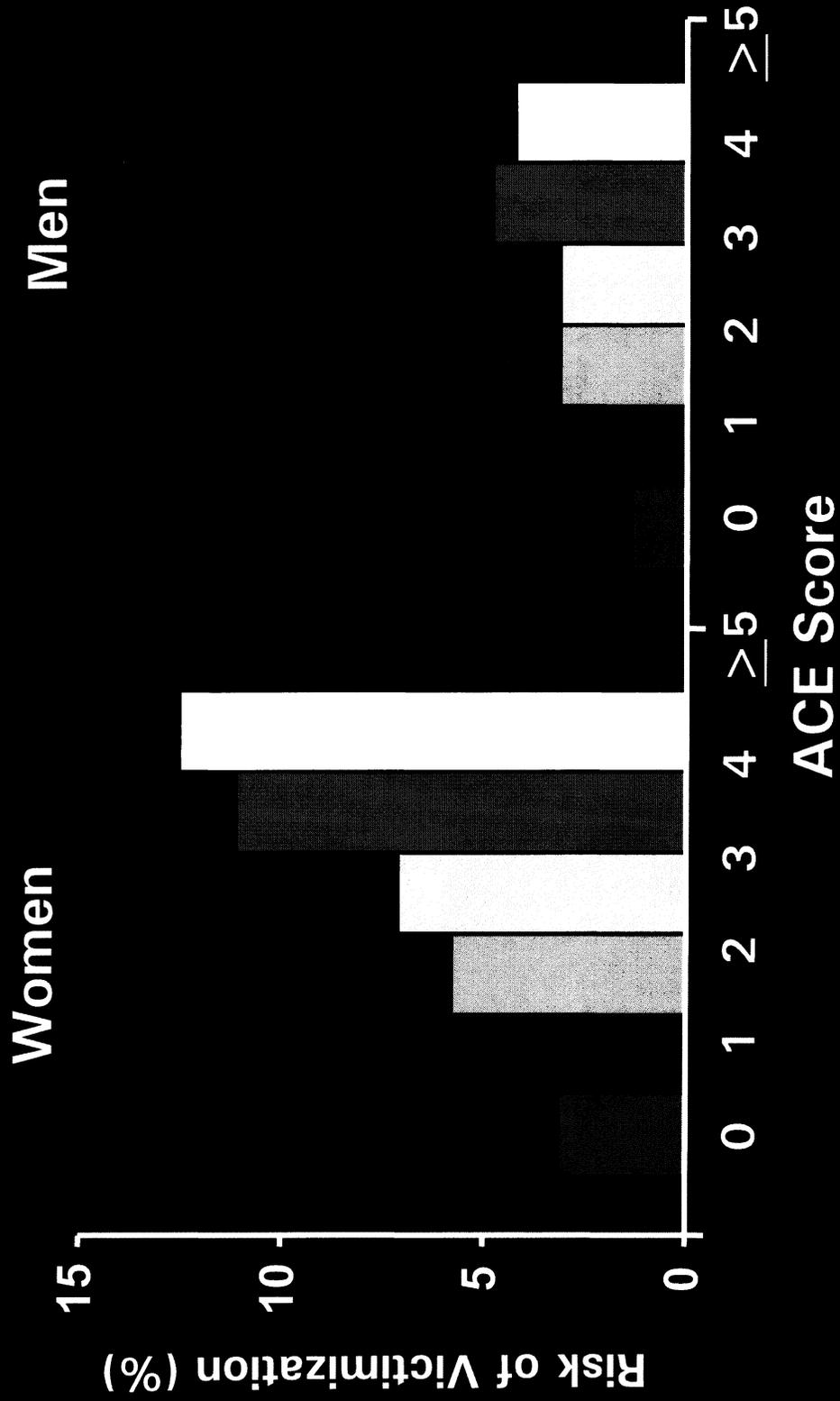
The ACE Score and the Prevalence of Attempted Suicide



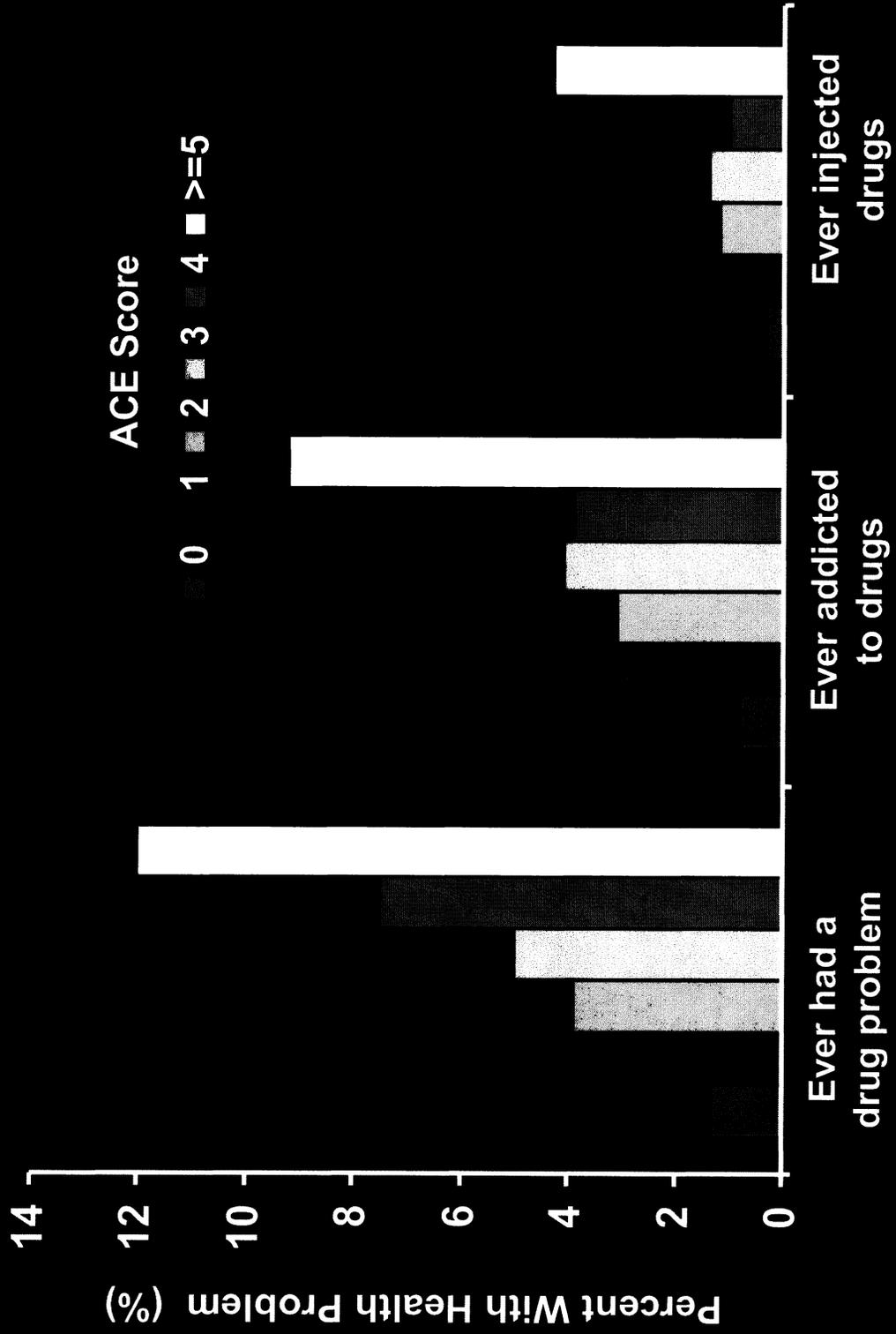
The ACE Score and a Lifetime History of Depression



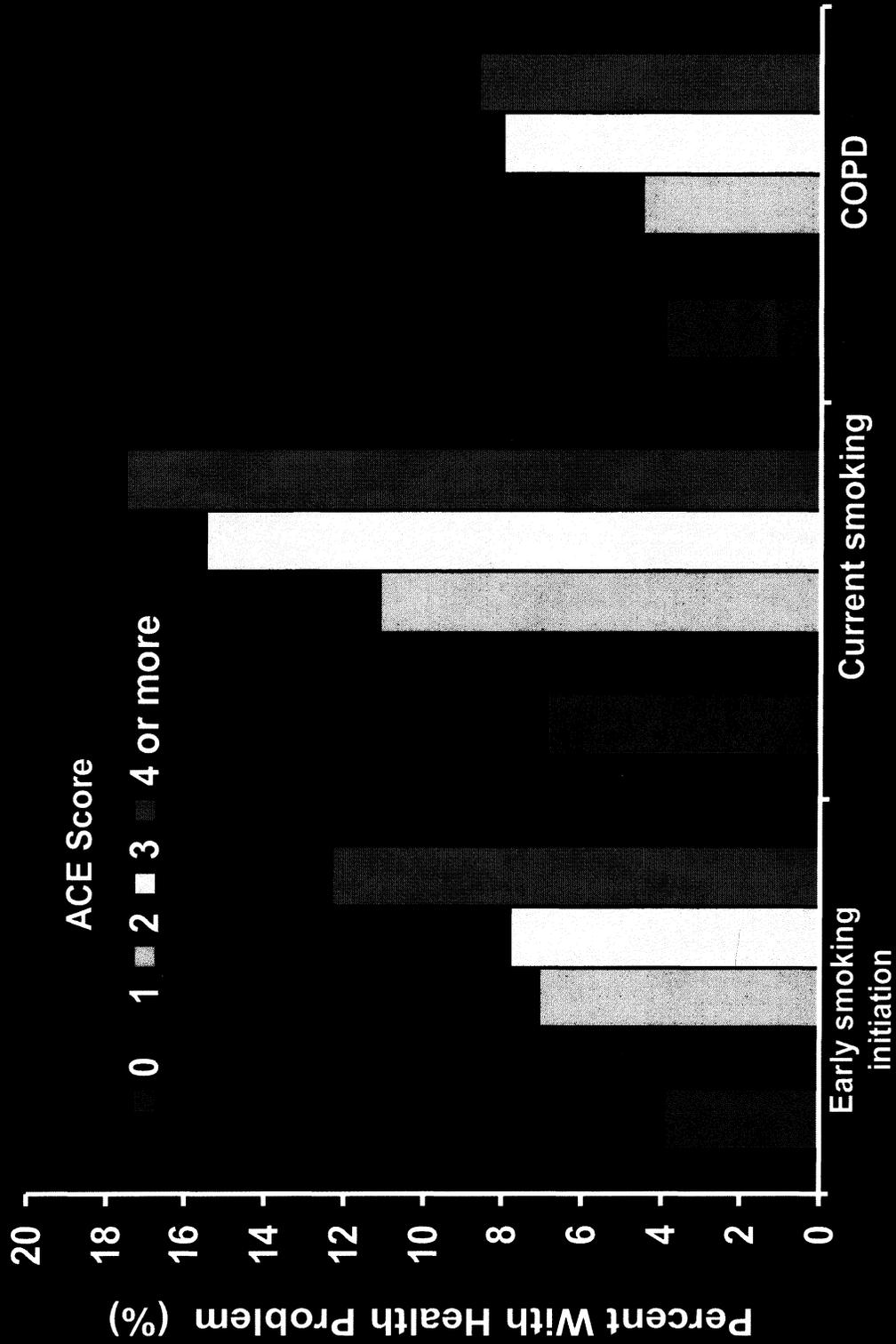
ACE Score and the Risk of Being a Victim of Domestic Violence



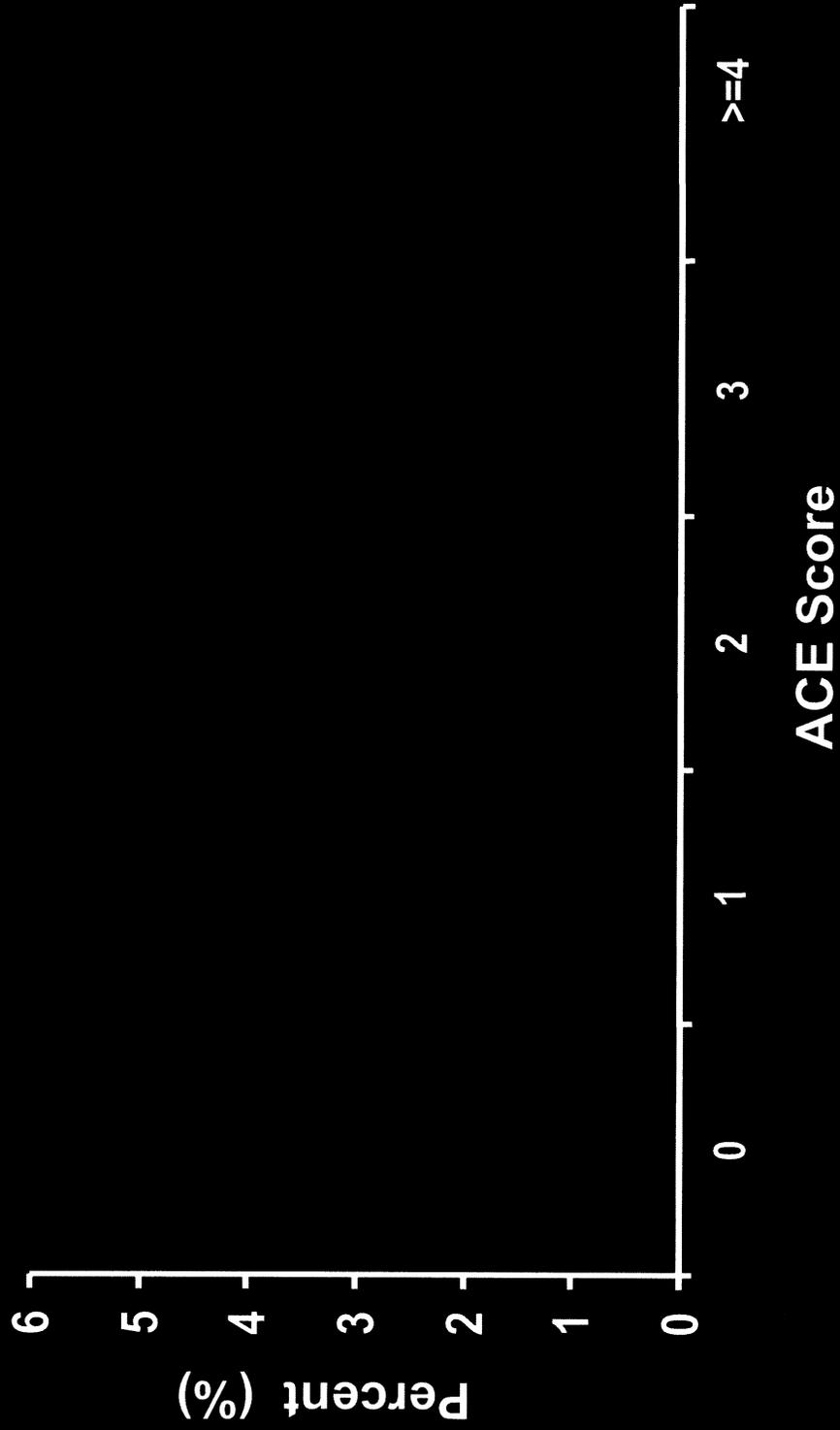
ACE Score and Drug Abuse



ACEs, Smoking, and Lung Disease



The ACE Score and the Prevalence of Ischemic Heart Disease



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.