

# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

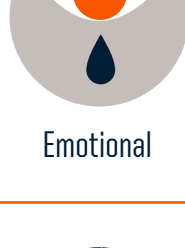
ACEs = ADVERSE CHILDHOOD EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

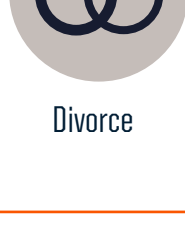
### HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

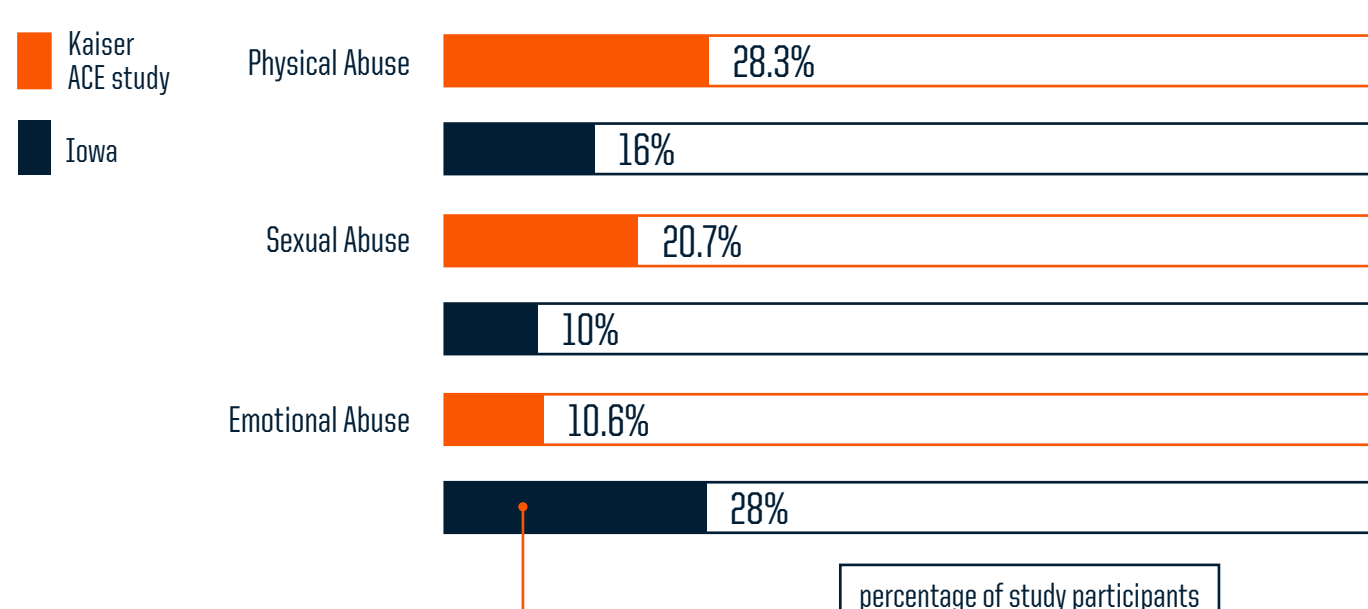


Substance Abuse

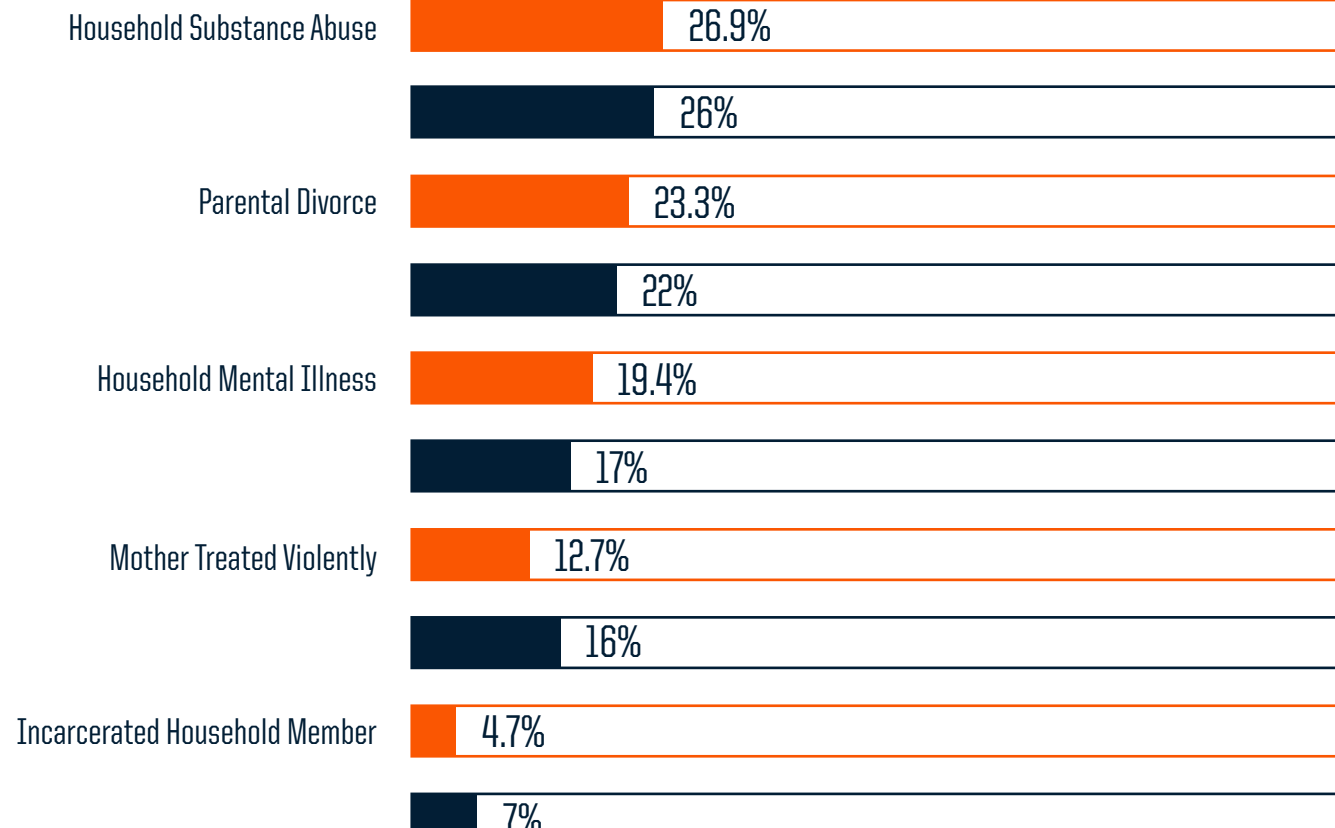
## HOW PREVALENT ARE ACEs?

The initial Kaiser ACE study<sup>1</sup> and an analysis of Iowa's Behavioral Risk Factor Surveillance System (BRFSS)<sup>2</sup> participants revealed the following estimates:

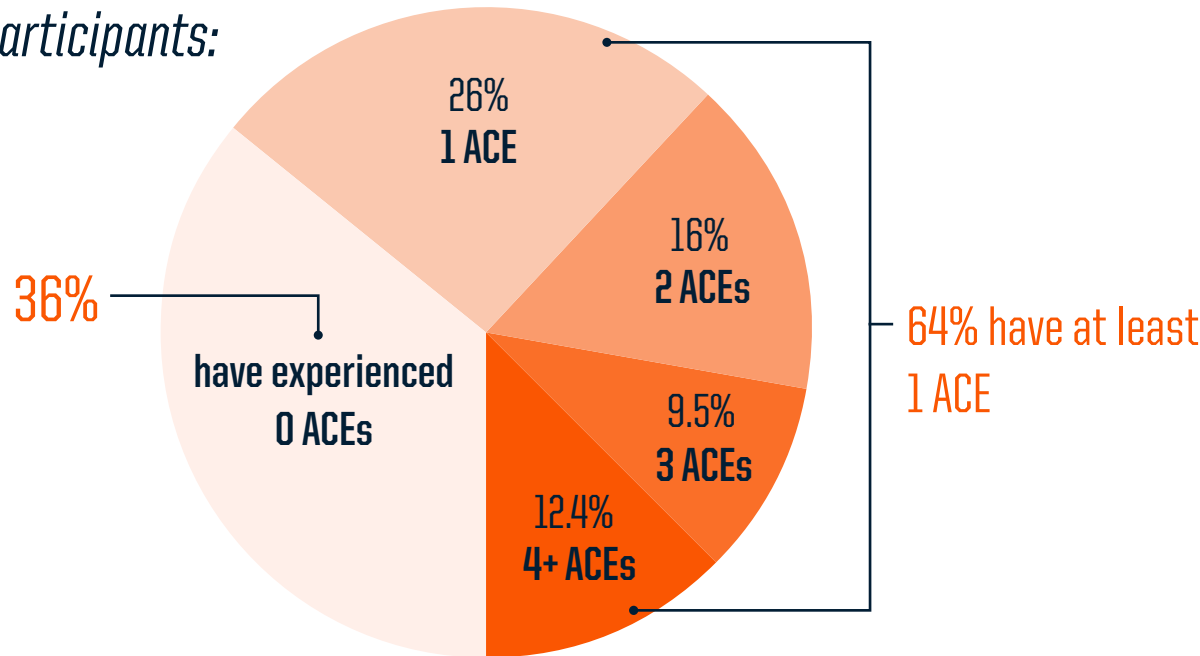
### ABUSE



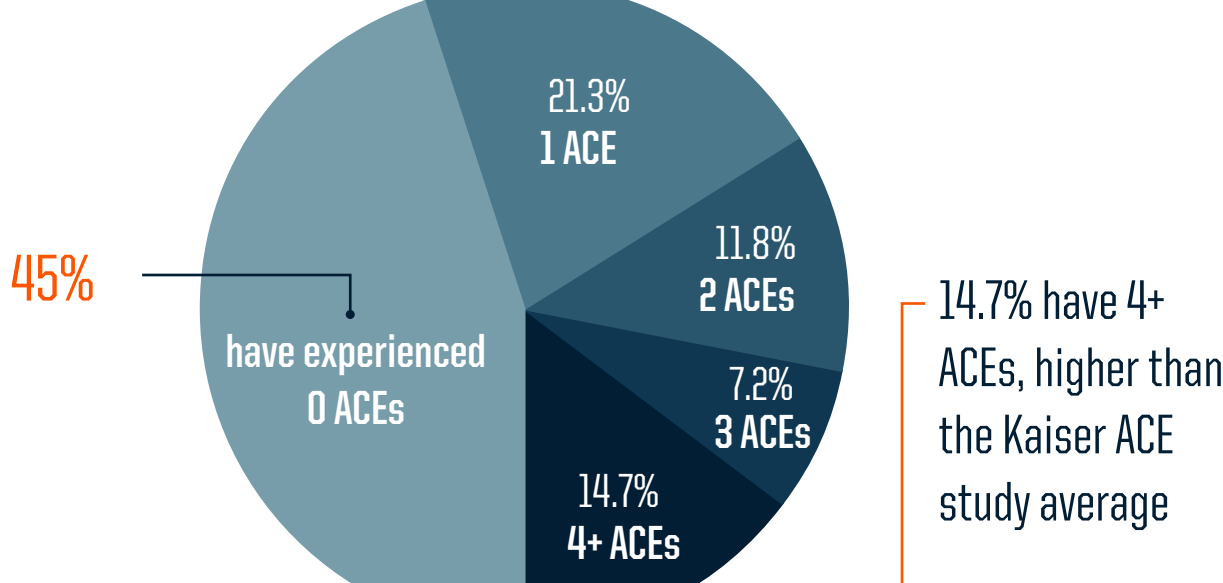
### HOUSEHOLD DYSFUNCTION



Of 17,000 Kaiser ACE study participants:

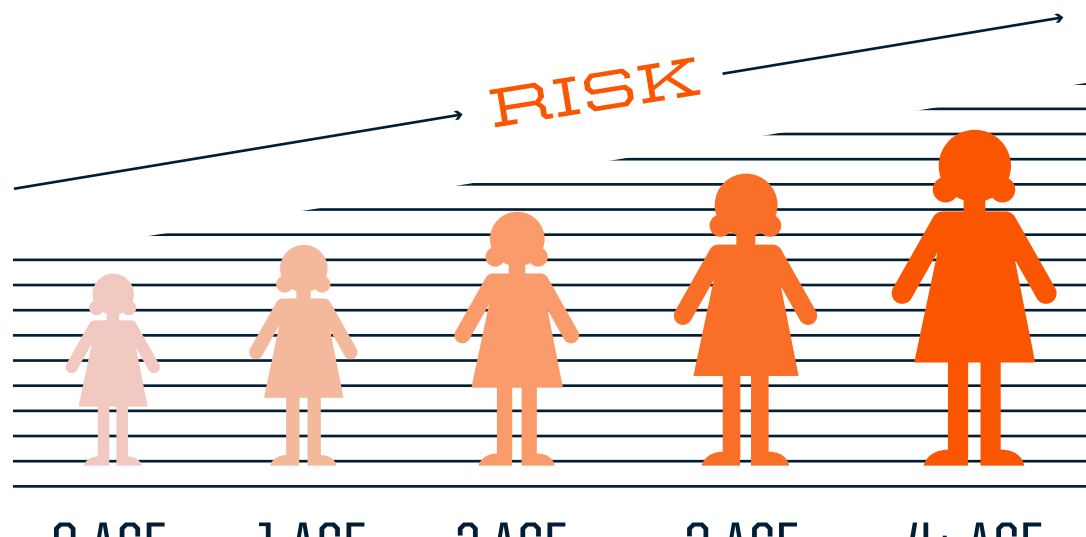


Of 6,361 Iowa BRFSS survey respondents:



## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

### BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use

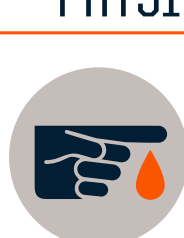


Missed work

### PHYSICAL & MENTAL HEALTH



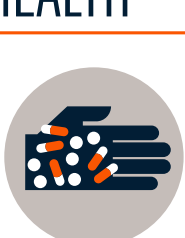
Severe obesity



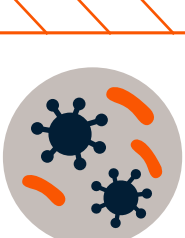
Diabetes



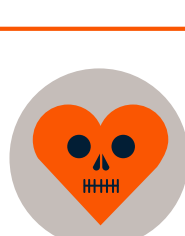
Depression



Suicide attempts



STDs



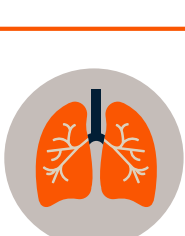
Heart disease



Cancer



Stroke



COPD



Broken bones