

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

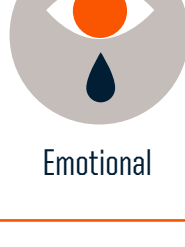
ACEs = ADVERSE CHILDHOOD EXPERIENCES

The three types of ACEs include

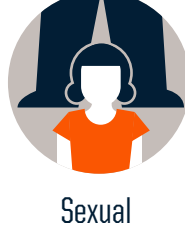
ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

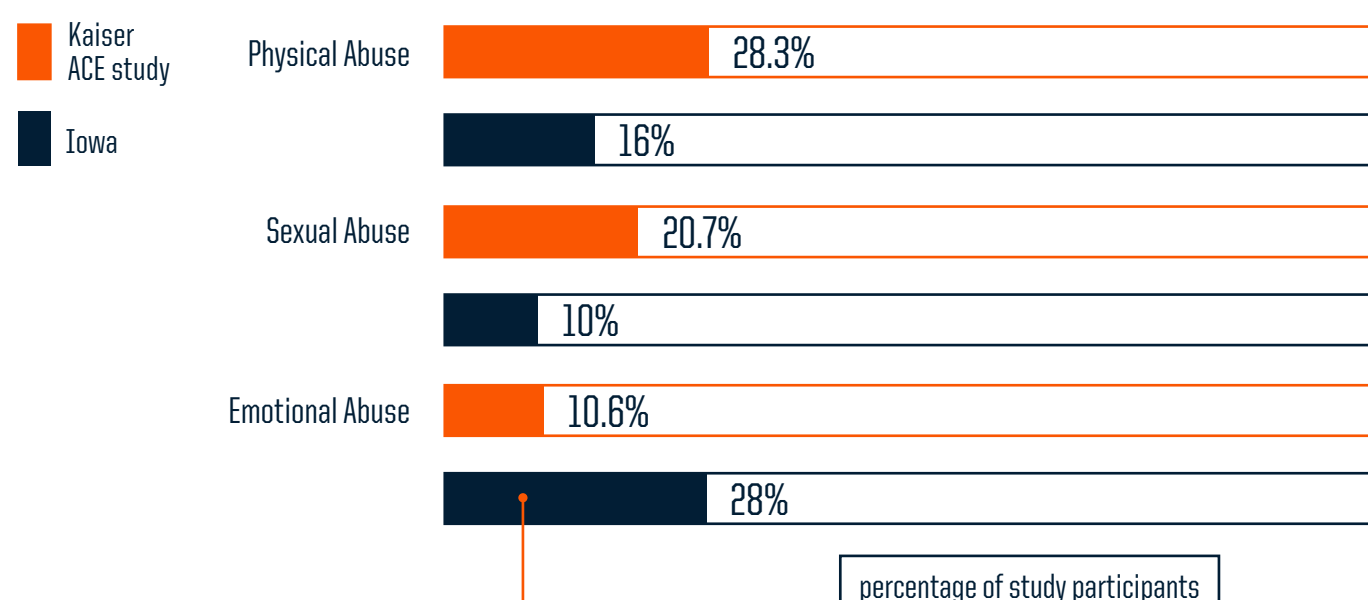


Substance Abuse

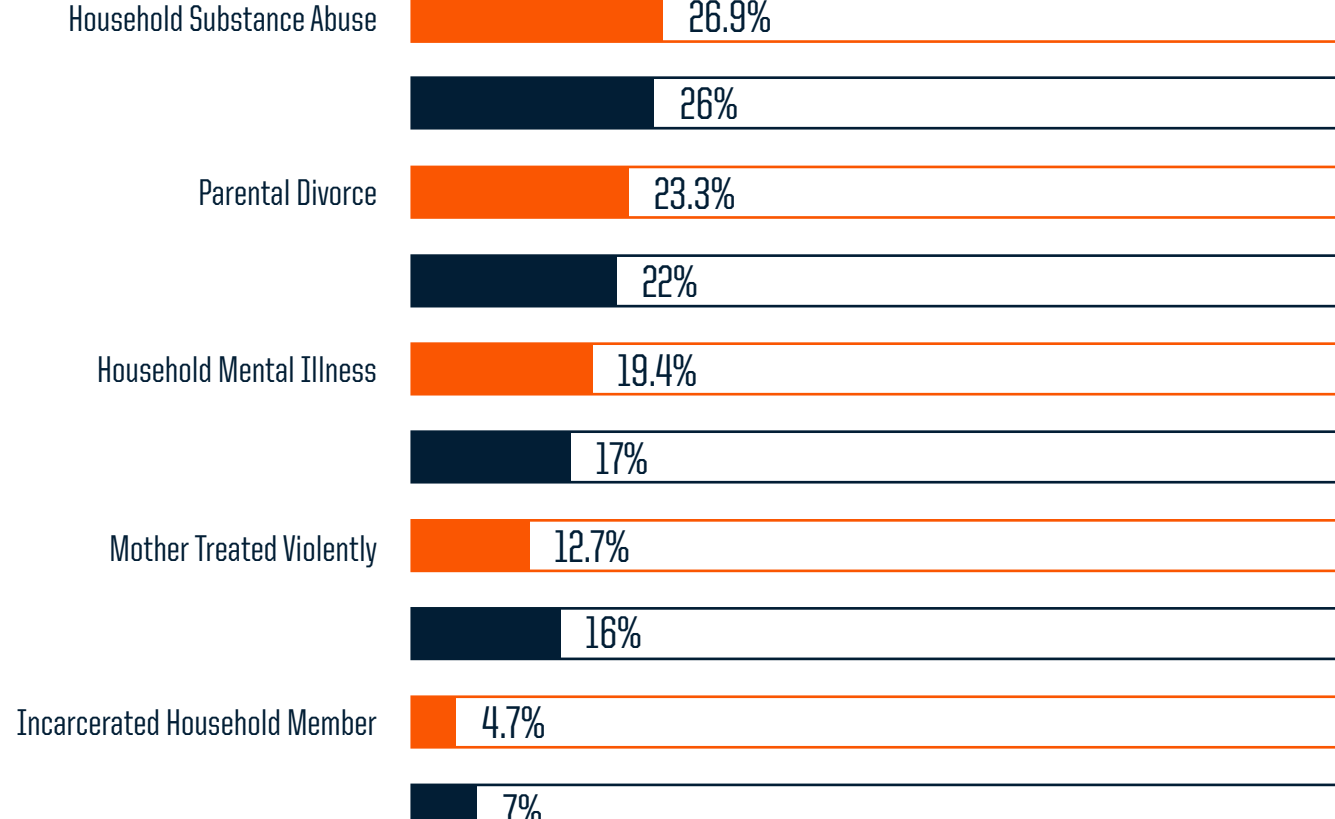
HOW PREVALENT ARE ACEs?

The initial Kaiser ACE study¹ and an analysis of Iowa's Behavioral Risk Factor Surveillance System (BRFSS)² participants revealed the following estimates:

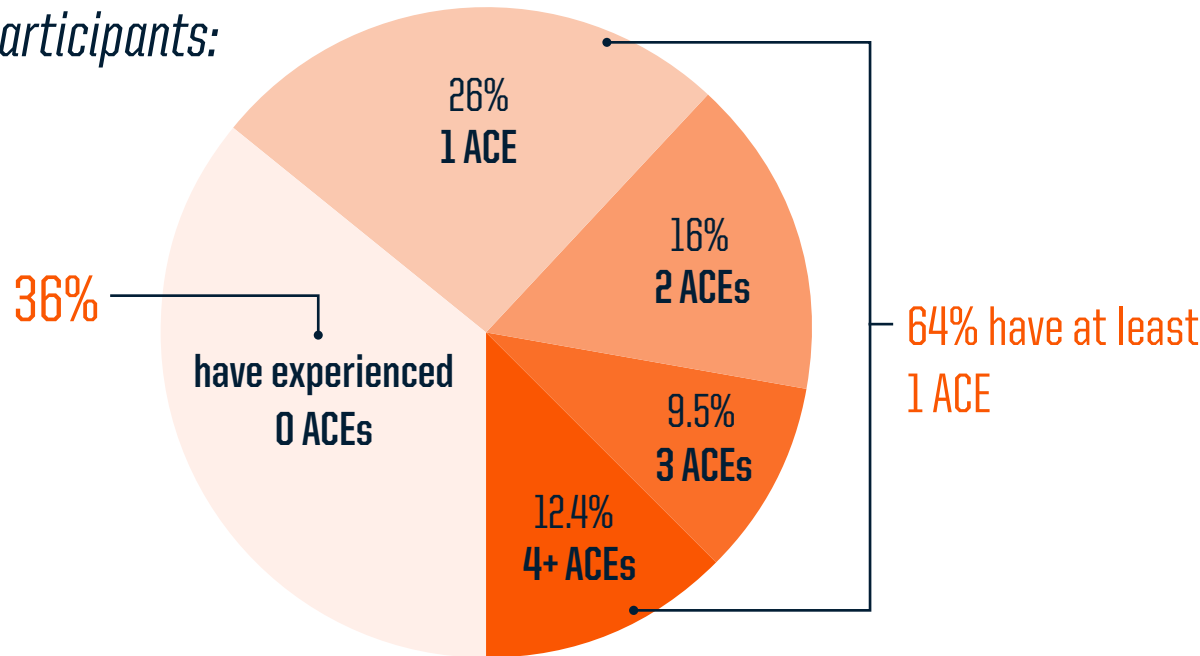
ABUSE



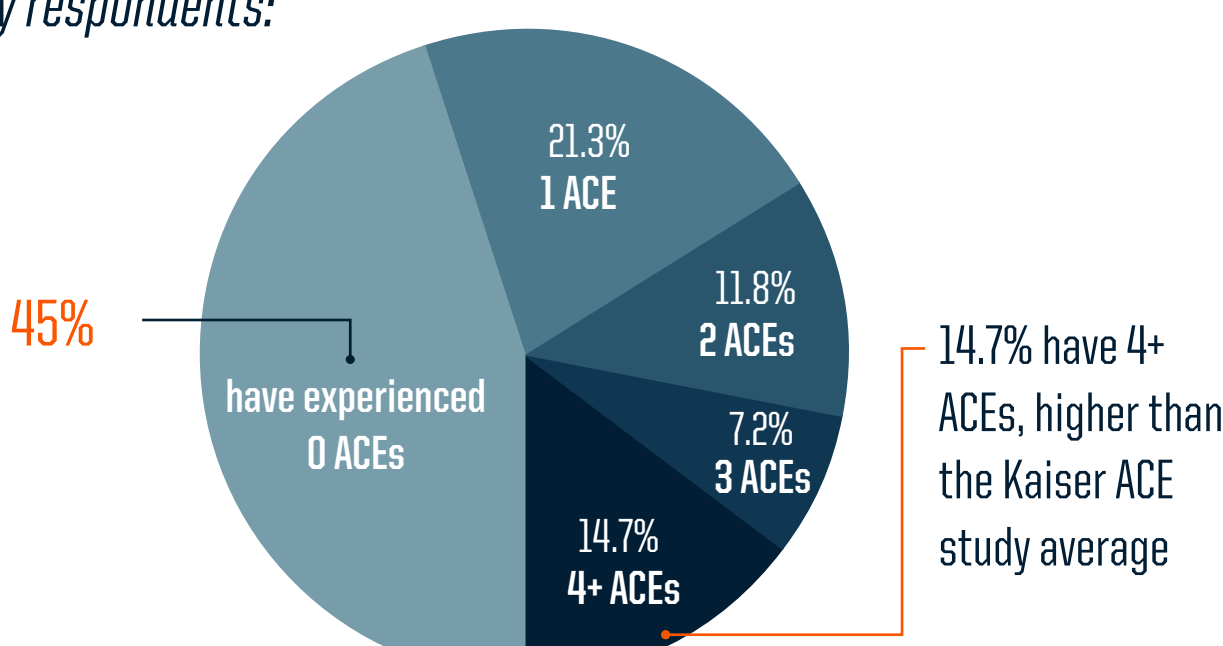
HOUSEHOLD DYSFUNCTION



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

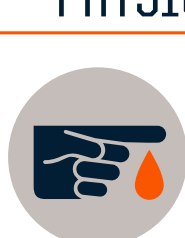


Missed work

PHYSICAL & MENTAL HEALTH



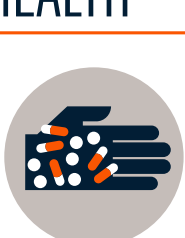
Severe obesity



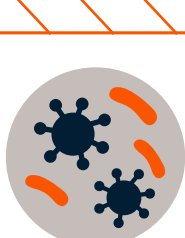
Diabetes



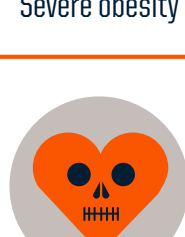
Depression



Suicide attempts



STDs



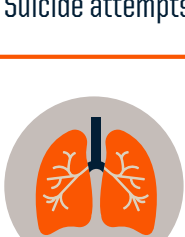
Heart disease



Cancer



Stroke



COPD



Broken bones