

Adverse Childhood Experience ACES

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The ACE Study

Summary of Findings:



- **Adverse Childhood Experiences (ACEs) are very common, but largely unrecognized.**
- **ACEs are strong predictors of later death, disease, health risks, social functioning, well-being, and medical care costs.**
- **ACEs are the basis for much of adult medicine and of many major public health and social problems.**
- **Adverse childhood experiences are interrelated, not solitary.**
- **This combination makes Adverse Childhood Experiences *the prime* determinant of the health, social, and economic well-being of our nation.**

Demographics of Research Participants

- Residents: 17,000 from San Diego, CA
- Mean Age: 56 years (range 19 – 92)
- Gender: Female – 52.1%
Male – 47.9%
- Major Ethnic Group: White – 79.4%
- Education: 43% college graduates
6% did NOT graduate H.S.

ACES Personal Abuse

- Verbal
- Physical
- Sexual
- Psychological
 - Emotional Neglect
 - Catastrophic Experience
 - Abandonment

ACES Family Dysfunction

- Substance Abuse
- Mental Illness
- Domestic Violence
- Member of Household Imprisoned

Health Behavior Risk Factors

- Overeating (obesity)
- Smoking
- Drinking
- Drug Use
- Attempted Suicide
- Sexual Promiscuity (50+ partners)

Adverse Childhood Experiences Score

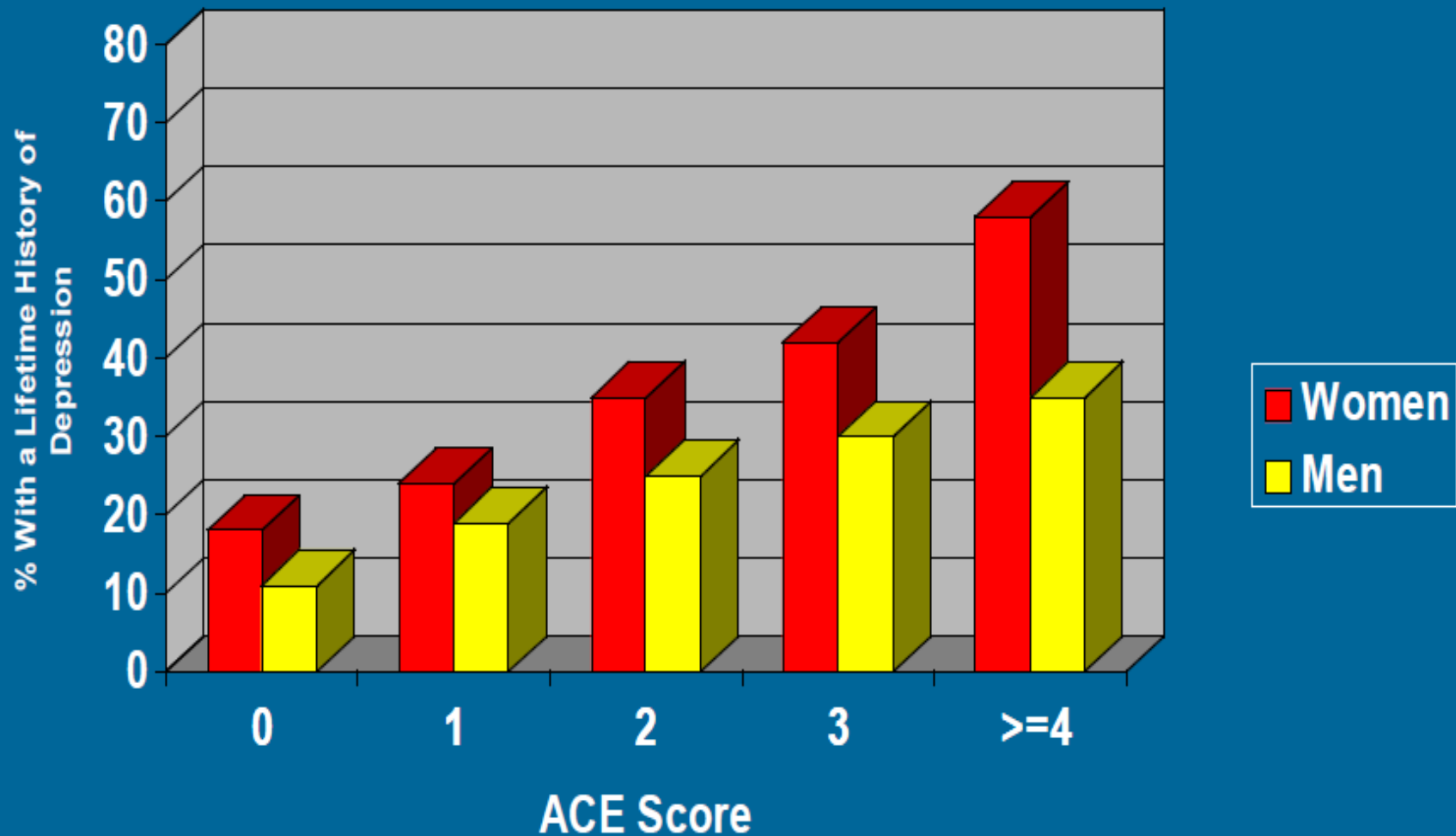
Number of categories (not events) is summed...

<i>ACE Score</i>	<i>Prevalence</i>
0	33%
1	25%
2	15%
3	10%
4	6%
5 or more	11%*

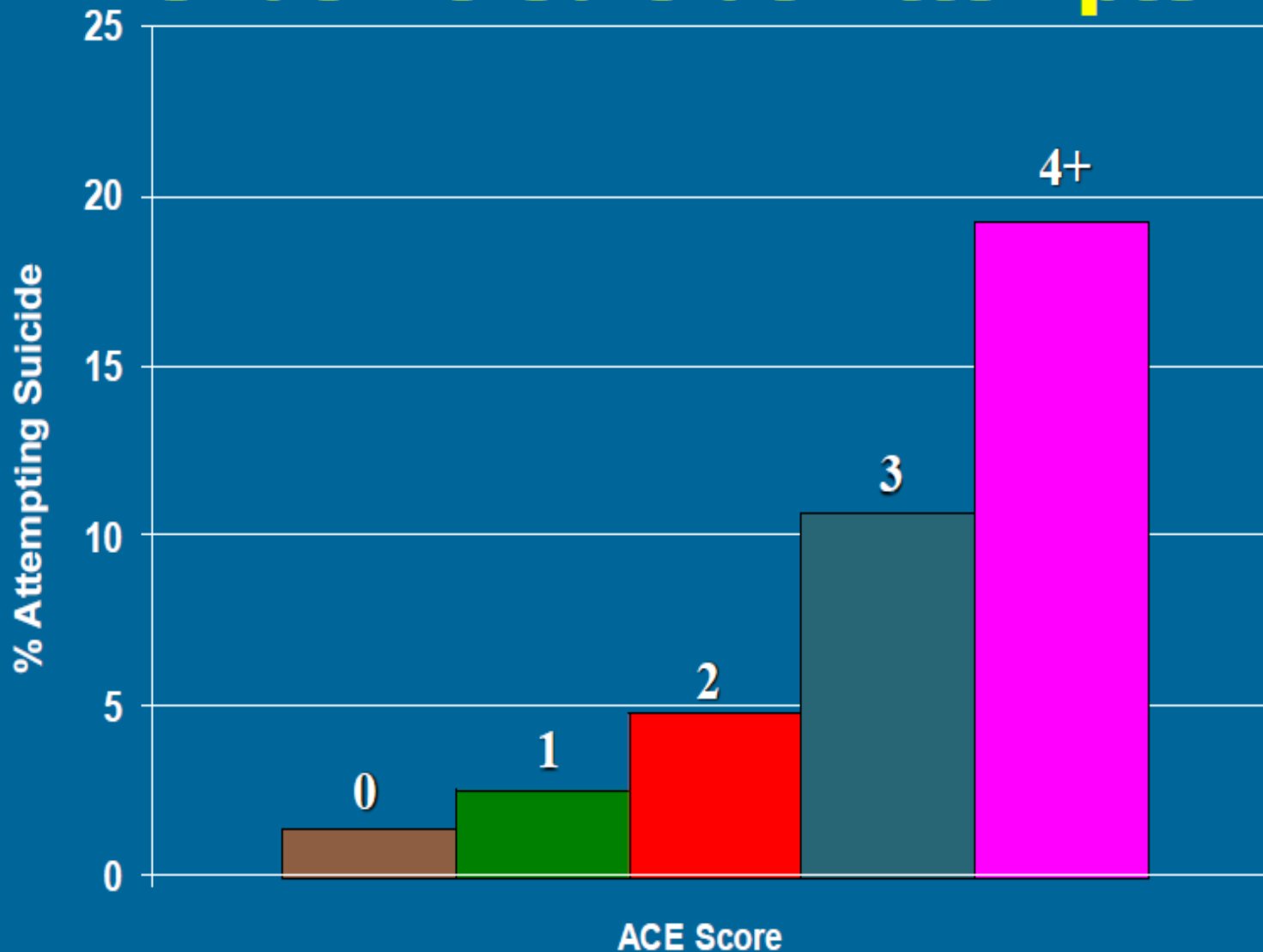


- Two out of three experienced at least one *category* of ACE.
- If any one ACE is present, there is an 87% chance *at least one other category* of ACE is present, and 50% chance of 3 or >.
- * Women are 50% more likely than men to have a Score >5.

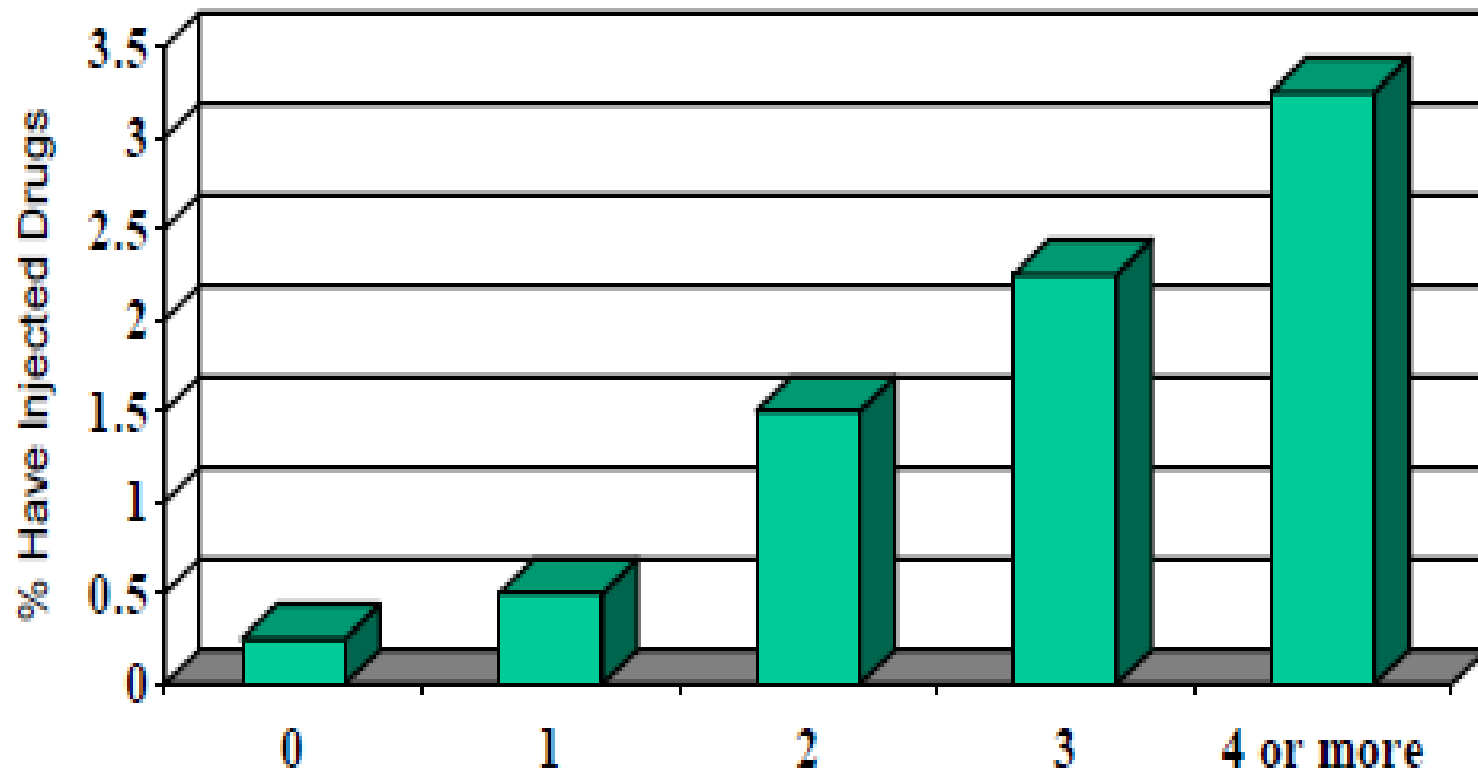
Childhood Experiences Underlie Chronic Depression



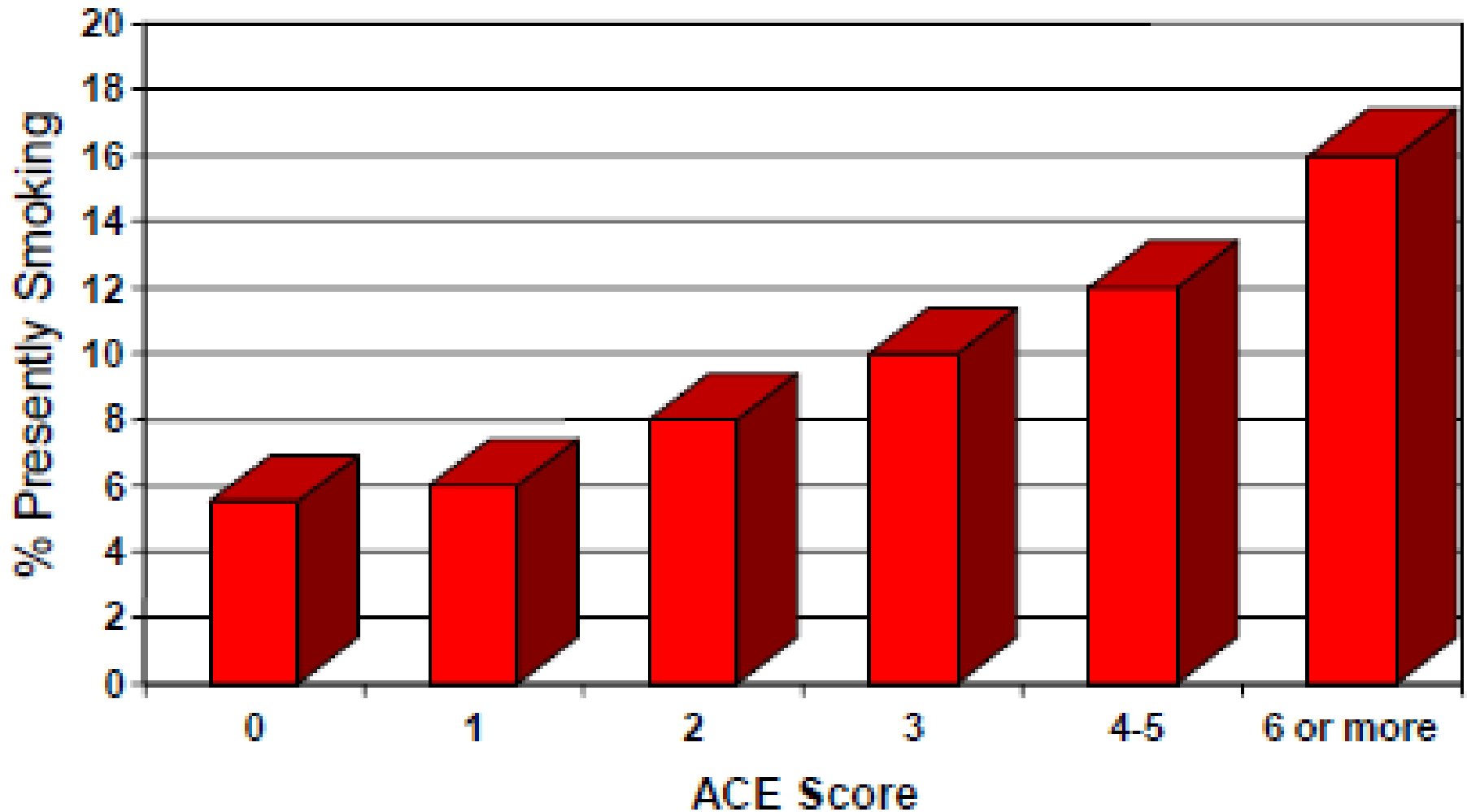
Childhood Experiences Underlie Suicide Attempts



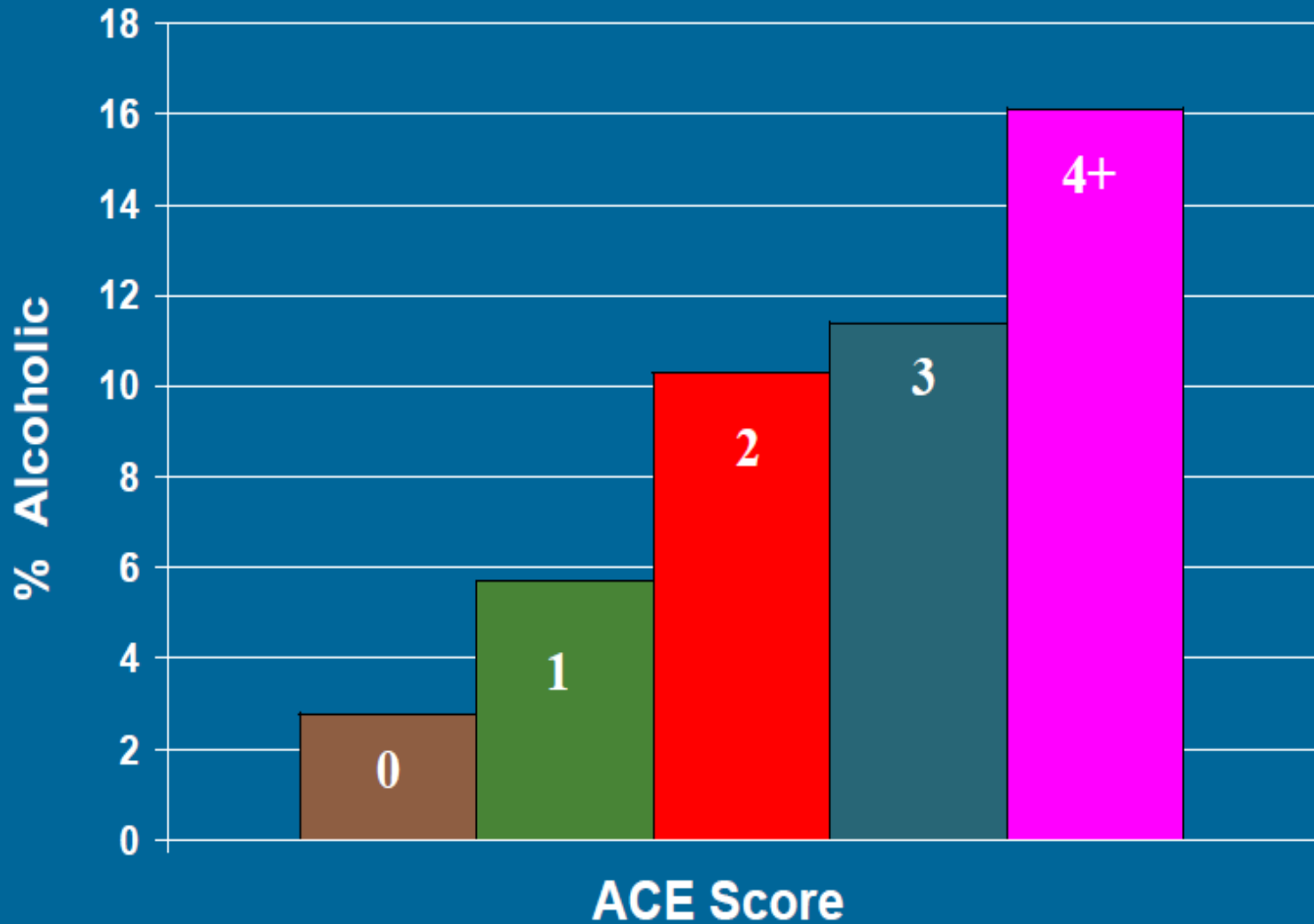
ACE Score vs. Intravenous Drug Use



ACE Score vs. Smoking

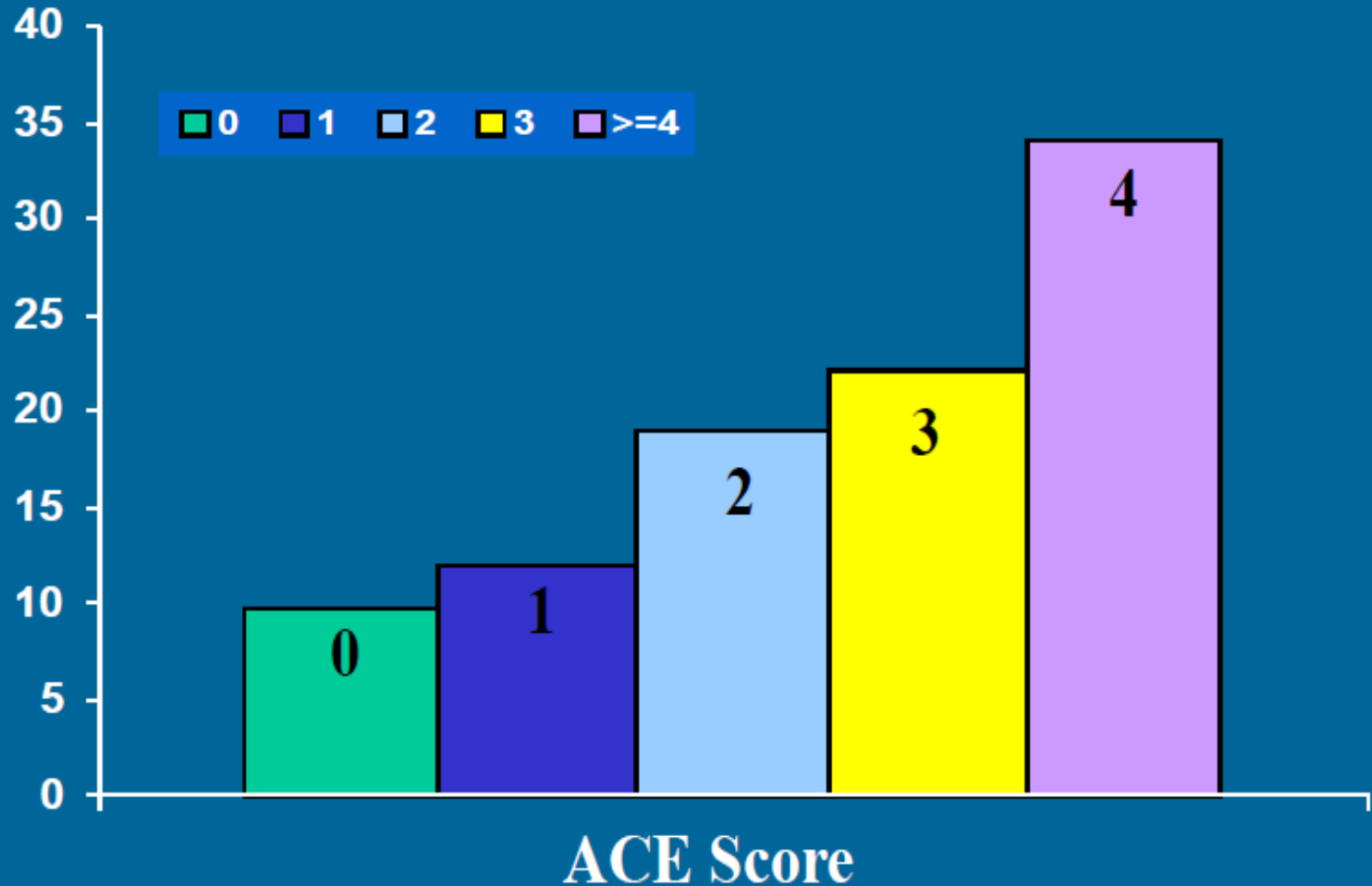


Childhood Experiences vs. Adult Alcoholism



Well-being

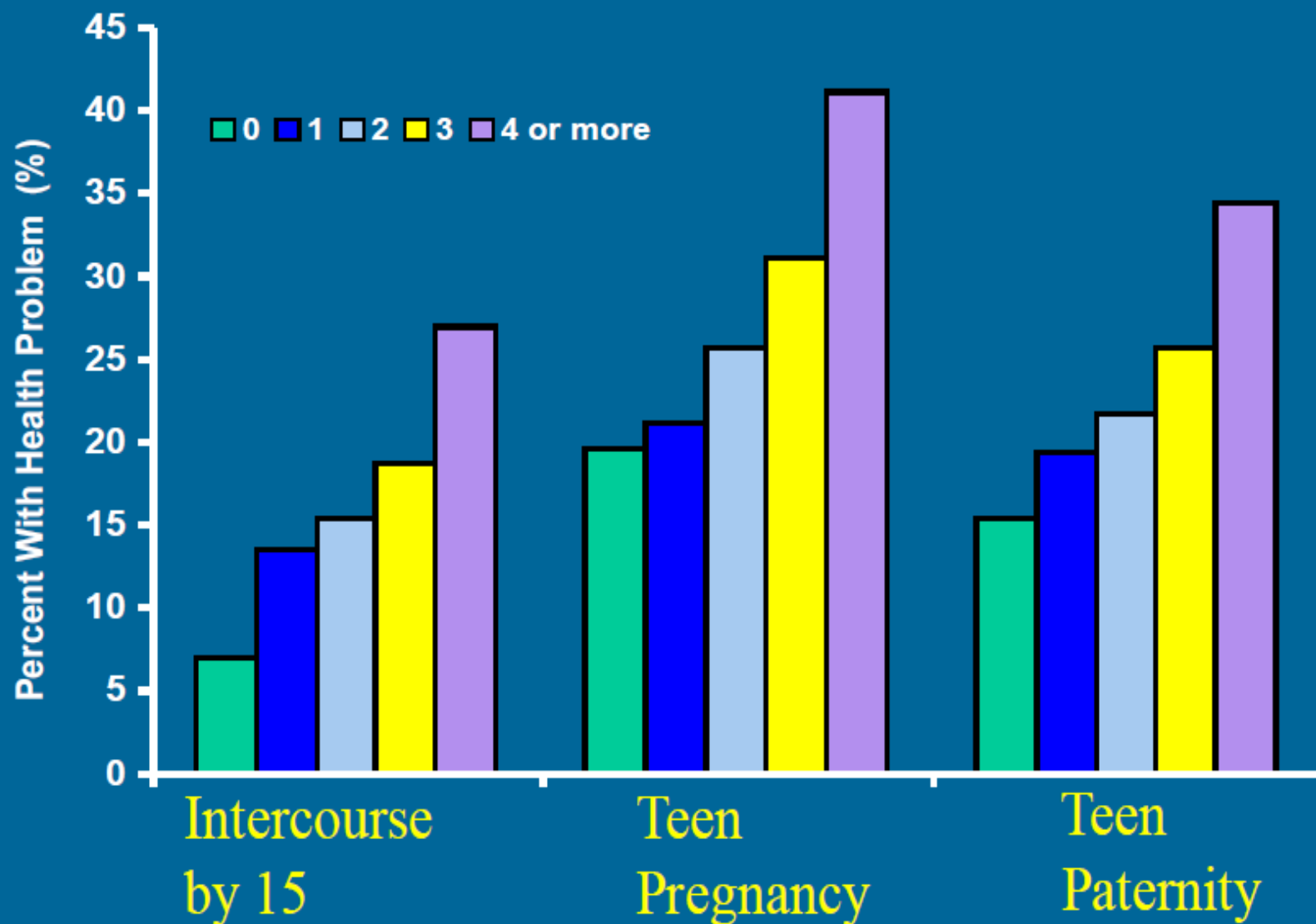
ACE Score and Impaired Memory of Childhood



Social function

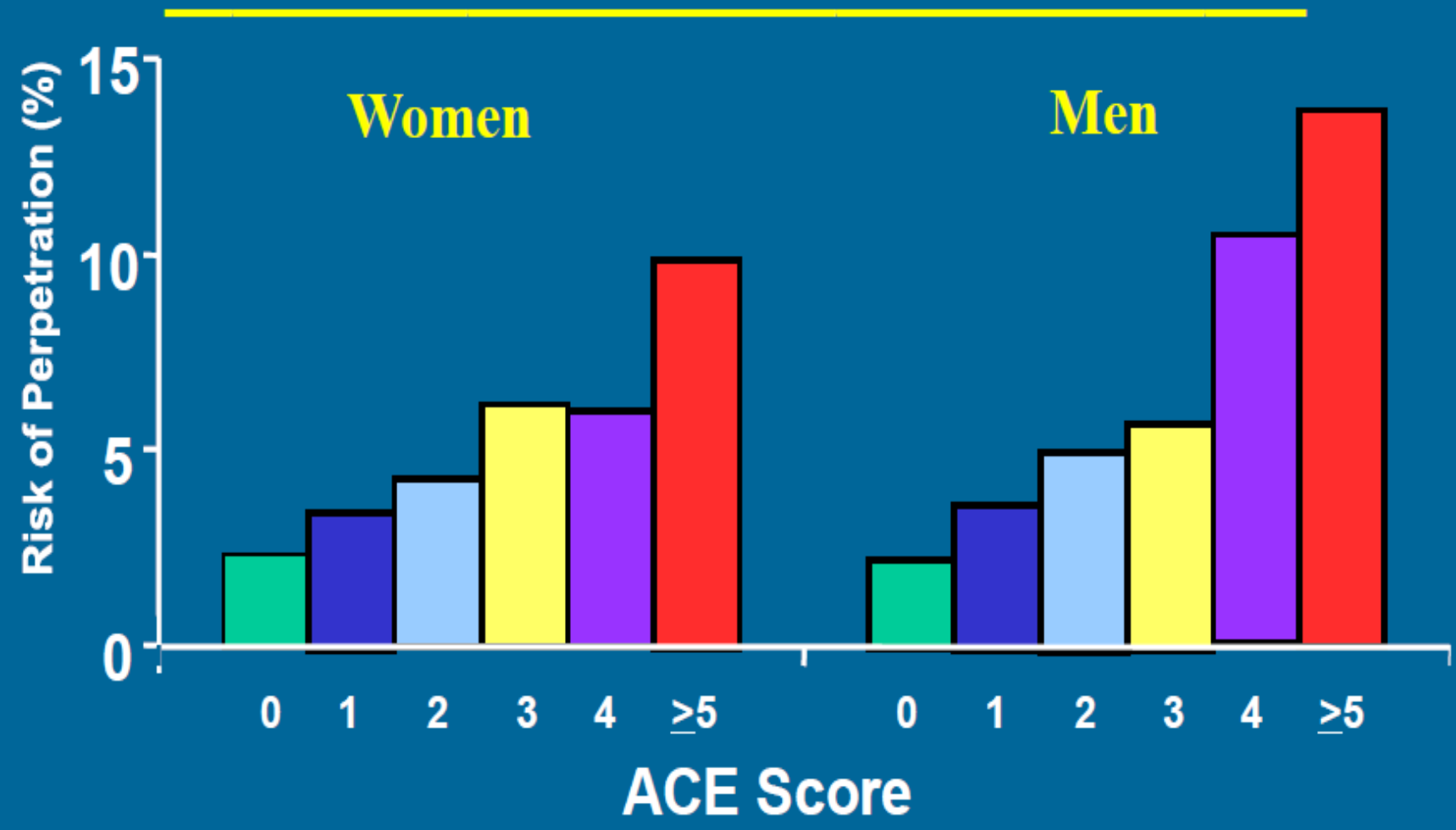
ACE Score and Teen Sexual Behaviors

Looking for love



Social function:

ACE Score and the Risk of *Perpetrating* Domestic Violence



Estimates of the Population Attributable Risk* of ACEs for Selected Outcomes in Women

	PAR
Alcoholism	65%
Drug abuse	50%
IV drug use	78%

*That portion of a condition attributable to specific risk factors

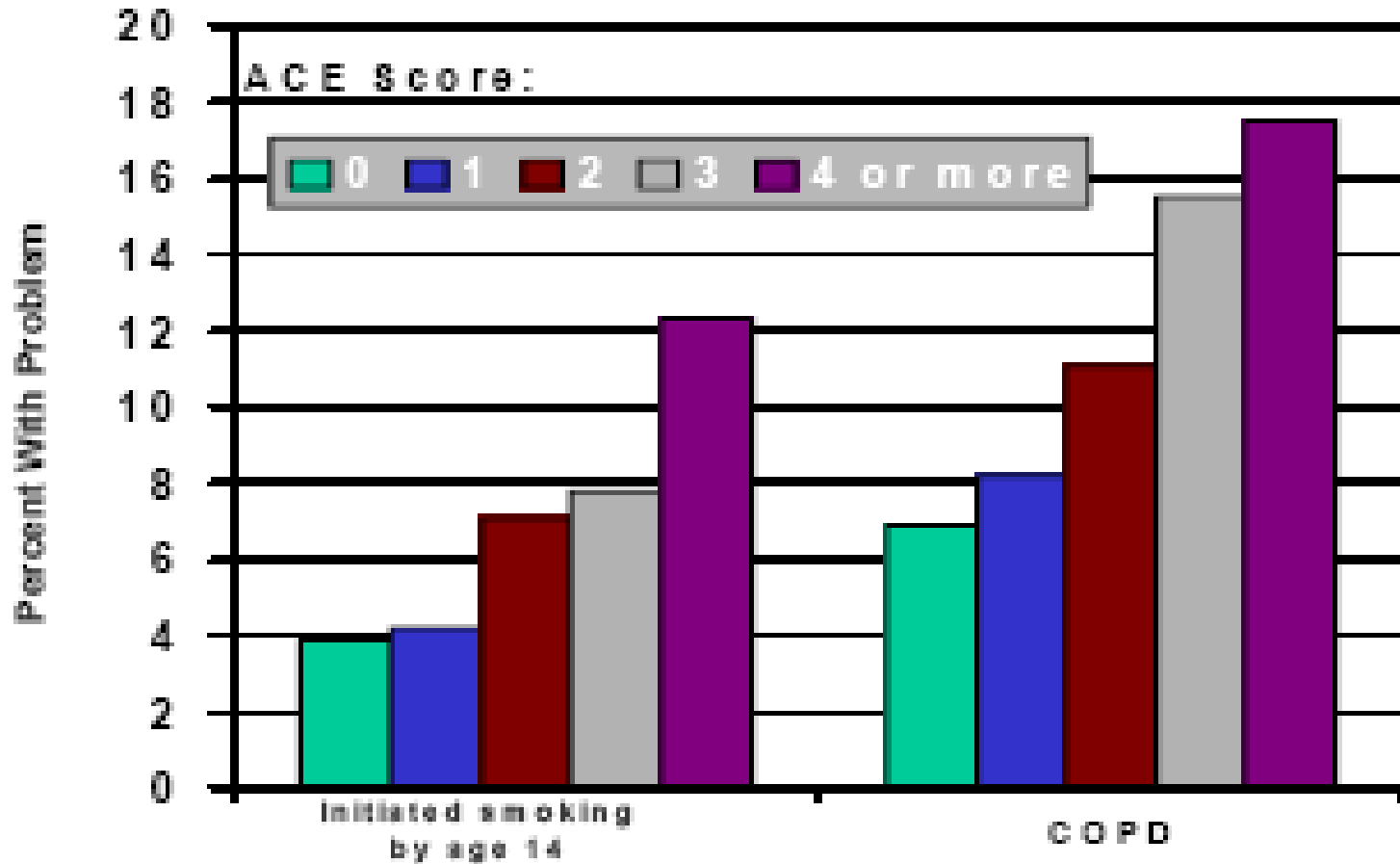
4 or more ACEs

- 1220% more likely to attempt suicide
- 1030% more likely to be I.V. drug users
- 740% more likely to be alcoholics
- 460% more likely to suffer depression
- 220% more likely to smoke
- 160% more likely to be severely obese

Resultant Organic Diseases

- Heart Disease
- Cancer
- Stroke
- Chronic Bronchitis/Emphysema
- Diabetes
- Skeletal Fracture
- Hepatitis
- Self-rated Fair or Poor Health

ACE Score vs. COPD

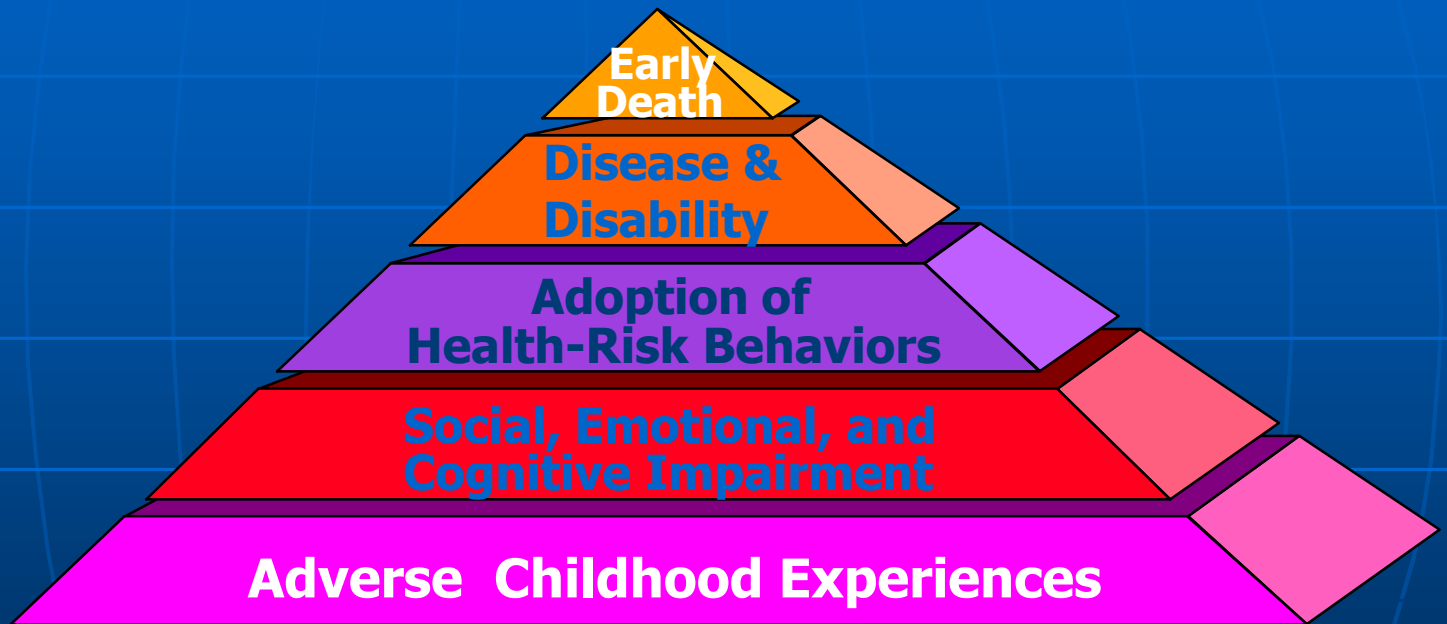


The True Nature of Preventive Medicine

Death



Birth



**Mechanisms By Which
Adverse Childhood Experiences
Influence Adult Health Status**

Hardwired for Anticipated World

Dangerous World

World with Challenges & Support

**NEUTRAL
START**



BRAIN
Prepares for
anticipated world



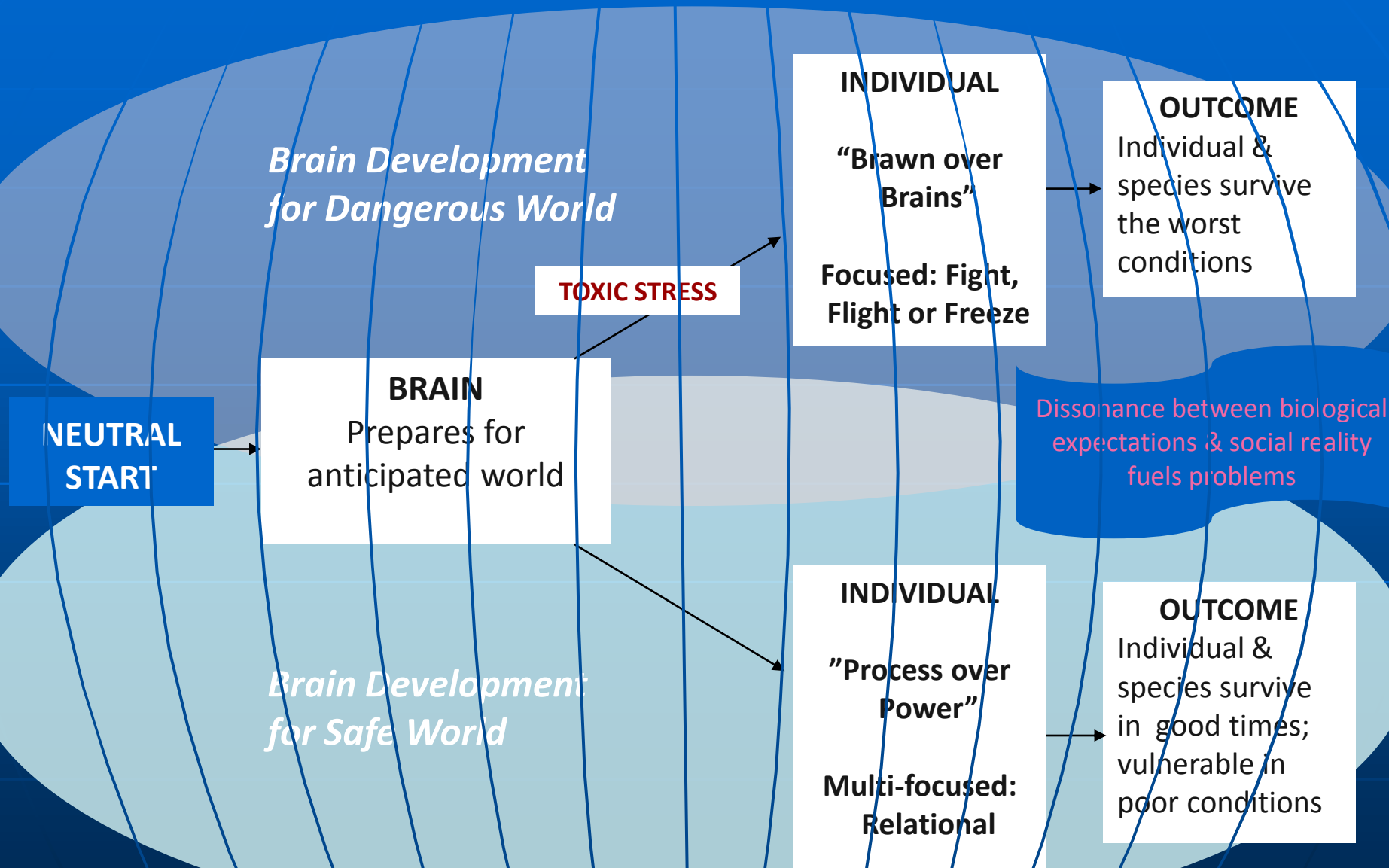
POSITIVE STRESS
Stress is buffered by adult
protection & nurturance



**BIOLOGY &
SOCIAL
EXPECTATIONS
ALIGN**

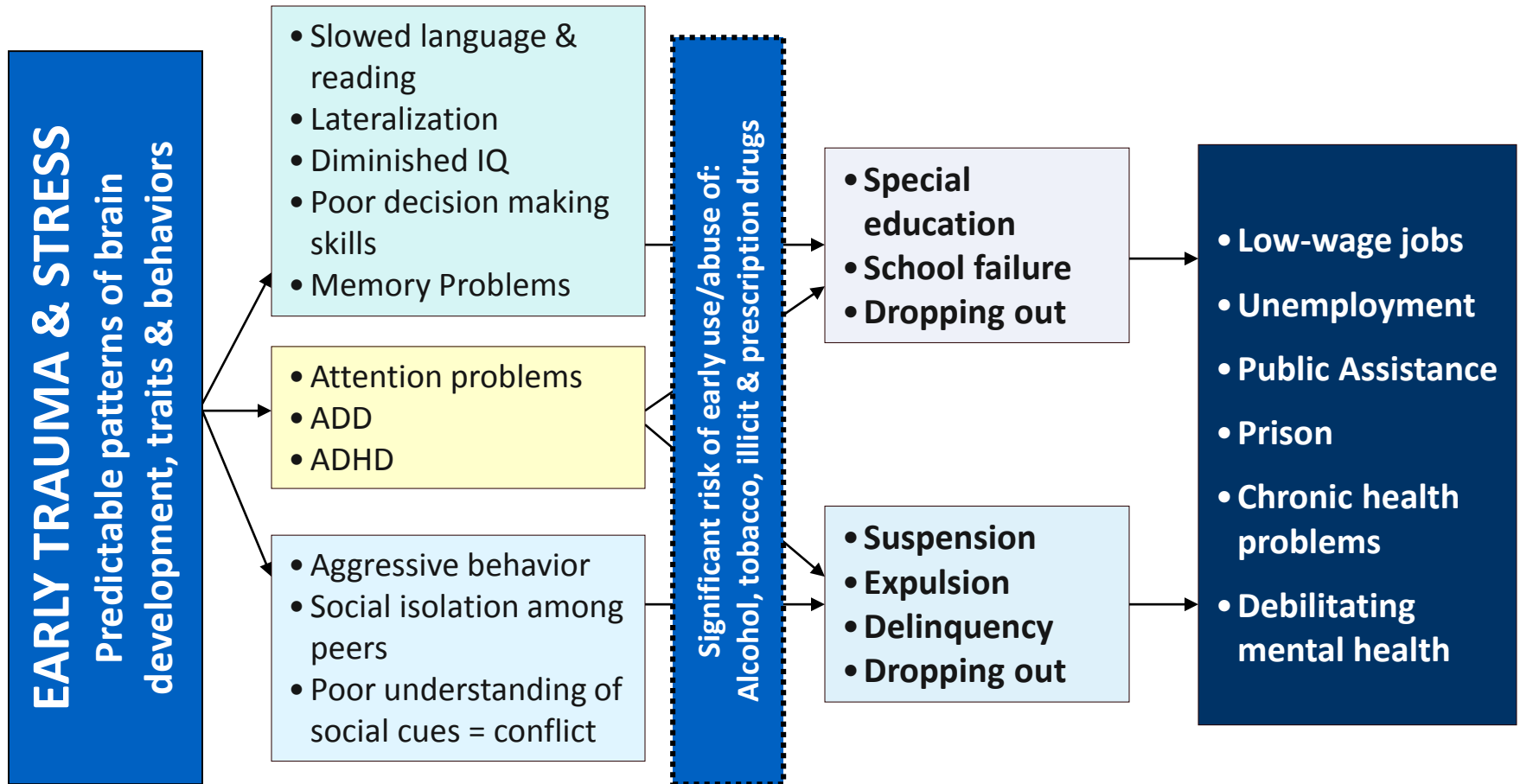
Safe World

Hardwired for Anticipated World



Adapted from the research of Martin Teicher, MD, Ph.D
By Washington Family Policy Council

The Fast Track to Poverty



ACEs and Ability to Engage in Work/Life Activities

Attributable to ACEs:

Disability-Related Days when Can't Do Usual Activities

Worker Injury

Work-related Illness

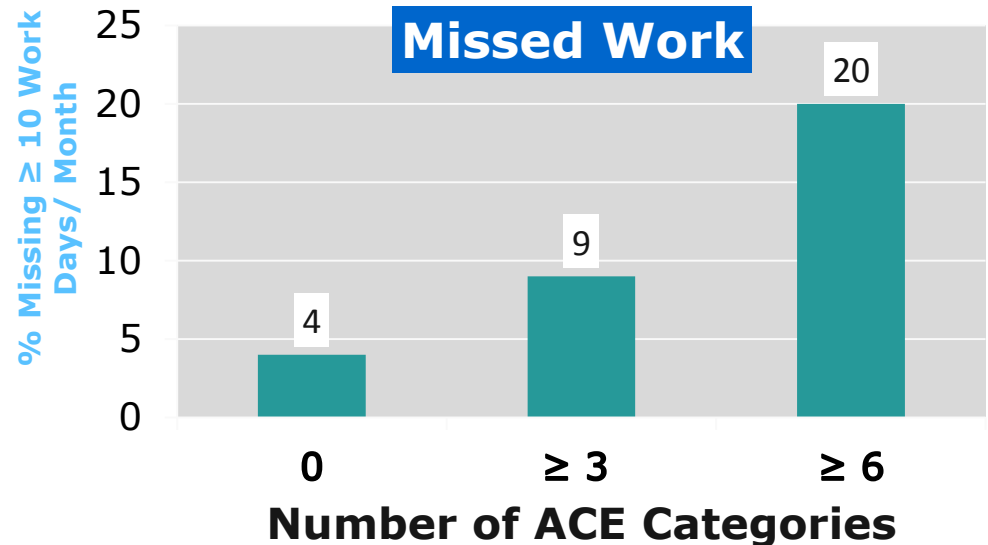
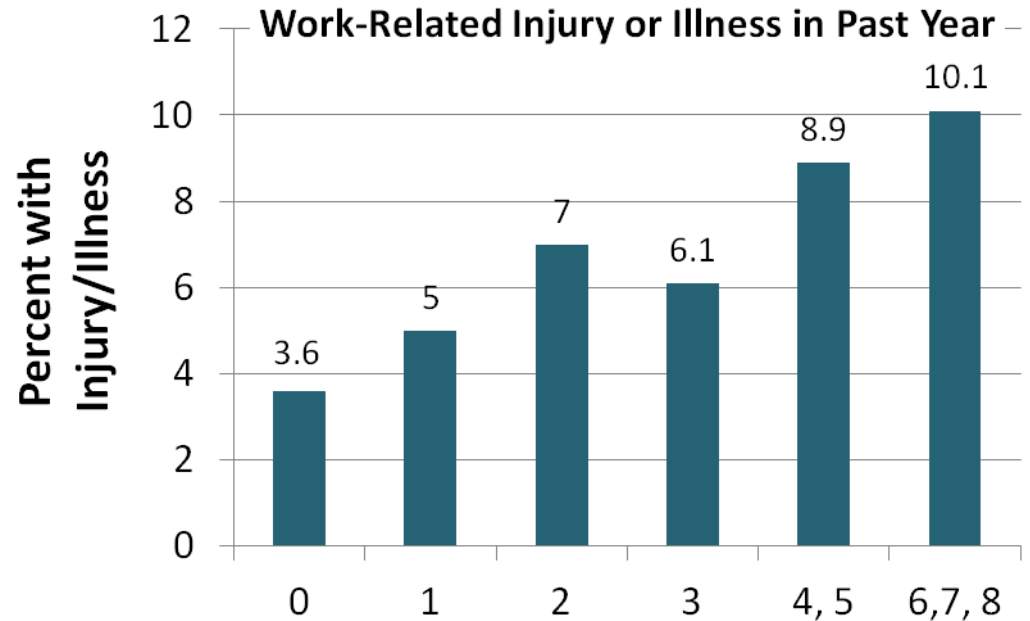
Drugs/Alcohol

Hopelessness

Health Limits Activity

Serious Job Problems

Serious Financial Problems

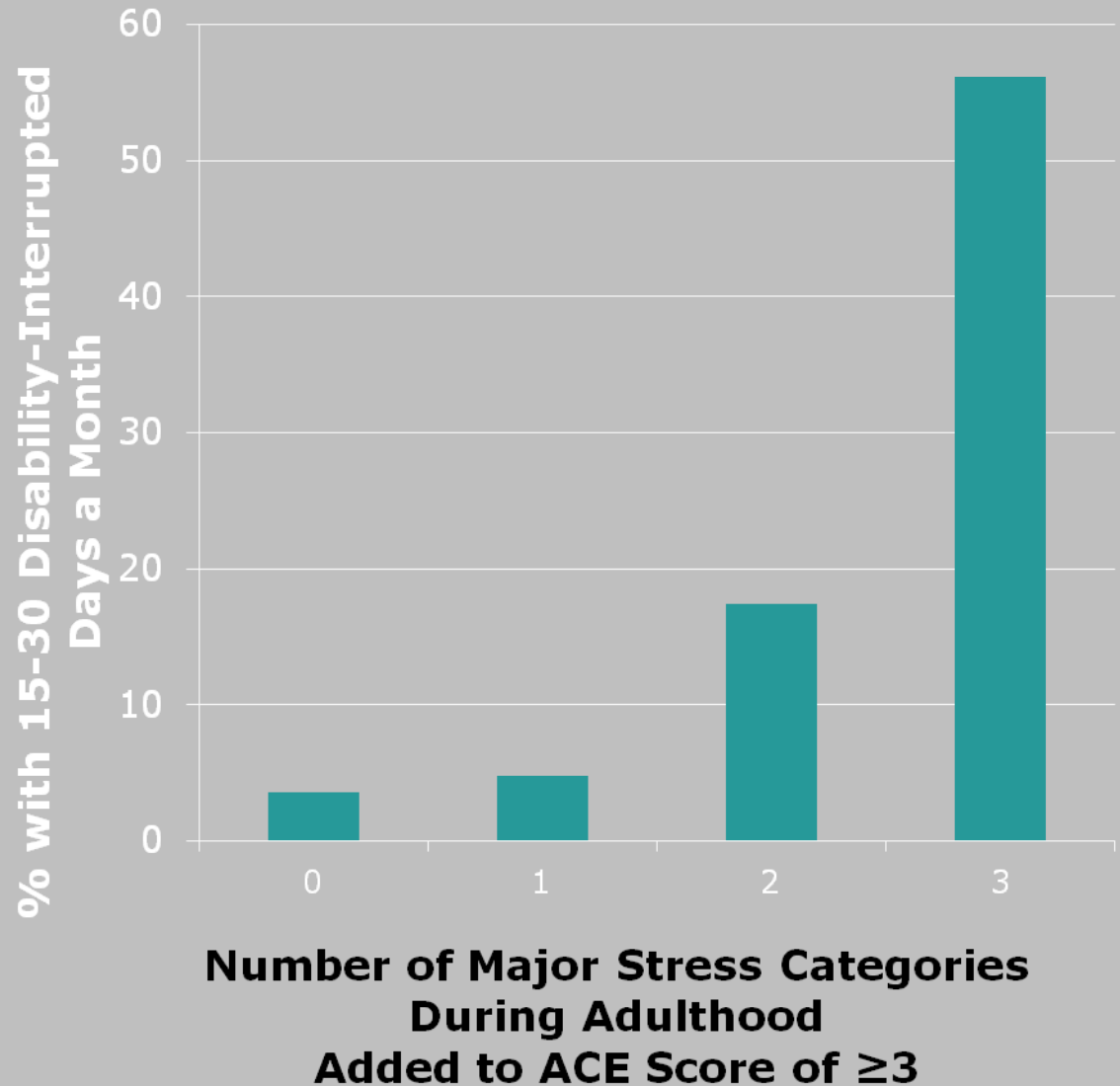


Cascade Effect: Difficulty with Daily Functioning

Adults with ≥ 3 ACEs Plus

Major Stress Categories:

1. Homelessness
2. Incarceration
3. Chronic illness
4. Separation/Divorce
5. Severe Depression
6. Work-related Injury/
Illness



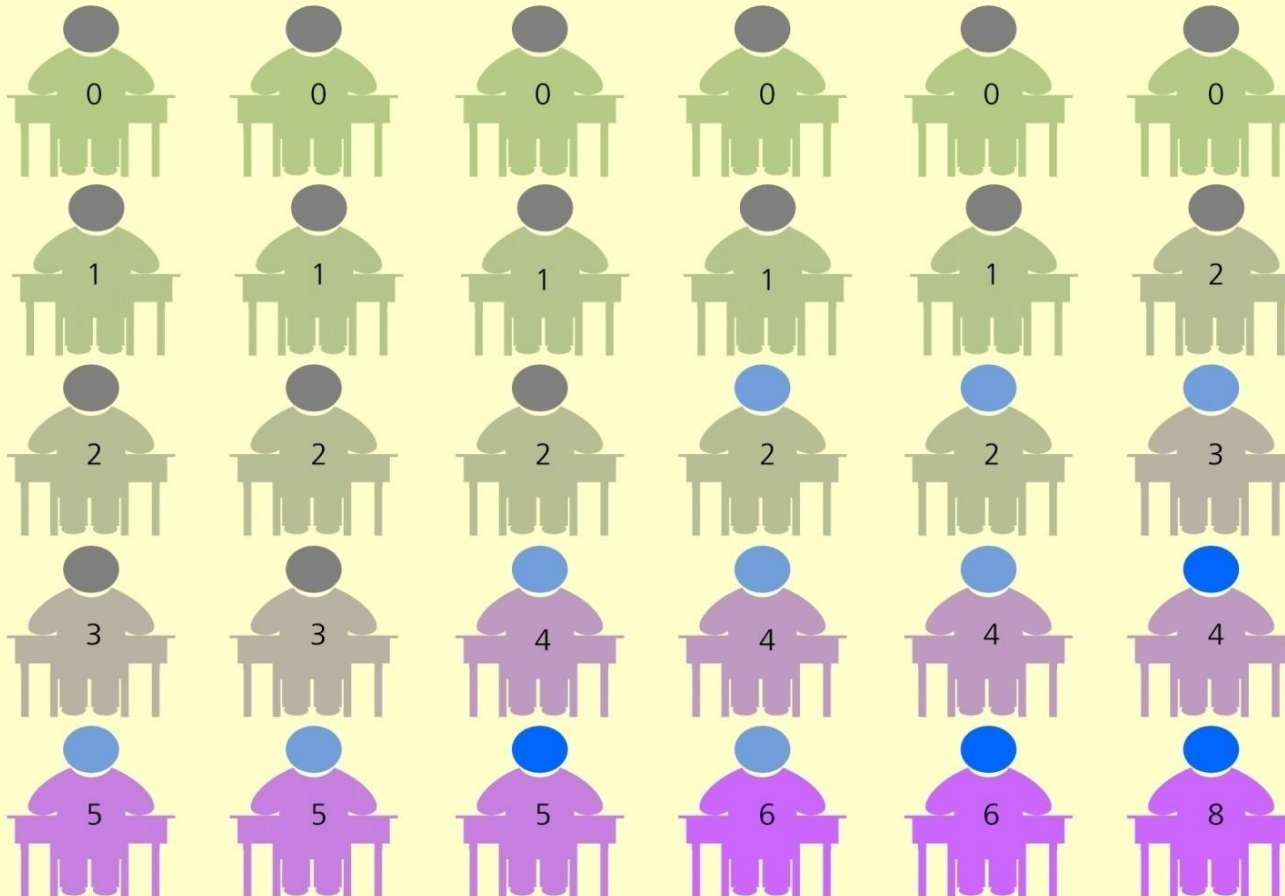
Washington School Classroom (30 Students)

Adverse Childhood Experiences (ACEs)

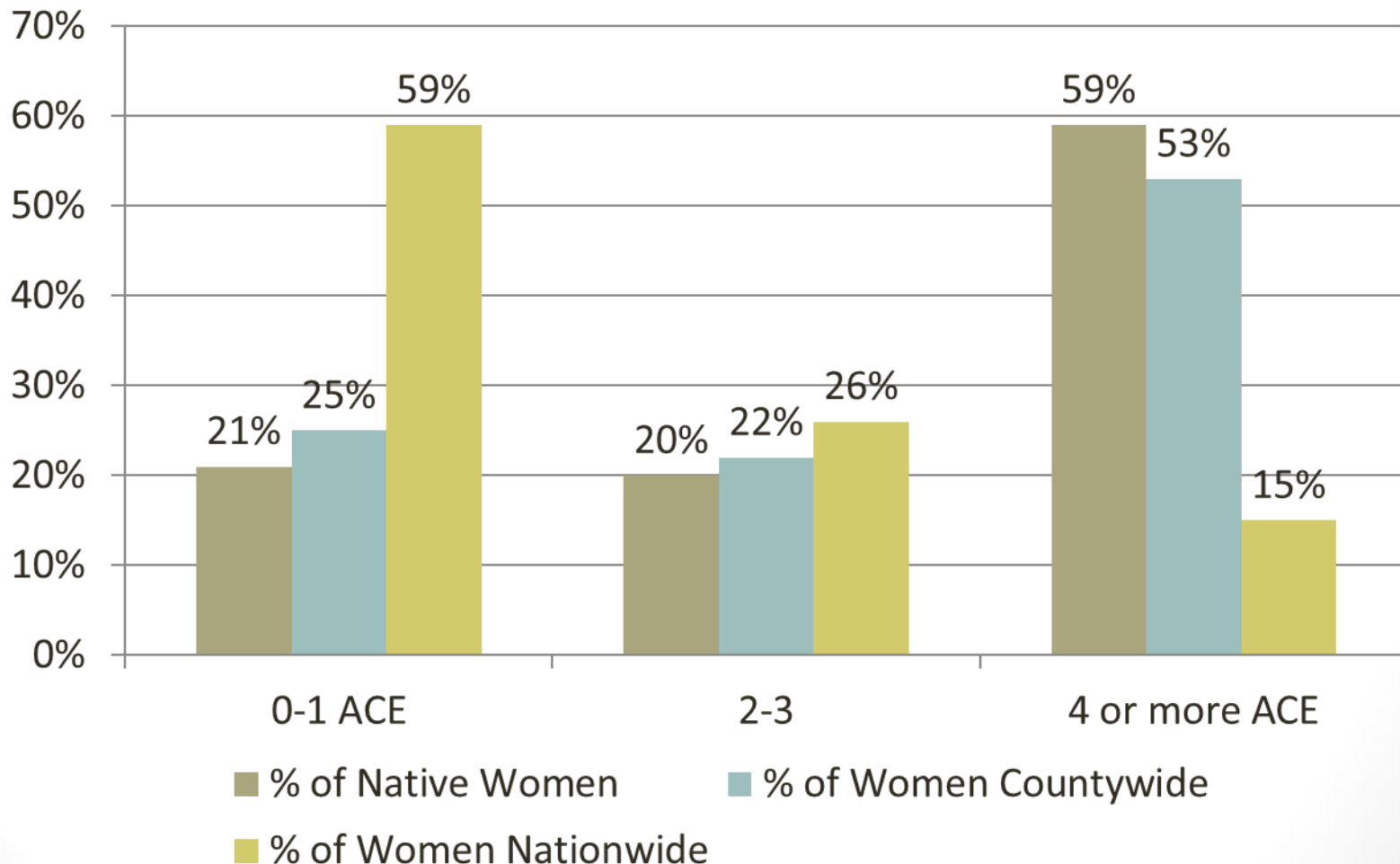
- 6 students with no ACE
- 5 students with 1 ACE
- 6 students with 2 ACEs
- 3 students with 3 ACEs
- 7 students with 4 or 5 ACEs
- 3 students with 6 or more ACEs

- 58% (17) students with no exposure to physical abuse or adult to adult violence
- 29% (9) of students exposed to physical abuse or adult to adult violence
- 13% (4) of students exposed to physical abuse and adult to adult violence

Population
Average-
10th Grade



Lake County ACE Scores for Women Compared with National Results



What Now

- Complete the ACE self-assessment questionnaire
- If you have an ACE
 - Ask: "How Did It Affect My Later Life?"
 - Confide in Someone
- Be Open and Supportive if Someone Confides in You

- “The past is never dead.
- It’s not even the past.”

William Faulkner

