THE TRUTH ABOUT ACES

WHAT ARE THEY?

ACEs are ADVERSE CHILDHOOD EXPERIENCES

HOW PREVALENT ARE ACES?

The ACE study* revealed the following estimates:

ABUSE

- Physical Abuse: 29.3%
- Sexual Abuse: 20.7%
- Emotional Abuse: 10.9%

NEGLECT

- Emotional Neglect: 10.8%
- Physical Neglect: 9.9%

HOUSEHOLD DYSFUNCTION

- Household Substance Abuse: 26.9%
- Parental Divorce: 23.3%
- Household Mental Illness: 19.4%
- Mother Treated Violence: 12.7%
- Incarcerated Household Member: 4.7%

WHAT IMPACT DO ACES HAVE?

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

- 0 ACES
- 1 ACE
- 2 ACES
- 3 ACES
- 4+ ACES

Possible Risk Outcomes:

BEHAVIOR

- Lack of physical activity
- Smoking
- Alcoholism
- Drug use
- Missed work

PHYSICAL & MENTAL HEALTH

- Severe obesity
- Diabetes
- Depression
- Suicide attempts
- STIs
- Heart disease
- Cancer
- Stroke
- COPD
- Broken bones

*Source: http://www.cdc.gov/vitalsigns/prevalence.htm

rwjf.org/aces