WHAT ARE THEY?

ACEs are Adverse Childhood Experiences. The three types of ACEs include:

- Physical Abuse
- Emotional Abuse
- Sexual Abuse

HOW PREVALENT ARE ACEs?

The Initial ACE study found that 11% of adults have experienced at least one ACE, and 2% have experienced four or more ACEs. In Iowa, 45% of adults have at least one ACE, with 14.7% having 4+ ACEs, higher than the national average.

WHAT IMPACT DO ACEs HAVE?

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

- Cancer
- Heart disease
- Diabetes
- COPD
- Stroke
- Chronic pain
- Depression
- STDs
- Drug use
- Alcoholism
- Suicide attempts
- Broken bones
- Missed work

The impact of ACEs on physical and mental health is significant. The prevalence of these conditions is higher among those with a higher number of ACEs.