

Adverse Childhood Experiences and Your Health

The largest, most important study on Adverse Childhood Experiences (ACEs) came from Kaiser Permanente.

The CDC's ACEs Study found a remarkable link between childhood trauma and adult chronic diseases and emotional challenges including: heart disease, lung cancer, diabetes, autoimmune disorders, depression, violence and being a victim of violence and suicide.

The more ACEs experienced increases the number of adult health and emotional problems experienced.

Adverse Childhood Experiences can include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member
- Bullying (by another child or adult)
- Witnessing violence outside the home
- Witness a brother or sister being abused
- Racism, sexism, or any other form of discrimination
- Being homeless
- Natural disasters and war



Resilience Outweighs ACEs



Resilience is the ability to return to being healthy and hopeful. Parents who provide a safe environment reduce the effect of ACEs by:

- understanding child development
- helping children identify and manage emotions and problem solve
- build attachments and nurturing relationships
- build social skills and connections



Support Resources:

- **ACES 101** <http://acestoohigh.com/aces-101/>
- **Triple-P Parenting** www.triplep-parenting.net/global/home/
- **Resilience Trumps ACEs** www.resiliencetrumpsACEs.org
- **CDC-Kaiser Adverse Childhood Experiences Study** www.cdc.gov/violenceprevention/acestudy/
- **Zero to Three Guides for Parents** www.zerotothree.org/aboutus/areas-of-expertise/freeparent-brochures-and-guides/
- **Childhelp** 1800-4ACHILD
- **Treatment referral for substance abuse** 1-800-662-HELP
- **National Fatherhood Institute** www.fatherhood.org
- **Kaiser Permanente** www.kp.org



Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Obesity
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies