



ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACE) are highly stressful events or situations which occur during our formative years. A study by CDC-Kaiser Permanente (1995-1997) of 17,500 middle class adults found a direct correlation between 10 ACE and over 42 social ills and health problems among adults.

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Adverse Childhood Experiences

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



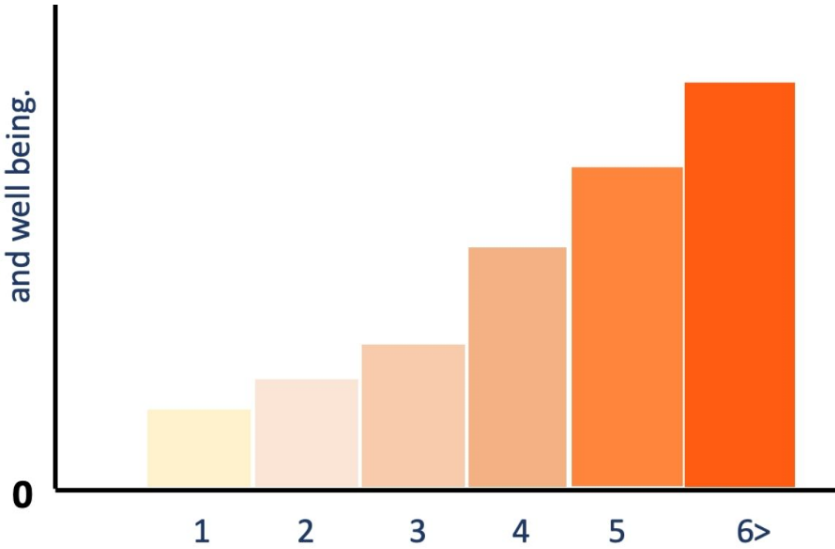
COPD



Broken bones

The number of ACEs has a direct correlation to more than 40 health conditions in adulthood.

Risks of negative results in health and well being.



80 years



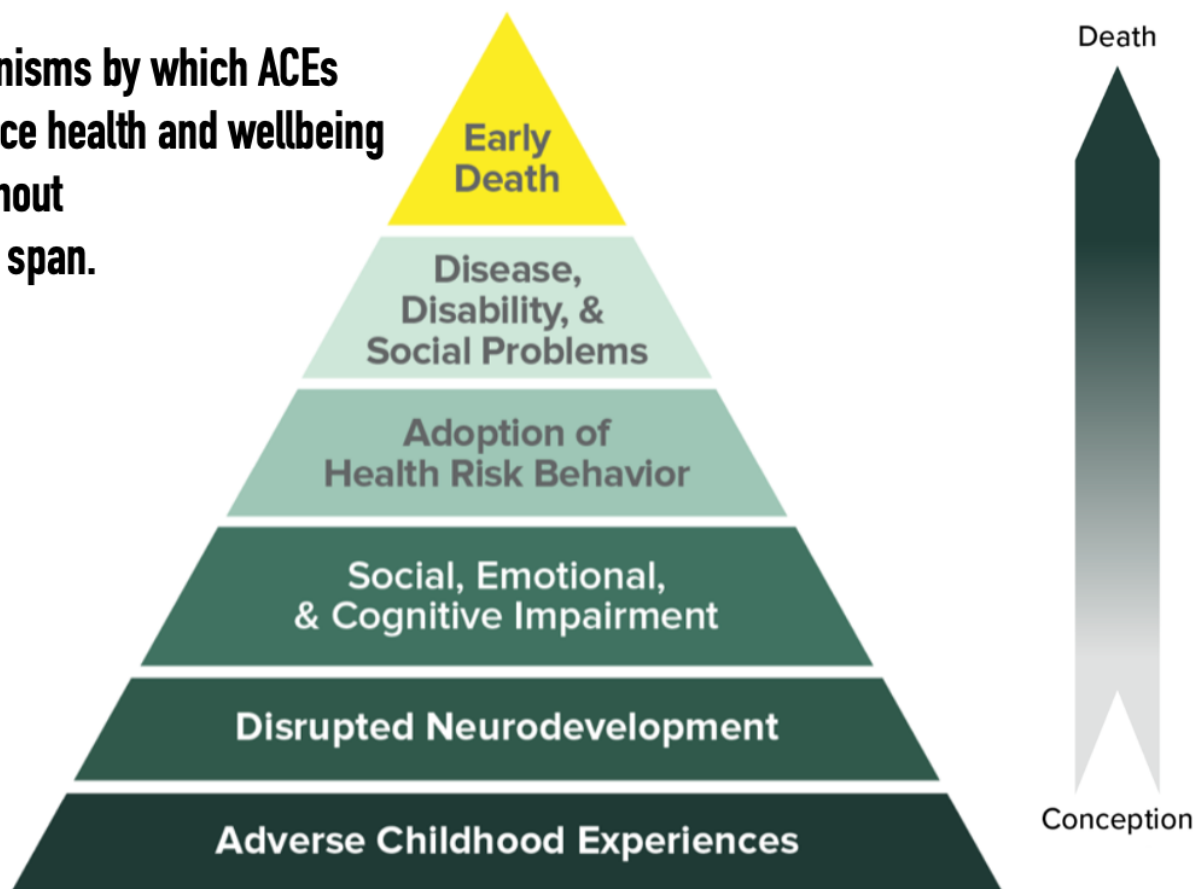
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60 years

6+

Mechanisms by which ACEs influence health and wellbeing throughout the life span.



Check out this helpful video featuring Vincent Felitti who explains how childhood trauma can make you a sick adult:
<https://youtu.be/CN6Yz33AUqQ>

Visit the Center for Disease Control's website to learn more about the A.C.E. quiz and prevention:
<https://www.cdc.gov/violenceprevention/aces/index.html>