



MINI
TRAINING
SERIES

Adverse Childhood Experiences (ACEs) Study



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What are ACEs?: Adverse Childhood Experiences, or ACEs, are stressful or traumatic events that can have negative lasting effects on health and well-being.

Examples of ACEs →

- | | |
|-------------------|-------------------------------|
| Physical Abuse | Intimate Partner Violence |
| Sexual Abuse | Substance Use in Home |
| Emotional Abuse | Mental Illness in Household |
| Physical Neglect | Parental Separation/Divorce |
| Emotional Neglect | Incarcerated Household Member |

46%

**of children in the U.S.
have experienced at
least one ACE**

The landmark ACE study was conducted at Kaiser Permanente from 1995-1997 with over 17,000 participants. It analyzed the relationship between childhood trauma and social and health consequences later in life.



The study found that as the number of ACEs increases, so does the risk for the following:



- Poor work performance
- Financial stress
- Early initiation of substance use
- Early initiation of sex
- Poor academic achievement
- Cumulative health Issues
- Mental illness
- Substance use disorders
- Teen pregnancy
- Issues during pregnancy
- Multiple sexual partners
- Domestic violence
- Suicide attempts

NEXT STEPS:

- Inform local decision-making by collecting state and county-level ACEs data
- Increase awareness of ACEs among community-level prevention efforts
- Select and implement programs, policies and strategies designed to address ACEs
- Use ACEs research and local ACEs data to identify groups of people who may be at higher risk for substance use disorders