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: 26.0%
- Sexual Abuse: 20.7%
- Emotional Abuse: 10.0%

NEGLECT
- Emotional Neglect: 10.0%
- Physical Neglect: 0.0%

HOUSEHOLD DYSFUNCTION
- Maltreatment from a care provider: 36.0%
- Parental Divorce: 20.3%
- Parental Maltreatment: 16.4%
- Mother's Mental Illness: 12.7%
- Substance Abuse: 6.7%

Of 17,000 ACE study participants:
- 39% 1 ACE
- 11% 2 ACEs
- 10% 3 ACEs
- 8% 4+ ACEs
- 66% none or at least 1 ACE

WHAT IMPACT DO ACES HAVE?

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

Possible Risk Outcomes:
- Behavior: Risk of physical activity, smoking, substance abuse
- Physical & Mental Health: Heart disease, diabetes, depression, suicide attempts, stroke

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*Source: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3782377*