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: 26.3%
- Sexual Abuse: 20.7%
- Emotional Abuse: 10.6%

**NEGLECT**
- Emotional Neglect: 14.8%
- Physical Neglect: 9.3%

**HOUSEHOLD DYSFUNCTION**
- Household Substance Abuse: 28.9%
- Parental Divorce: 23.3%
- Household Mental Illness: 15.4%
- Mother Treated Violently: 12.7%
- Incarcerated Household Member: 4.7%

OF 17,000 ACE study participants:
- 25% have experienced 0 ACES
- 18% have 1 ACE
- 10% have 2 ACES
- 3.5% have 3 ACES
- 0.5% have 4+ ACES

60% have at least 1 ACE
30% have experienced 0 ACES

WHAT IMPACT DO ACES HAVE?

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

Possible Risk Outcomes:
- Lack of physical activity
- Smoking
- Alcohol use
- Drug use
- Missed work
- Severe obesity
- Diabetes
- Depression
- Suicide attempts
- STIs
- Heart disease
- Cancer
- Stroke
- COPD
- Broken bones

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*Source: http://www.cdc.gov/NCBBDivorce.htm