**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: 19.8%
- Physical Neglect: 9.9%

**HOUSEHOLD DYSFUNCTION**

- Household Substance Abuse: 26.3%
- Parental Divorce: 23.3%
- Household Mental Illness: 19.4%
- Mother Treated Violently: 12.7%
- Incarcerated Household Member: 4.7%

**WHAT IMPACT DO ACES HAVE?**

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

Possible Risk Outcomes:

- **0 ACES**
- **1 ACE**
- **2 ACES**
- **3 ACES**
- **4+ ACES**

**RISK**

**BEHAVIOR**

- Lack of physical activity
- Smoking
- Alcoholism
- Drug use
- Miscarriage

**PHYSICAL & MENTAL HEALTH**

- Severe obesity
- Diabetes
- Depression
- Suicide attempts
- STDs

- Heart disease
- Cancer
- Stroke
- COPD
- Broken bones

*Source: http://www.cdc.gov/diabetes/exposure.htm

rwjf.org/vulnerablepopulations