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: 9.9%

**HOUSEHOLD DYSFUNCTION**
- Household Substance Abuse: 26.5%
- Parental Divorce: 23.9%
- 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

**BEHAVIOR**
- Lack of physical activity
- Smoking
- Alcoholism
- Drug use
- Misc. anti-social

**PHYSICAL & MENTAL HEALTH**
- Severe obesity
- Diabetes
- Depression
- Suicide attempts
- STDs
- Heart disease
- Cancer
- Stroke
- COPD
- Broken bones

Of 17,000 ACE study participants:
- 36% have experienced 0 ACES
- 26% have 1 ACE
- 16% have 2 ACES
- 9.5% have 3 ACES
- 3.2% have 4 ACES
- 6.4% have at least 1 ACE

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

rwjf.org/vulnerablepopulations