

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

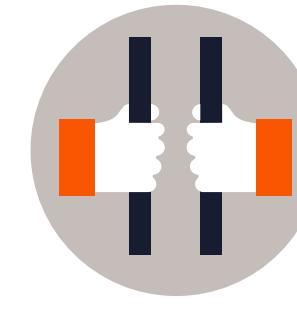


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

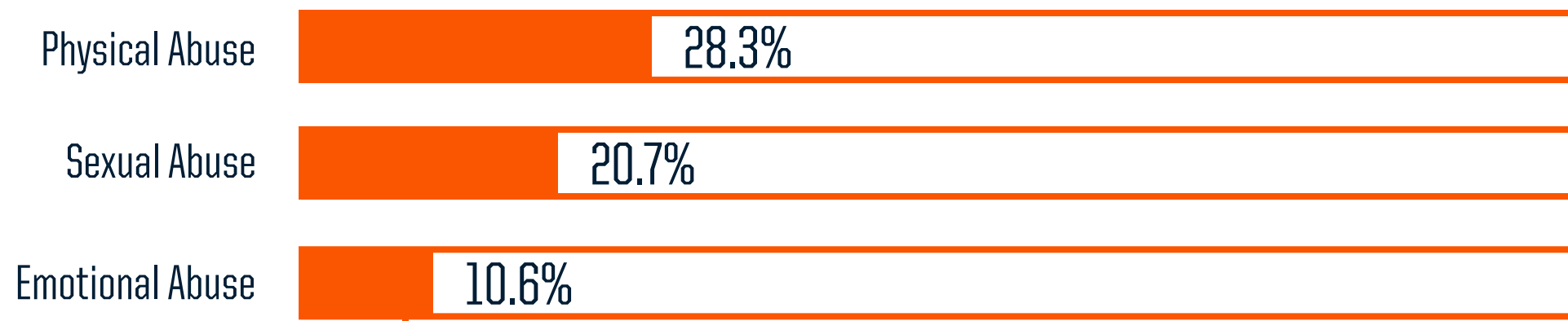


Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

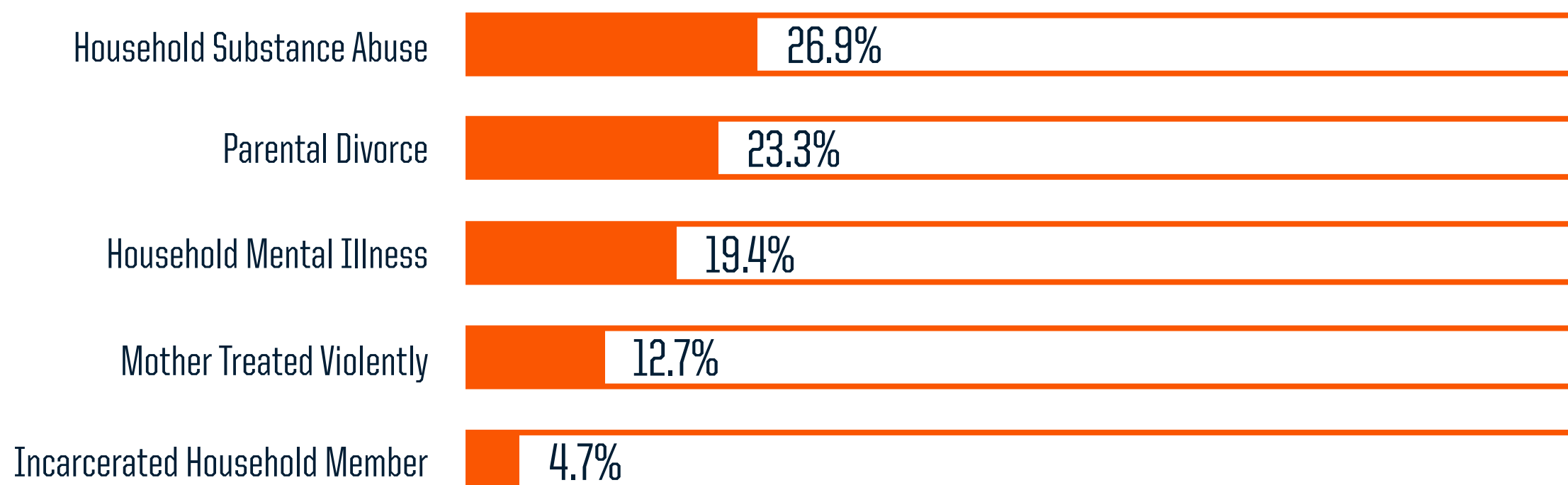


percentage of study participants that experienced a specific ACE

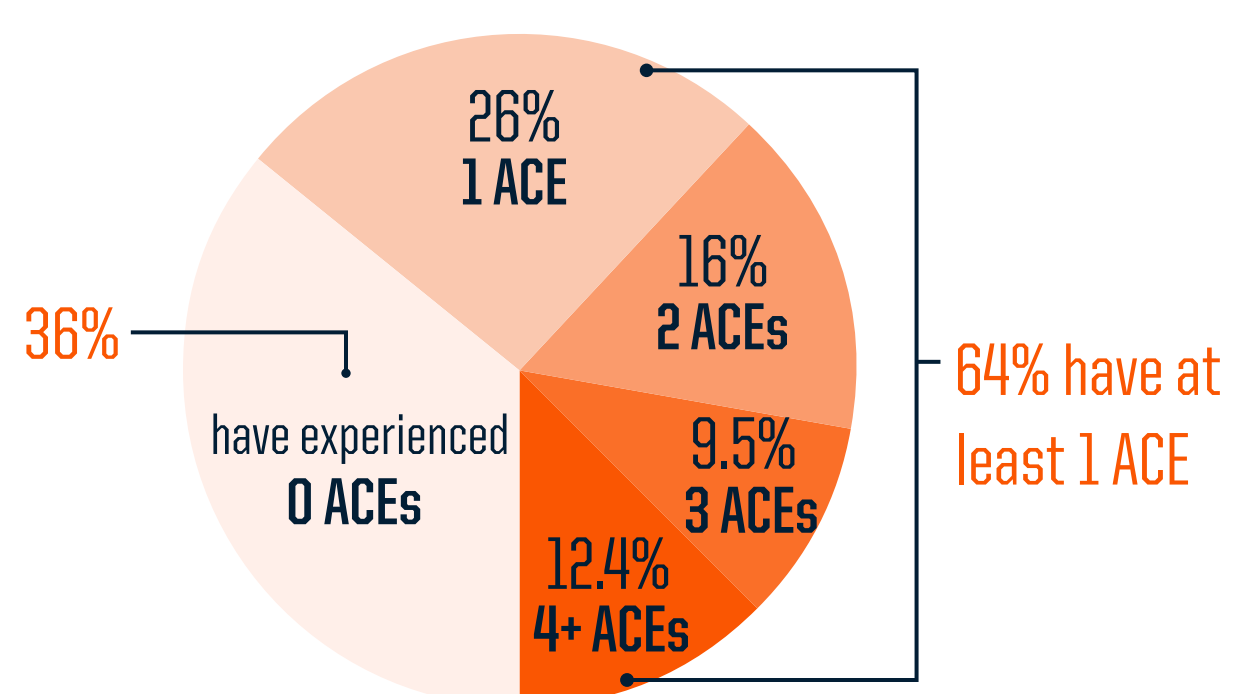
NEGLECT



HOUSEHOLD DYSFUNCTION

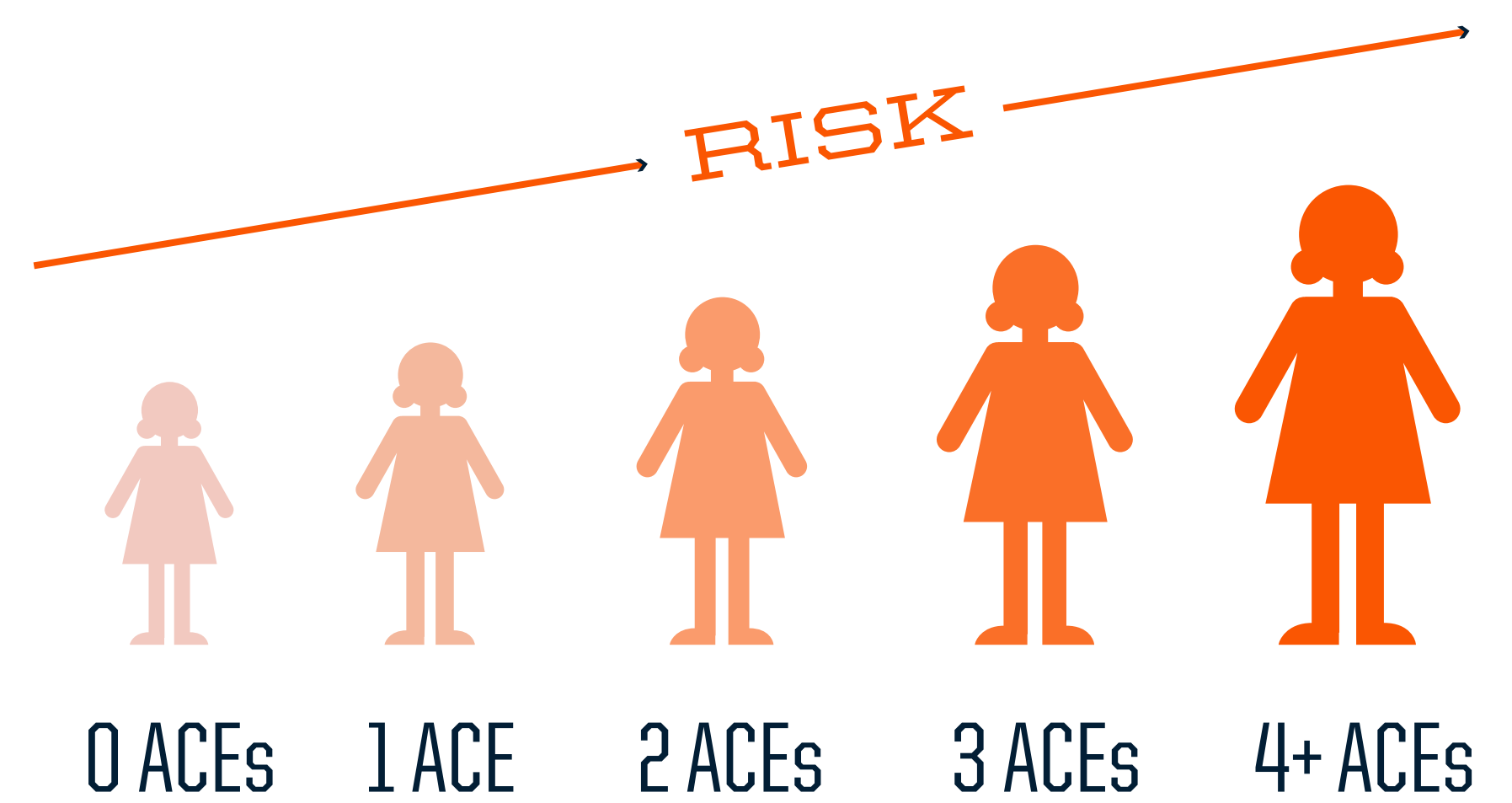


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

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

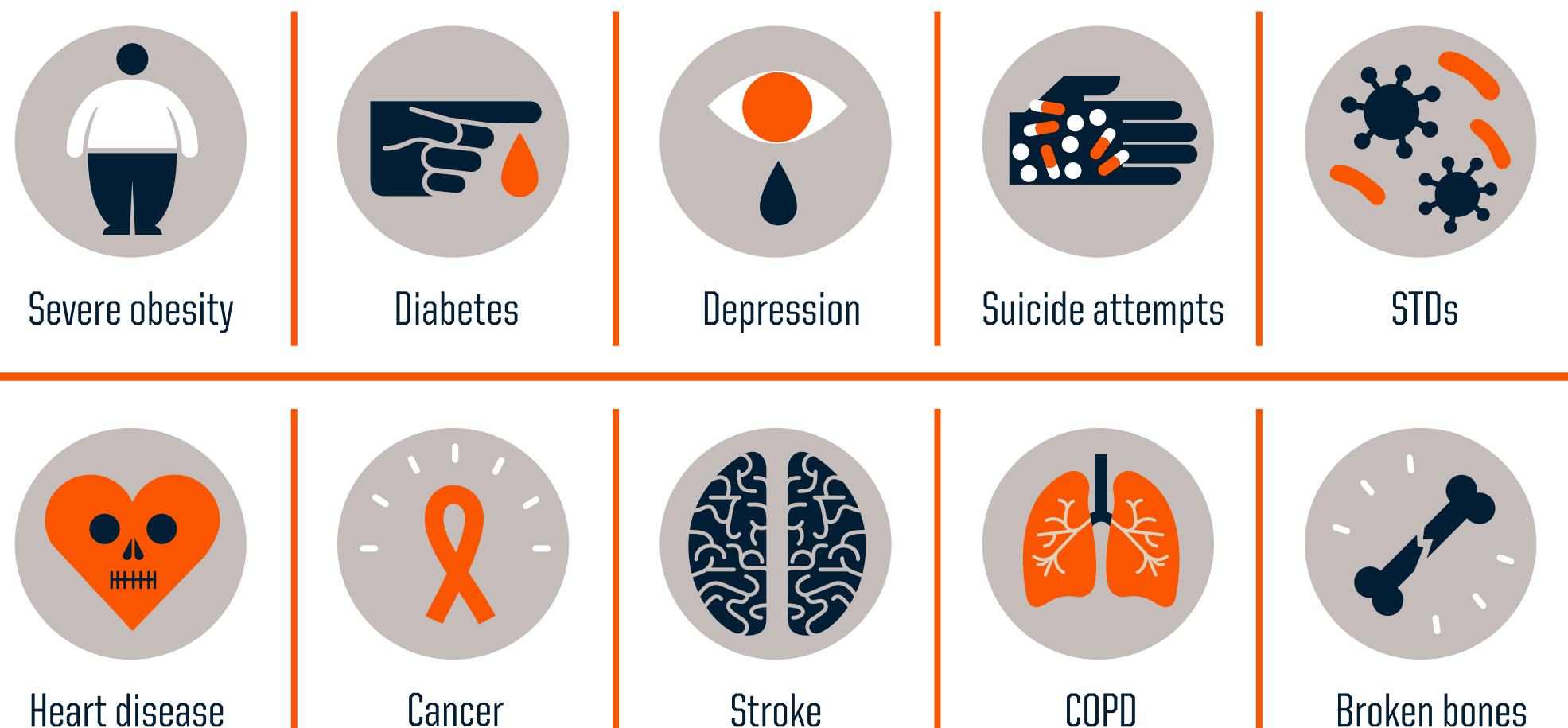


Possible Risk Outcomes:

BEHAVIOR



PHYSICAL & MENTAL HEALTH



ACES Talking Points

Adverse Childhood Experiences, or ACEs/Trauma/Toxic Stress are experiences that disrupt the safe, nurturing environments that children need to thrive. Exposure to ACEs/T/TS can lead individuals toward the adoption of unhealthy habits and the onset of negative long-term health and economic issues.

ACES/T/TS that may negatively impact development include the following:

- Child maltreatment
- Family dysfunction
- Witnessing community violence
- Living in poverty
- Homelessness
- Bullying by peers, siblings and others
- Death of a parent

ACES/T/TS cause anxiety and challenges during childhood, adolescence, and into adulthood. Some adult outcomes associated with ACEs/T/TS include the following:

- Heart disease
- Diabetes
- Obesity
- Cancer
- Liver disease
- Intimate partner violence
- Depression
- Suicide attempts
- Poor anger control
- Smoking
- Substance abuse
- Multiple sexual partners
- Unintended pregnancies
- Fetal death

The more exposure to ACEs a person has, the more his or her risk increases for the issues above. However, there is hope! Research shows that providing safe, stable and nurturing relationships early in life can buffer the damaging effects of childhood adversity. Tennessee can do a number of things to both prevent and reduce ACEs across the state and to build protective factors in and around children so they can grow up to be healthy and happy.

Source: Tennessee Department of Health, *Adverse Childhood Experiences in Tennessee Fact not Fate*, May, 2015

Alberta Family Wellness Initiative, How Brains are Built: The Core Story of Brain Development

<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>

Dr. Nadine Burke Harris – TED Talk, “How childhood trauma affects health across a lifetime:”

<https://www.youtube.com/watch?v=95ovlJ3dsNk>