

# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs = ADVERSE CHILDHOOD EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

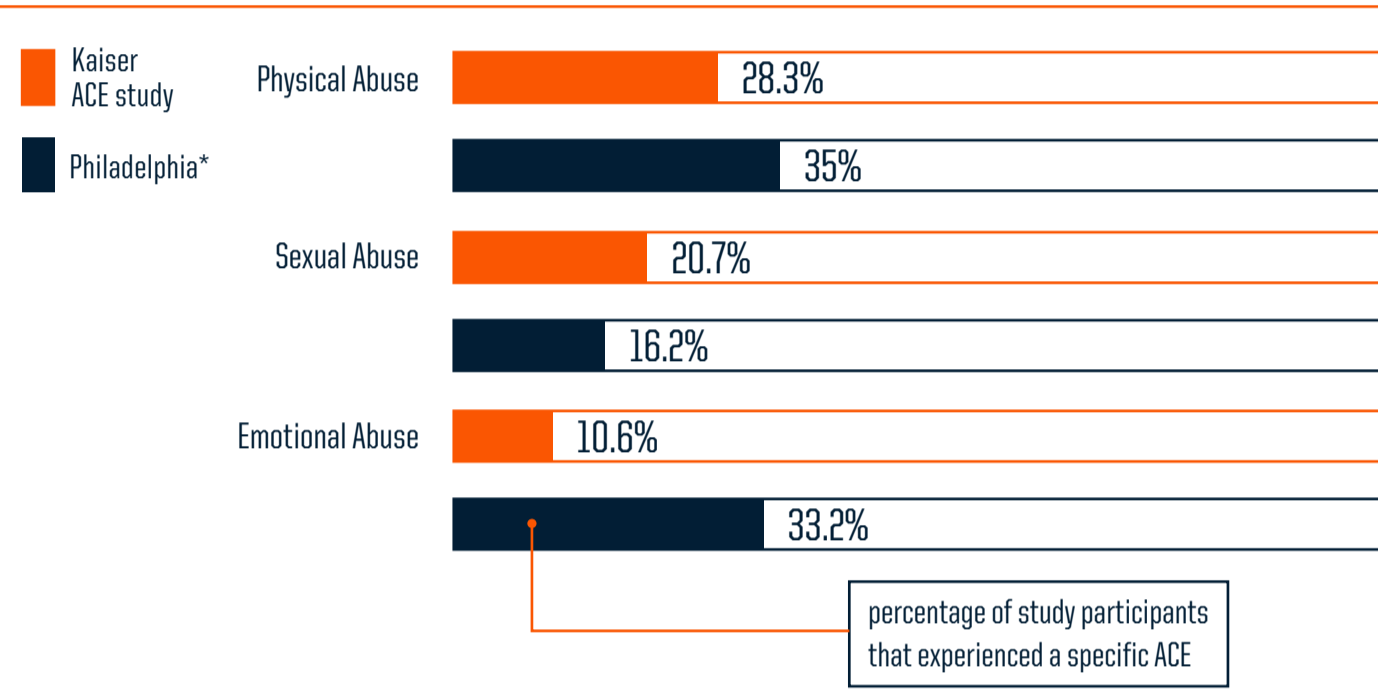


Substance Abuse

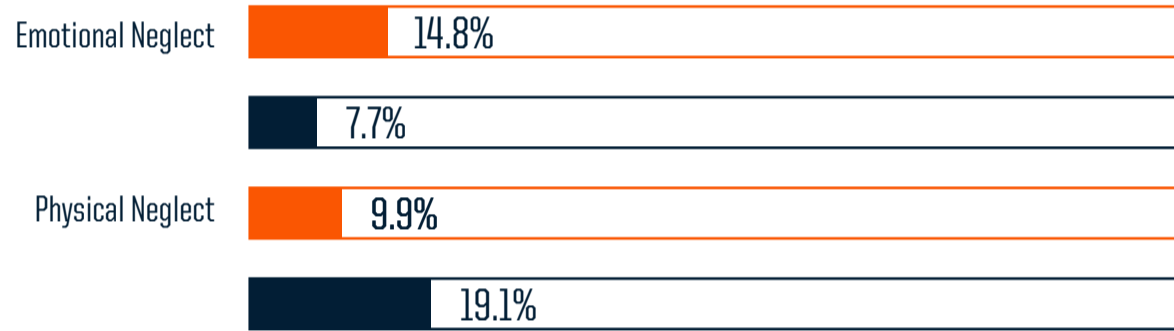
## HOW PREVALENT ARE ACEs?

The initial Kaiser ACE study<sup>1</sup> and Philadelphia Urban ACE study<sup>2</sup> participants revealed the following estimates:

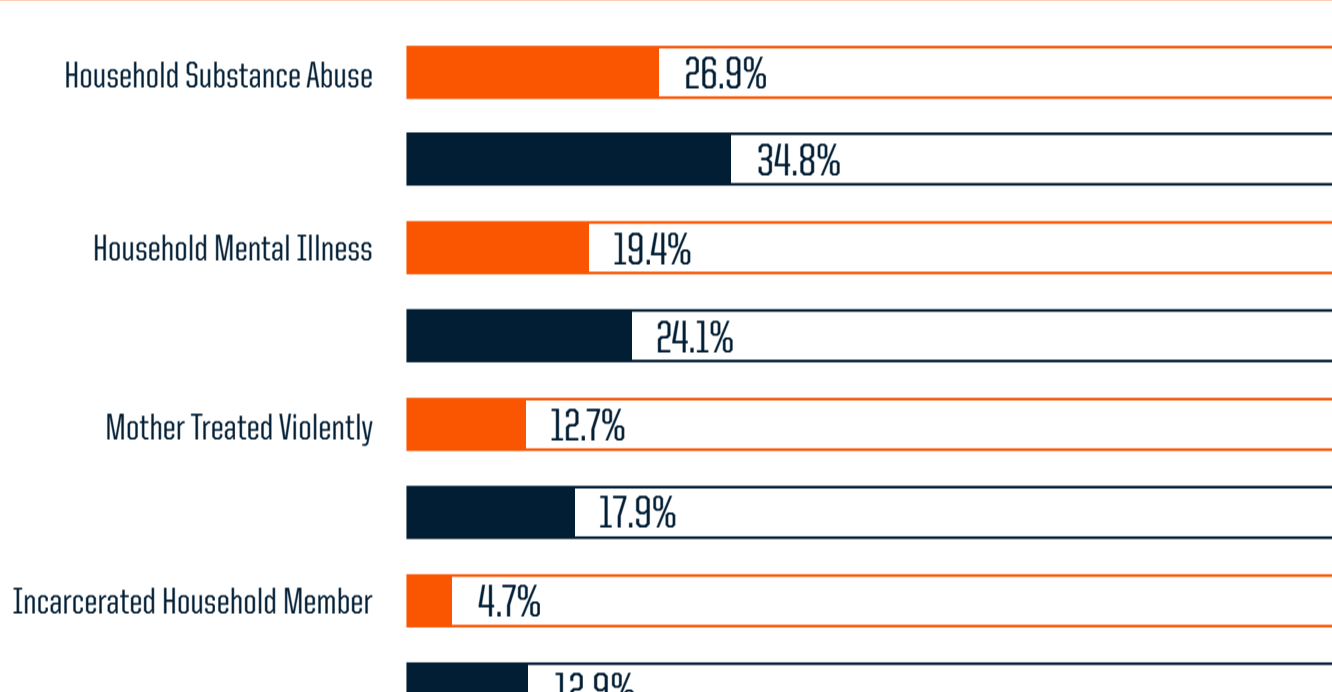
### ABUSE



### NEGLECT

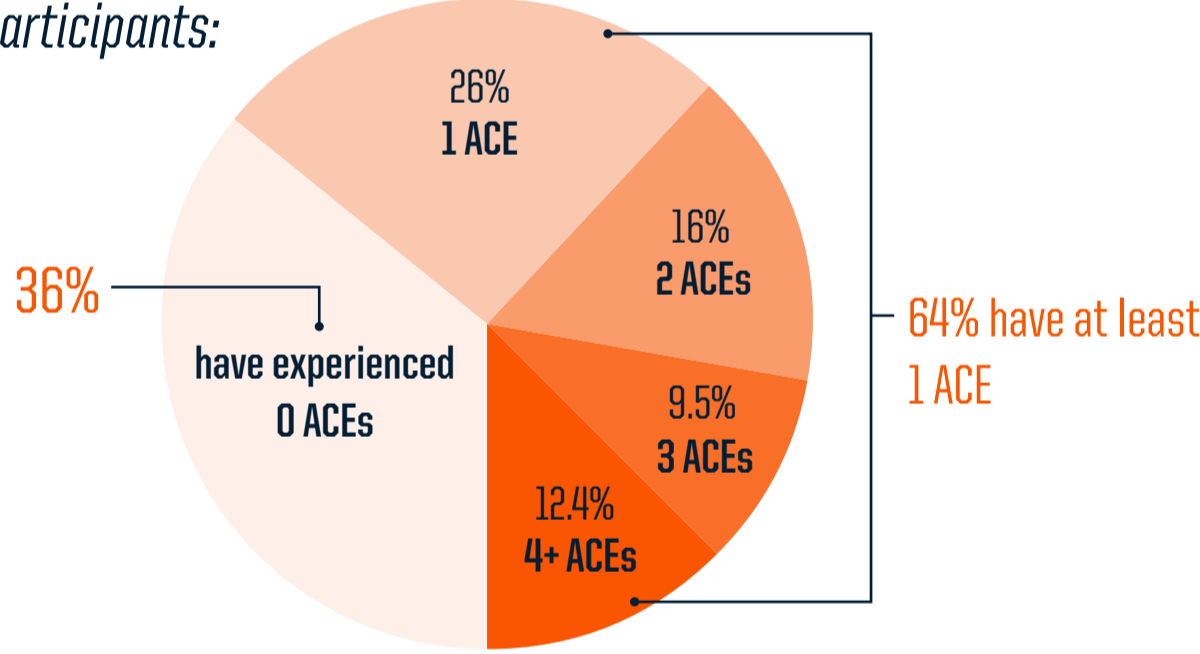


### HOUSEHOLD DYSFUNCTION

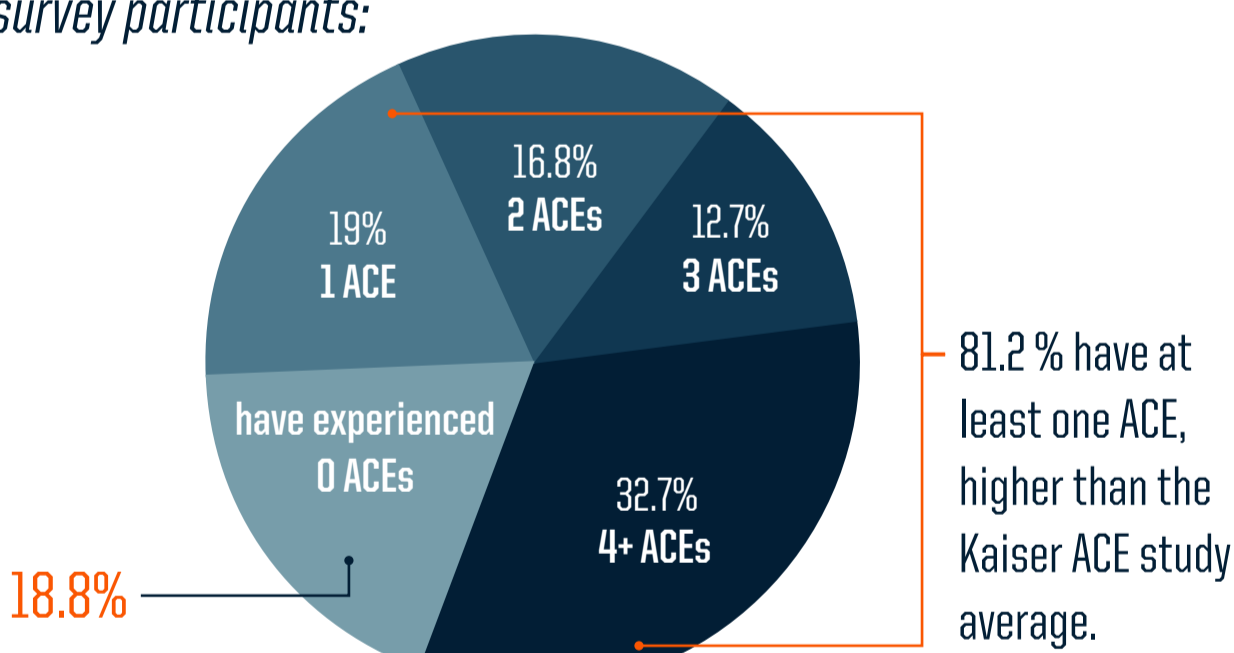


\*Data weighted to match proportion of adult age, poverty status, gender, race, and Hispanic ethnicity distributions within PHL based on recent census data. Some of the questions in Philadelphia were asked differently than Kaiser; therefore some of these rates differ.

Of 17,000 Kaiser ACE study participants:

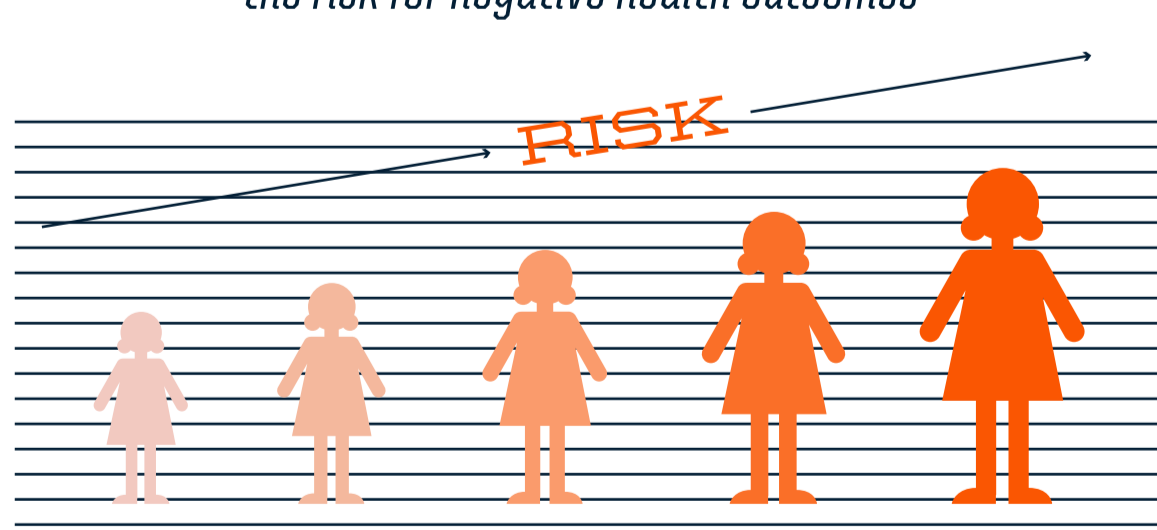


Of 1,784 Philadelphia Urban ACE survey participants:



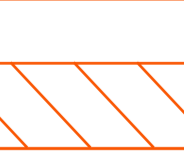
## WHAT IMPACT DO ACEs HAVE?

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



Possible Risk Outcomes:

### BEHAVIOR



Lack of physical activity



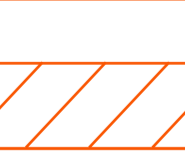
Smoking



Alcoholism



Drug use



Missed work

### PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones