

# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical

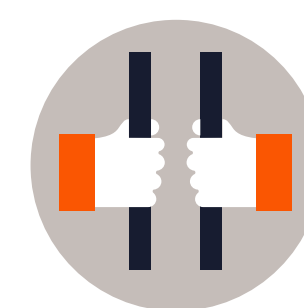


Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

### ABUSE

Physical Abuse 28.3%

Sexual Abuse 20.7%

Emotional Abuse 10.6%

percentage of study participants  
that experienced a specific ACE

### NEGLECT

Emotional Neglect 14.8%

Physical Neglect 9.9%

### HOUSEHOLD DYSFUNCTION

Household Substance Abuse 26.9%

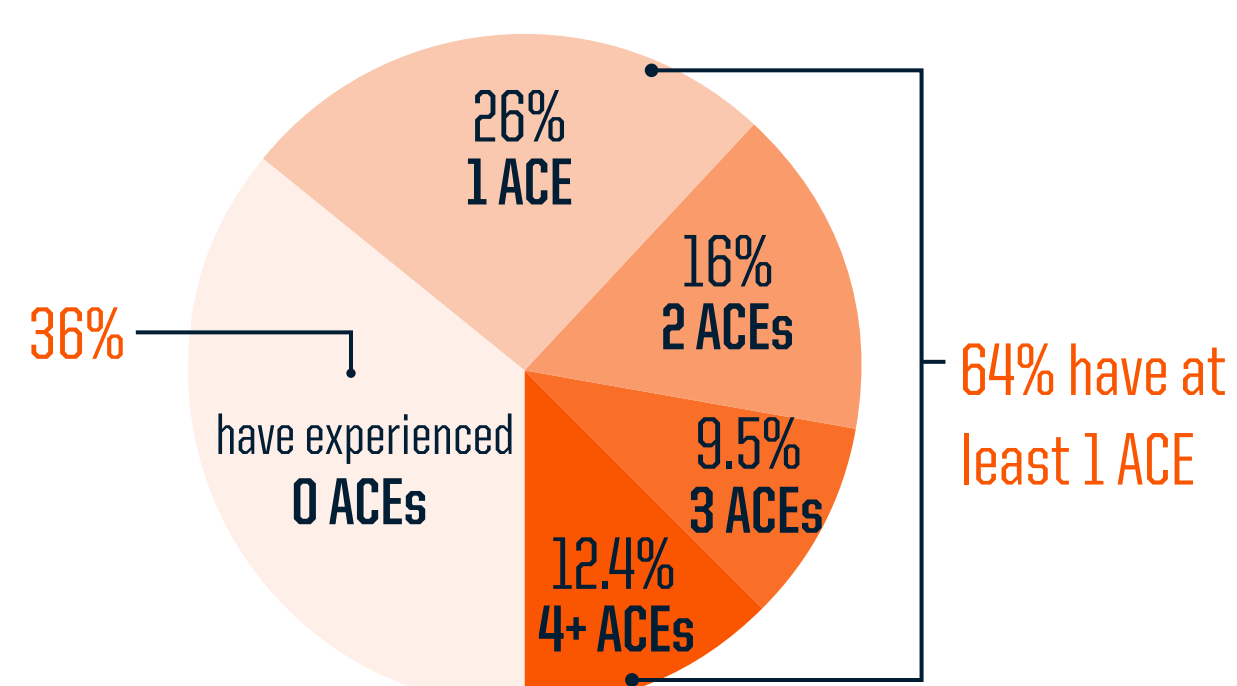
Parental Divorce 23.3%

Household Mental Illness 19.4%

Mother Treated Violently 12.7%

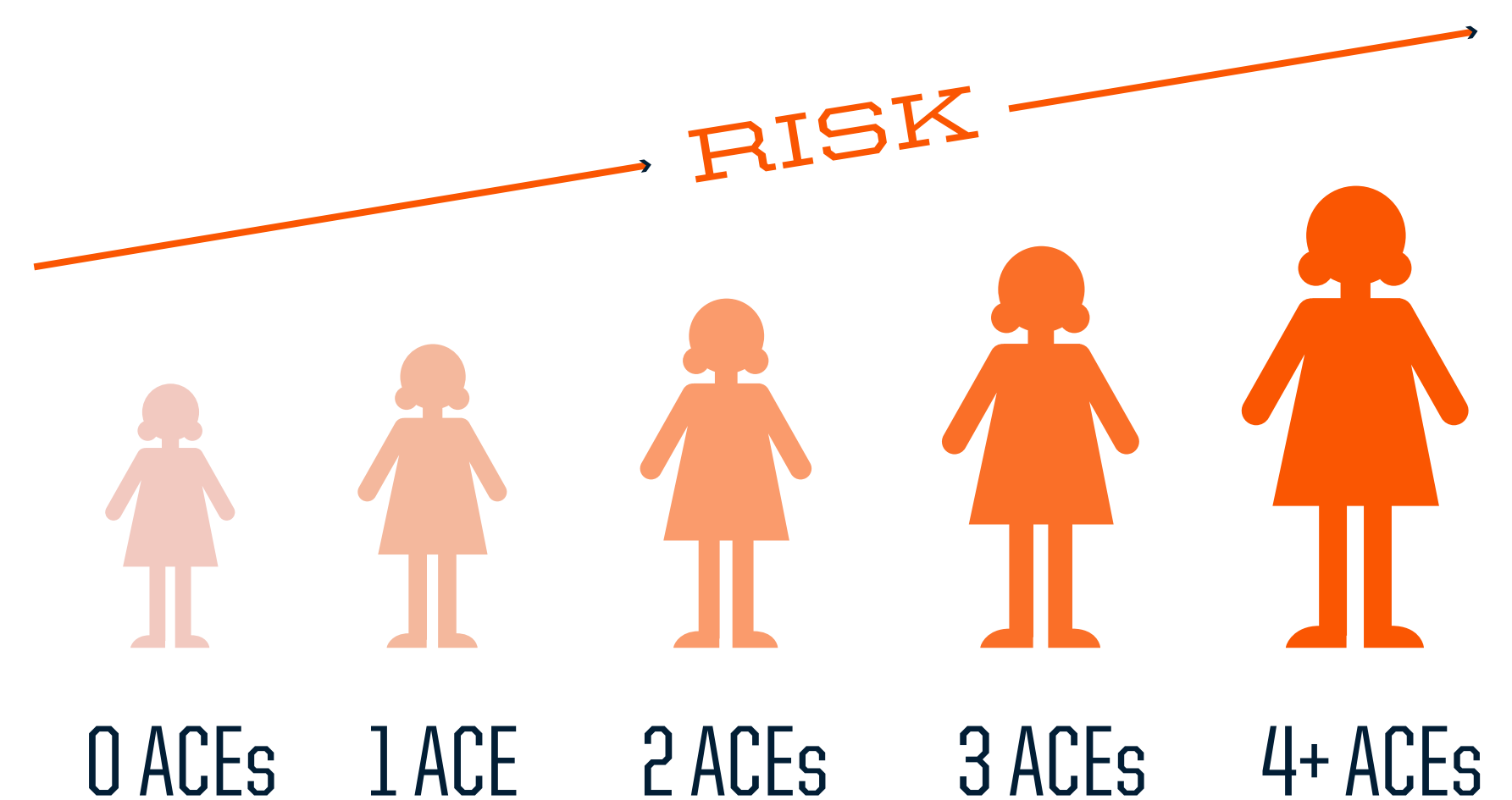
Incarcerated Household Member 4.7%

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

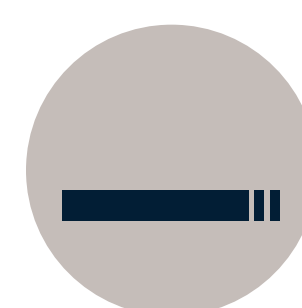


Possible Risk Outcomes:

### BEHAVIOR



Lack of physical activity



Smoking



Alcoholism

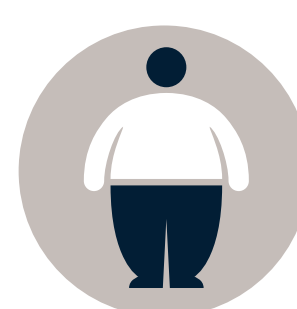


Drug use



Missed work

### PHYSICAL & MENTAL HEALTH



Severe obesity



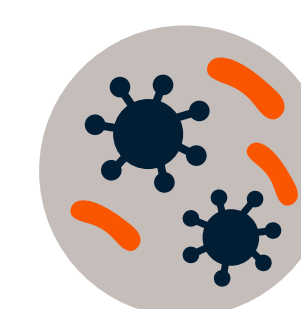
Diabetes



Depression



Suicide attempts



STDs



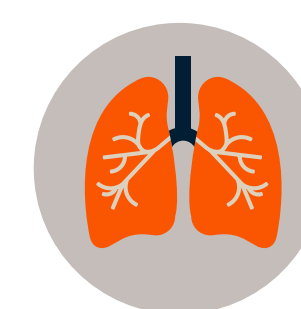
Heart disease



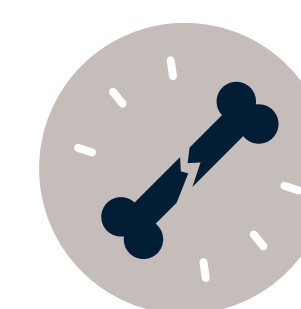
Cancer



Stroke



COPD



Broken bones