

The Adverse Childhood Experiences Study

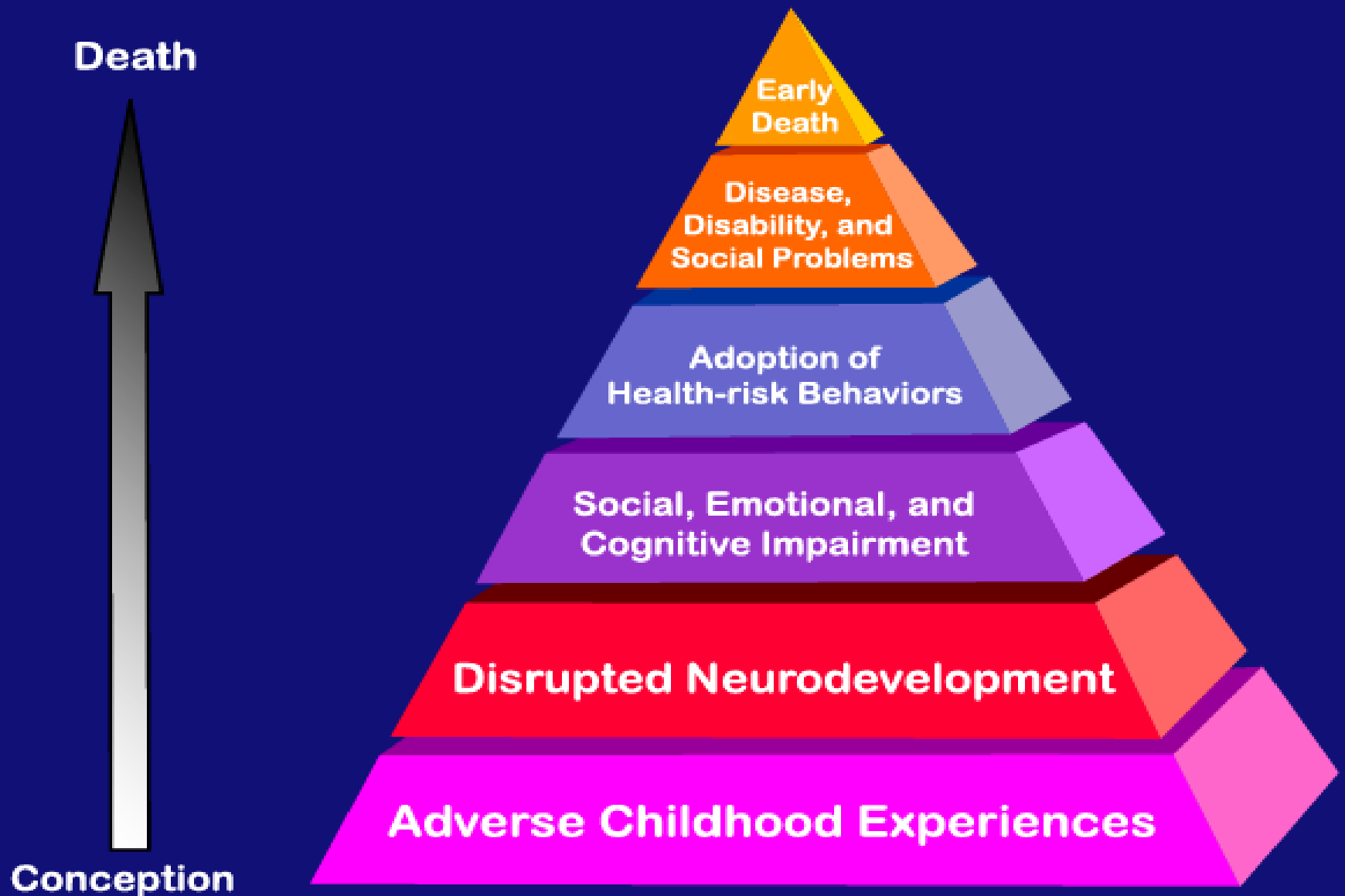
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What is the Adverse Childhood Experiences (ACE) Study?




- Conducted by the CDC and Kaiser Permanente
- Over decade long; published 1997
- 17,000 people participated
- Average age 56; employed; private health insurance
- Largest study ever conducted



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan


Video Presentation




ACE Study

The Adverse Childhood Experiences Study:
Background, Findings, and Paradigm Shift

Robert F. Anda, MD, MS, Co-Principal Investigator
Vincent J. Felitti, MD, Co-Principal Investigator
Frank W. Putnam, MD, Discussant



The ACE Study has made that which was known to the few, credible to the many



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

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Why the ACE Study?

- First study to examine multiple risk factors
- Well designed and scientifically sound
- Shows the prevalence of ACEs
- Shows the long-term effects of ACEs

Why the ACE Study?

- Framework and language for integrated care
- Concrete foundation upon which to build trauma-informed systems
- Informs prevention activities and policy

Prevalence Data

- **Two out of three experienced at least one *category* of ACE.**
- **If any one ACE is present, there is an 87% chance *at least* one other category of ACE is present, and 50% chance of 3 or >.**
- **Women are 50% more likely than men to have a Score >5.**

<i>• ACE Score</i>	<i>Prevalence</i>
<i>• 0</i>	<i>33%</i>
<i>• 1</i>	<i>25%</i>
<i>• 2</i>	<i>15%</i>
<i>• 3</i>	<i>10%</i>
<i>• 4</i>	<i>6%</i>
<i>• 5 or more</i>	<i>11%*</i>

Adverse childhood experiences are the most *basic and long-lasting* cause of health risk behaviors, mental illness, social malfunction, disease, disability, death, and healthcare costs.

Vincent Felitti, M.D.

Higher ACEs = Higher Rates

- Chronic Unhappiness and Suicide
- Other Severe Mental Health Problems
- Alcohol and Drug Abuse/Addiction
- Family Dysfunction/Relationship Problems
- Diabetes and Liver Disease
- COPD/Heart Disease

Building Trauma-Informed Communities

- Foster trauma-informed systems and services
- Cultivate cross-systems collaboration and engagement
- Promote community awareness
- Support early childhood and prevention programs

Building Trauma-Informed Communities

- Prioritize programs and services that promote prevention and recovery from ACEs
- Local workshops, seminars and training
- Academy on Violence and Abuse Resources

Thank You!

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