

# Know Your Number.

Understand its Impact on Your Health.

# ACE

ADVERSE CHILDHOOD EXPERIENCES

*Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18.*



*The Impact of Early Life Trauma on Health and Disease*

*The landmark Kaiser ACE Study examined the relationships between these experiences during childhood and reduced health and well-being later in life.*

## Know Your ACE Number

What is the relationship between your health status and your childhood experiences?

There are 10 types of childhood trauma measured in the ACE Study. Five are personal:

- Physical Abuse
- Verbal Abuse
- Sexual Abuse
- Physical Neglect
- Emotional Neglect

Five are related to other family members:

- A parent who is an alcoholic
- A mother who is a victim of domestic violence
- A family member who is in jail
- A family member who is diagnosed with a mental illness
- Disappearance of a parent through divorce, death or abandonment

People with an ACE Score of 6 or higher live, on average 20 years less, than those with an ACE score of 1 or less. As ACE scores increase, so does the risk of disease, social and emotional problems.

## Measuring the Impact of ACEs: the ACE Score

Measurement of adverse childhood experiences is translated into an ACE Score. Each type of trauma experienced counts as one. A person's ACE Score is a count of the total number of types of trauma experienced.

The higher the ACE Score is, the more likely a person is to experience an increased risk for the following health problems and diseases:

- Alcoholism and Alcohol Abuse
- Illicit Drug Use
- Early Initiation of Smoking
- Smoking
- Early Initiation of Sexual Activity
- Adolescent Pregnancy
- Multiple Sexual Partners
- Sexually Transmitted Diseases (STDs)
- Unintended Pregnancies
- Unintended Pregnancies
- Fetal Death
- Risk for Intimate Partner Violence
- Depression
- Suicide Attempts
- Health Related Quality of Life
- Chronic Obstructive Pulmonary Disease (COPD)
- Ischemic Heart Disease (IHD)
- Liver Disease