

Adverse Childhood Experiences

Looking at how ACES affect our lives & society

Who Participated in the ACE Study?

Graphic: Gender

Graphic shows that 54% of those who participated in the ACE study were female and 46% of those who participated in the ACE study were male.

Graphic: Race

Graphic shows that 75% of those who participated in the ACE study were white followed by 11% who were Hispanic/Latino, 7% who were Asian/Pacific Islander, 5% who were African-American, and 2% that were another race.

Graphic: Age

Graphic shows that 46% of those who participated in the ACE study were 60 years old or more, followed by 20% who 50-59 years old, 19% who were 40-49, 10% who were 30-39, and 5% who were 19-29 years old.

Graphic: Education

Graphic shows that 39% of those who participated in the ACE study held a college degree or higher, while 36% had some college education, followed by 18% who had just a high school education, and 7% who did not have a high school diploma.

How Common are ACES?

Graphic: Number of ACES

Graphic shows 36% of participants had no ACEs and 64% had at least one ACE. 26% had one ACE, followed by 16% that had 2 ACEs. 12% reported 4 or more ACEs and 9% reported having 3 ACEs.

ACES Can Have Lasting Effects on Behavior and Health

Graphic: How ACES Affect Our Lives

The graphic shows a circle for lack of physical activity, smoking, alcoholism, drug use, missed work, severe obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, and broken bones.

Each of these circles increase in size proportionally to the higher risk an individual is at for each of these areas as the number of ACEs increases.

Circle: Physical Activity

Individuals with 1 ACE are 1.2 times more likely to have No Recreational Physical Activity than an individual with no ACEs. Individuals with 2 ACEs are 1.2 times more

likely to have No Recreational Physical Activity than an individual with no ACEs. Individuals with 3 ACEs are 1.4 times more likely to have No Recreational Physical Activity than an individual with no ACEs. Individuals with 4 ACEs are 1.3 times more likely to have No Recreational Physical Activity than an individual with no ACEs.

Circle: Smoking

Individuals with 1 ACE are 1.1 times more likely to Smoke than an individual with no ACEs. Individuals with 2 ACEs are 1.5 times more likely Smoke than an individual with no ACEs. Individuals with 3 ACEs are 2 times more likely to Smoke than an individual with no ACEs. Individuals with 4 ACEs are 2.2 times more likely to Smoke than an individual with no ACEs.

Circle: Alcoholism

Individuals with 1 ACE are 2 times more likely to be an Alcoholic than an individual with no ACEs. Individuals with 2 ACEs are 4 times more likely be an Alcoholic than an individual with no ACEs. Individuals with 3 ACEs are 4.9 times more likely to be an Alcoholic than an individual with no ACEs. Individuals with 4 ACEs are 7.4 times more likely to be an Alcoholic than an individual with no ACEs.

Circle: Drug Use

Individuals with 1 ACE are 1.7 times more likely to use Illicit Drugs than an individual with no ACEs. Individuals with 2 ACEs are 2.9 times more likely to use Illicit Drugs than an individual with no ACEs. Individuals with 3 ACEs are 3.6 times more likely to use Illicit Drugs than an individual with no ACEs. Individuals with 4 ACEs are 4.7 times more likely to use Illicit Drugs than an individual with no ACEs.

Circle: Missed Work

Individuals with 1 ACE are 1.6 times more likely to Miss more than 14 Days of Work than an individual with no ACEs. Individuals with 2 ACEs are 2.3 times more likely to Miss more than 14 Days of Work than an individual with no ACEs. Individuals with 3 ACEs are 2.9 times more likely to Miss more than 14 Days of Work than an individual with no ACEs. Individuals with 4 ACEs are 5.5 times more likely to Miss more than 14 Days of Work than an individual with no ACEs.

Circle: Severe Obesity

Individuals with 1 ACE are 1.1 times more likely to be Severely Obese than an individual with no ACEs. Individuals with 2 ACEs are 1.4 times more likely to be Severely Obese than an individual with no ACEs. Individuals with 3 ACEs are 1.4 times more likely to be Severely Obese than an individual with no ACEs. Individuals with 4 ACEs are 1.6 times more likely to be Severely Obese than an individual with no ACEs.

Circle: Diabetes

Individuals with 1 ACE are 1 times more likely to have Diabetes than an individual with no ACEs. Individuals with 2 ACEs are 0.9 times more likely to have Diabetes than an individual with no ACEs. Individuals with 3 ACEs are 1.2 times more likely

to have Diabetes than an individual with no ACEs. Individuals with 4 ACEs are 1.6 times more likely to have Diabetes than an individual with no ACEs.

Circle: Depression

Individuals with 1 ACE are 1.5 times more likely to be Depressed for 2 or more weeks a year than an individual with no ACEs. Individuals with 2 ACEs are 2.4 times more likely to be Depressed for 2 or more weeks a year than an individual with no ACEs. Individuals with 3 ACEs are 2.6 times more likely to be Depressed for 2 or more weeks a year than an individual with no ACEs. Individuals with 4 ACEs are 4.6 times more likely to be Depressed for 2 or more weeks a year than an individual with no ACEs.

Circle: Suicide Attempts

Individuals with 1 ACE are 1.8 times more likely to have Attempted Suicide than an individual with no ACEs. Individuals with 2 ACEs are 3 times more likely to have Attempted Suicide than an individual with no ACEs. Individuals with 3 ACEs are 6.6 times more likely to have Attempted Suicide than an individual with no ACEs. Individuals with 4 ACEs are 12.2 times more likely to have Attempted Suicide than an individual with no ACEs.

Circle: Sexually Transmitted Diseases (STDs)

Individuals with 1 ACE are 1.4 times more likely to have an STD than an individual with no ACEs. Individuals with 2 ACEs are 1.5 times more likely to have an STD than an individual with no ACEs. Individuals with 3 ACEs are 1.9 times more likely to have an STD than an individual with no ACEs. Individuals with 4 ACEs are 2.5 times more likely to have an STD than an individual with no ACEs.

Circle: Heart Disease

Individuals with 1 ACE are 0.9 times more likely to have Heart Disease than an individual with no ACEs. Individuals with 2 ACEs are 0.9 times more likely to have Heart Disease than an individual with no ACEs. Individuals with 3 ACEs are 1.4 times more likely to have Heart Disease than an individual with no ACEs. Individuals with 4 ACEs are 2.2 times more likely to have Heart Disease than an individual with no ACEs.

Circle: Cancer

Individuals with 1 ACE are 1.2 times more likely to have Cancer than an individual with no ACEs. Individuals with 2 ACEs are 1.2 times more likely to have Cancer than an individual with no ACEs. Individuals with 3 ACEs are 1.0 times more likely to have Cancer than an individual with no ACEs. Individuals with 4 ACEs are 1.9 times more likely to have Cancer than an individual with no ACEs.

Circle: Stroke

Individuals with 1 ACE are 1.1 times more likely to have had a Stroke than an individual with no ACEs. Individuals with 2 ACEs are 0.7 times more likely to have had a Stroke than an individual with no ACEs. Individuals with 3 ACEs are 1.3 times

more likely to have had a Stroke than an individual with no ACEs. Individuals with 4 ACEs are 2.4 times more likely to have had a Stroke than an individual with no ACEs.

Circle: Chronic Bronchitis or Emphysema (COPD)

Individuals with 1 ACE are 1.6 times more likely to have COPD than an individual with no ACEs. Individuals with 2 ACEs are 1.6 times more likely to have COPD than an individual with no ACEs. Individuals with 3 ACEs are 2.2 times more likely to have COPD than an individual with no ACEs. Individuals with 4 ACEs are 3.9 times more likely to have COPD than an individual with no ACEs.

Circle: Broken Bones

Individuals with 1 ACE are 1.1 times more likely to have Broken Bones than an individual with no ACEs. Individuals with 2 ACEs are 1.4 times more likely to have Broken Bones than an individual with no ACEs. Individuals with 3 ACEs are 1.2 times more likely to have Broken Bones than an individual with no ACEs. Individuals with 4 ACEs are 1.6 times more likely to have Broken Bones than an individual with no ACEs.

How Do ACEs Affect Our Society

Graphic: Life Expectancy

This graphic shows that those with 0 ACEs have 80 birthday candles representing a lifespan average of 80 years whereas those with 6 or more ACEs have 60 birthday candles representing an average of 60 years life expectancy.