Overview of the Adverse Childhood Experiences (ACE) Study

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The Adverse Childhood Experiences (ACE) Study

Examines the health and social effects of ACEs throughout the lifespan among 17,421 members of the Kaiser Health Plan in San Diego County

What do we mean by Adverse Childhood Experiences?

 -childhood abuse and neglect
 -growing up with domestic violence, substance abuse or mental illness in the home, parental discord, crime

ACE Study Design

Survey Wave I (N = 9,508) Index Follow-up (N = 17,421)

Mortality National Death

Morbidity Hospital Discharge Outpatient Visits

Survey Wave II (N = 8,667)

Utilization *All medical evaluations abstracted from both waves* Emergency room visits Pharmacy

Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%
<u>Abuse</u> :	
Psychological	11%
Physical	28%
Sexual	21%
Neglect:	
Emotional	15%
Physical	10%

Adverse Childhood Experiences Rarely Occur in Isolation...

They come in groups.

Domestic Violence and the Risk of Other ACEs...

Prevalence of Childhood Abuse by Frequency of Witnessing Domestic Violence



ACEs tend to come in groups...

	Additional ACEs (%)				
	1	2	3	4	<u>></u> 5
If you had:					
A battered mother	95	82	64	48	52

Adverse Childhood Experiences Score Complex Trauma--Trauma "Dose"

Number of individual types of adverse childhood experiences were summed...

ACE score	Prevalence
0	33%
1	26%
2	16%
3	10%
4 or more	16%

ACE Score and Teen Sexual Behaviors



The ACE Score and the Prevalence of Severe Obesity (BMI ≥35)



ACEs and Mental Health...

The ACE Score and the Prevalence of Attempted Suicide



The ACE Score and a Lifetime History of Depression



ACEs and Violent Victimization as an Adult...

ACE Score and the Risk of Being a Victim of Domestic Violence



ACE Score and Drug Abuse



ACE Score and HIV Risks



ACEs, Smoking, and Lung Disease



The ACE Score and the Prevalence Ischemic Heart Disease



One Perspective on the Direct Health Care Costs of ACEs:

The Burden of Prescription Drug Use

Prescription Drugs in the United States (2003)

- -nearly \$180 billion spent
- -11% of total national health expenditures

-more than four times the amount spent in 1990

ACE Score and Rates of Antidepressant Prescriptions





Adverse Childhood Experiences as a Clinical and Public Health Issue

ACEs:

are endemic
highly interrelated
have a cumulative stressor effect
effects are biologically plausible

Adverse Childhood Experiences As a National Health Issue

ACEs have a strong influence on: -adolescent health -reproductive health -smoking -alcohol abuse -illicit drug abuse -sexual behavior -mental health - risk of revictimization -stability of relationships, homelessness -performance in the workforce

Adverse Childhood Experiences As a National Health Issue

ACEs increase the risk of: -Heart disease - Chronic Lung disease - Liver disease - Suicide - Injuries -HIV and STDs - and other risks for the leading causes of death

The Adverse Childhood Experiences (ACE) Study

Summary of Findings:

-Adverse Childhood Experiences (ACEs) are very common

-ACEs are strong predictors of health risks and disease from adolescence to adulthood

-This combination of findings makes ACEs one of the leading, if not <u>the leading</u> determinant of the health and social well-being of our nation

Bridging The Chasm

Child health as it stands today Breakthroughs in molecular genetics and biology: Mental illness Substance abuse Violence Improved recognition

and treatment of: Mental illness Substance abuse Domestic violence Child abuse Mass education about child development & <u>parenting</u>: Media Schools

Documenting the societal burden of child health as it stands today

New directions in prevention and treatment Child health as it could be

Bridging The Chasm

Child health as it stands today Involving those who don't yet realize that they are working on issues that represent the "downstream" wreckage of child abuse and neglect--and other adverse childhood experiences--in the effort to bridge the chasm.

Child health as it could be

Routine screening for trauma is needed