

CENTER FOR _____
YOUTH  WELLNESS

_____ *health begins with hope*

Adverse Childhood Experiences and Toxic Stress: A Public Health Crisis

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The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

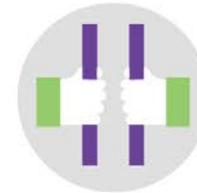


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Image courtesy of the Robert Wood Johnson Foundation

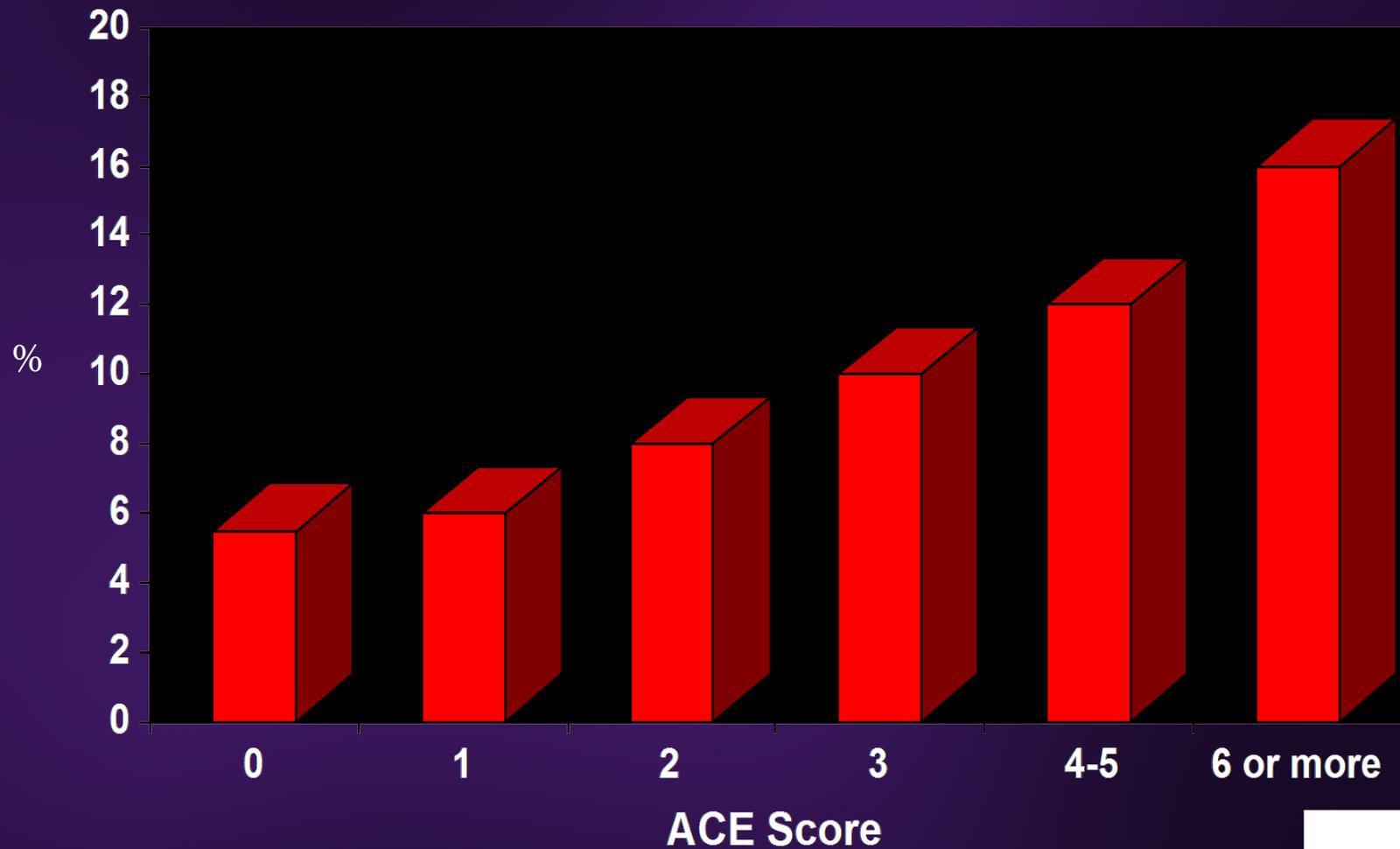


Relative Risk of Disease for ACE ≥ 4

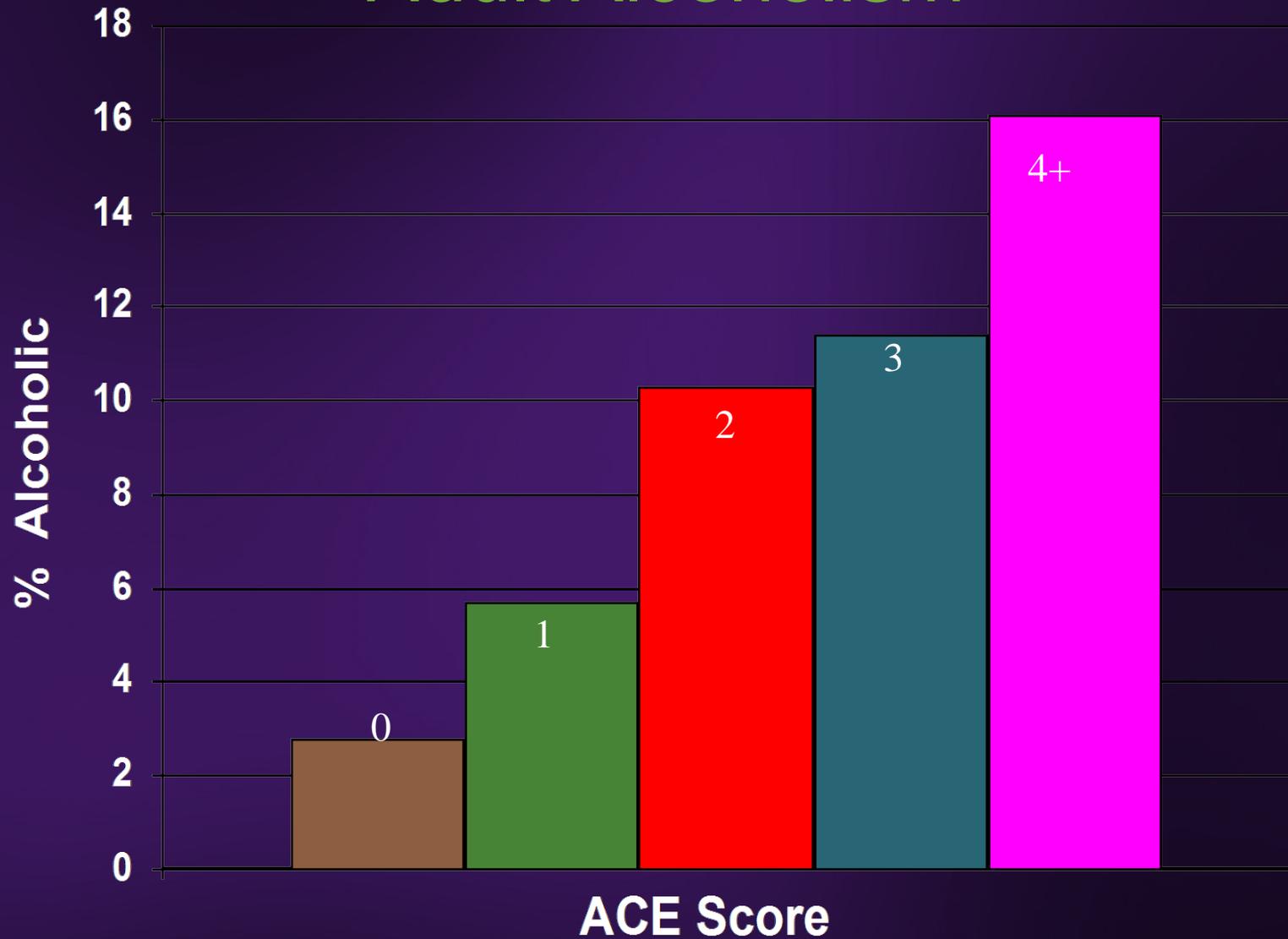
- Fetal Demise 180%
- Ischemic Heart Disease 220%
- Hepatitis 240%
- COPD 260%
- Depression 460%
- Suicidality 1,220%



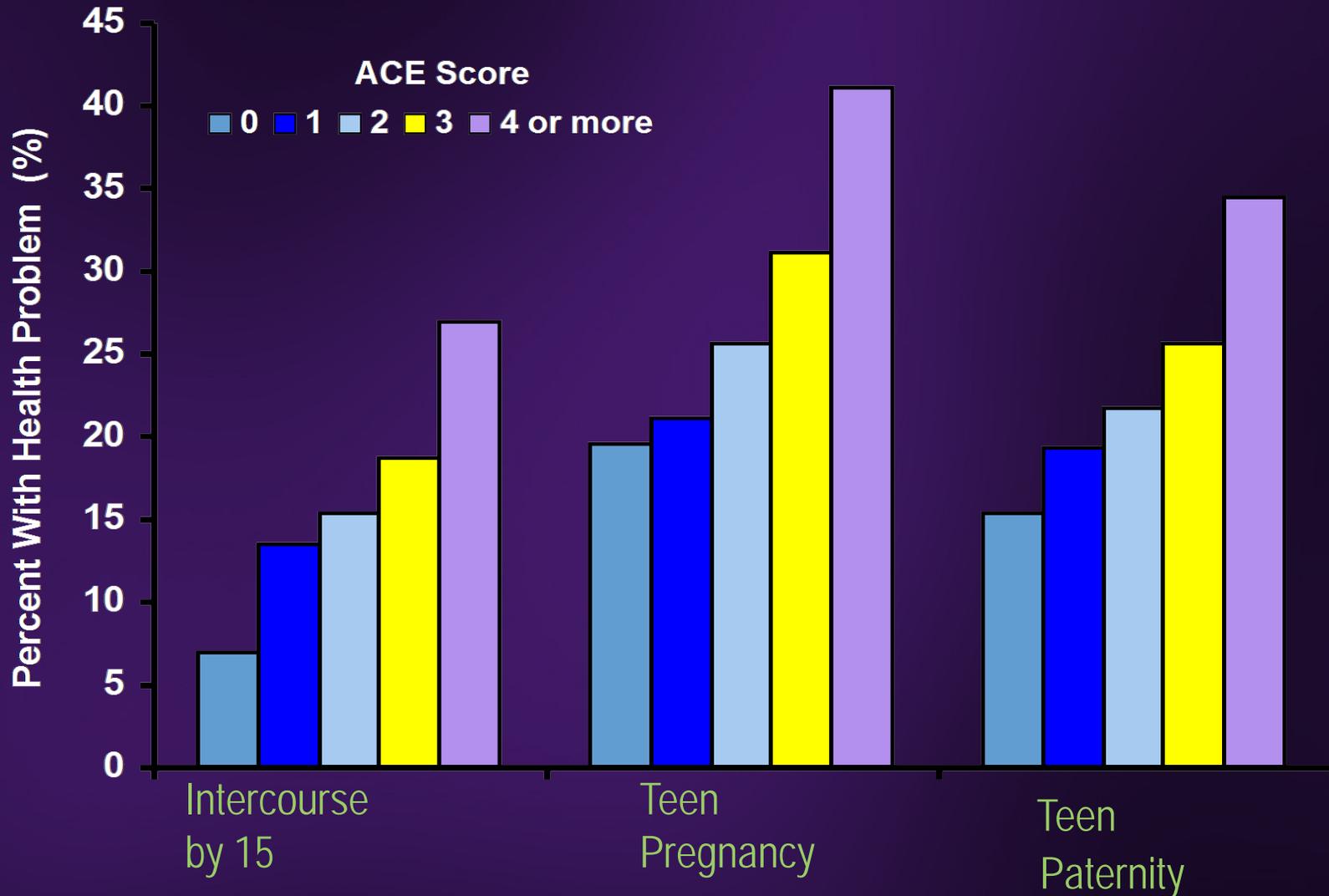
Adverse Childhood Experiences vs. Smoking as an Adult



Childhood Experiences vs. Adult Alcoholism

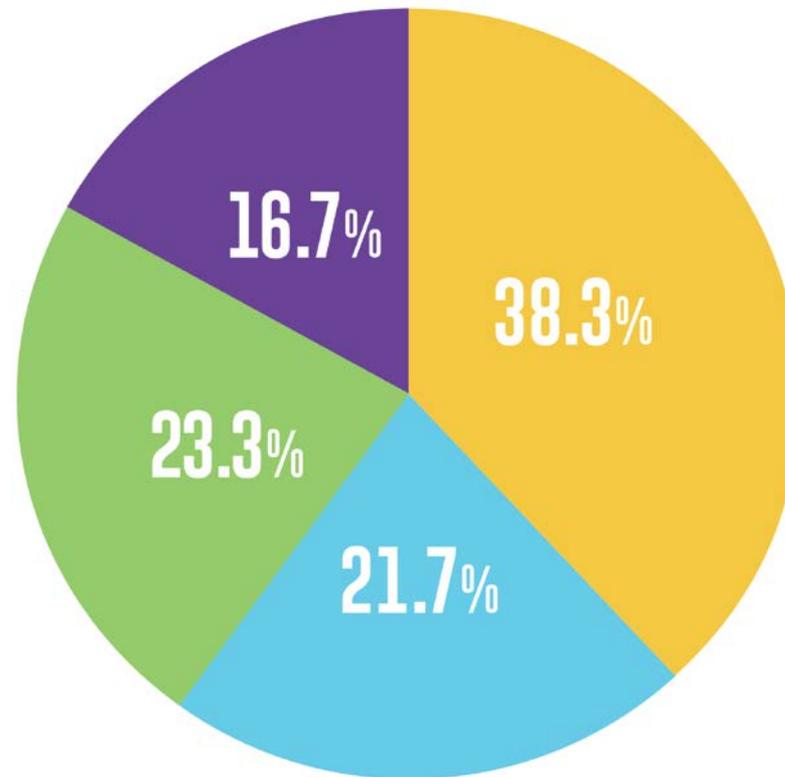


ACE Score and Teen Sexual Behaviors

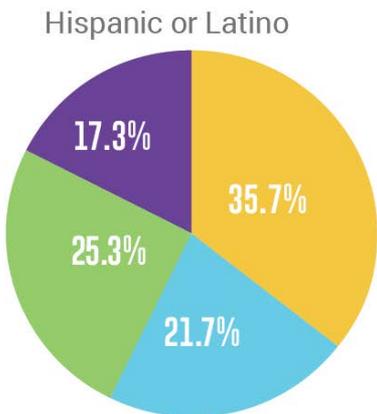
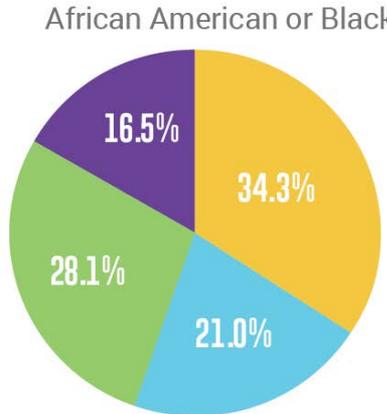
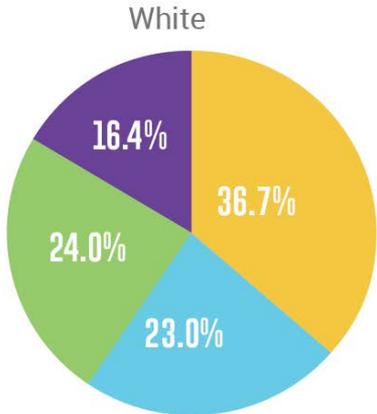




Overall Prevalence of ACEs in CA

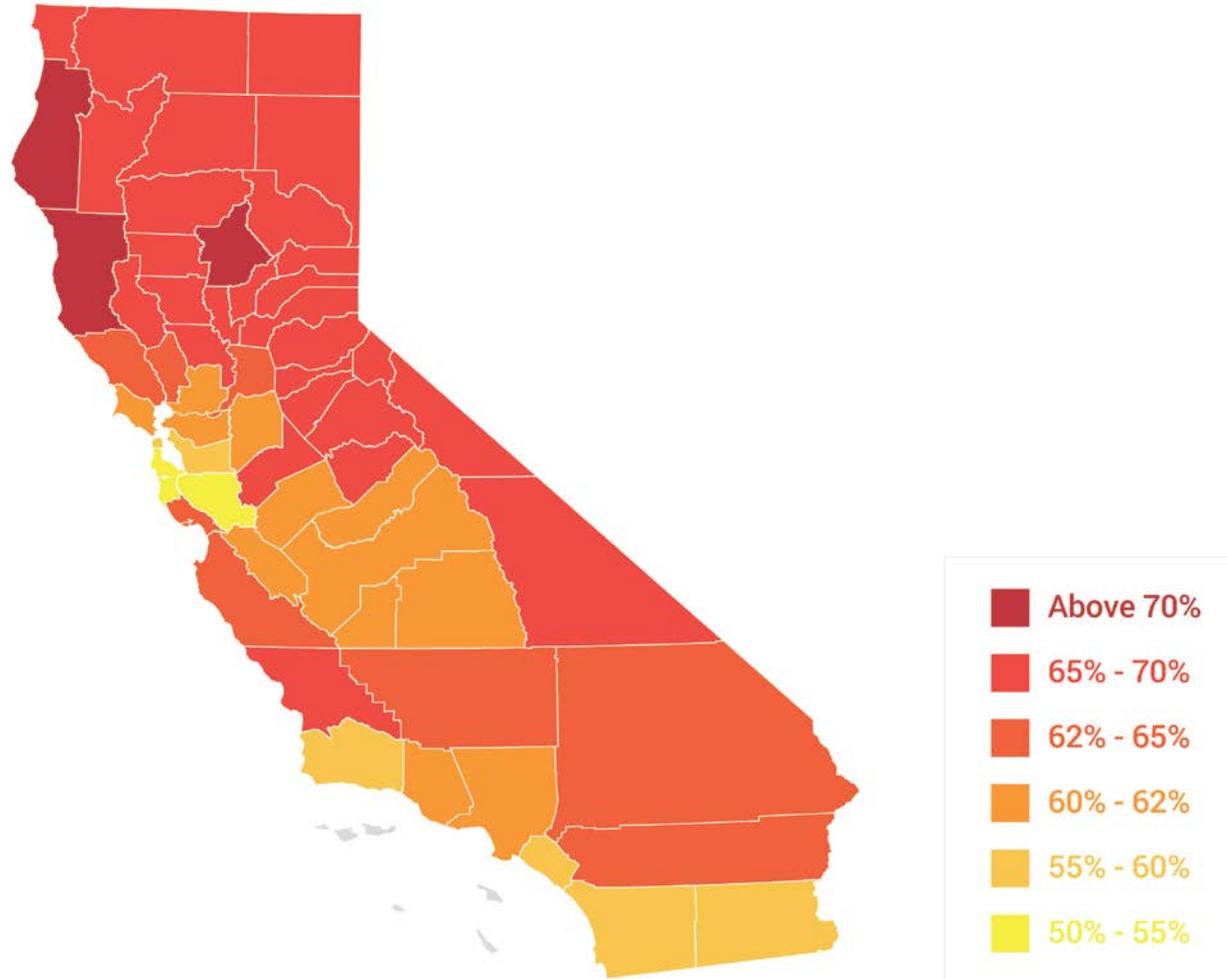


ACEs Across Race & Ethnicity





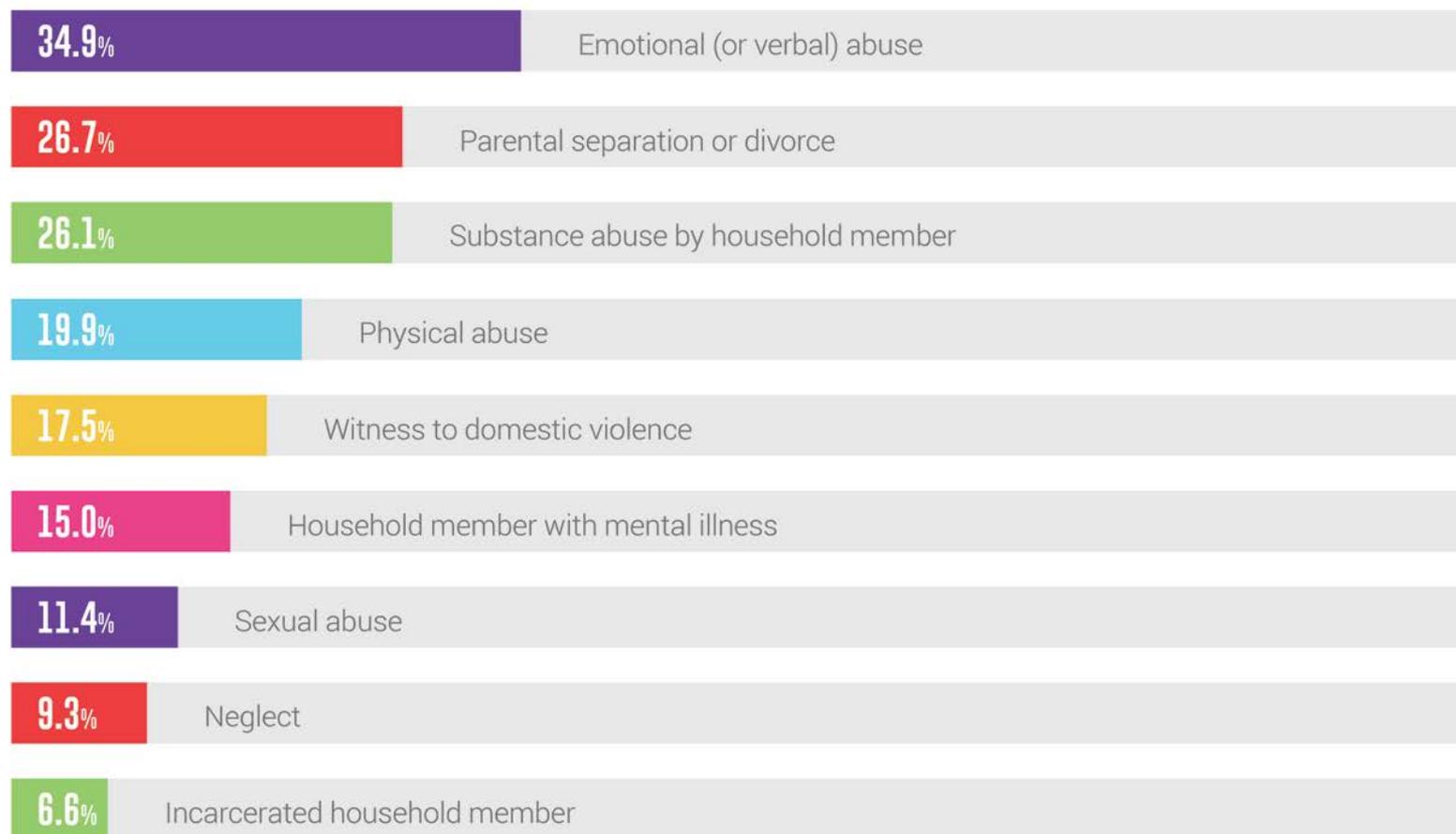
ACEs Across California Counties





Most Common ACEs Among Adults

Most Common ACEs Among California Adults



THE BIOLOGY OF ADVERSITY







Toxic Stress



Multi-systemic Impacts

- Neurologic:
 - Changes in the structure and function of the brain
 - HPA Axis dysregulation
 - Reward center dysregulation
 - Hippocampal neurotoxicity (memory and learning)
- Immunologic
 - Chronic inflammation and dysregulation of the immune system
- Hormonal systems
 - Long-term changes in cortisol, adrenaline and other hormones.
- Epigenetic
 - Changes in the way DNA is read and expressed.



Bayview Child Health Center

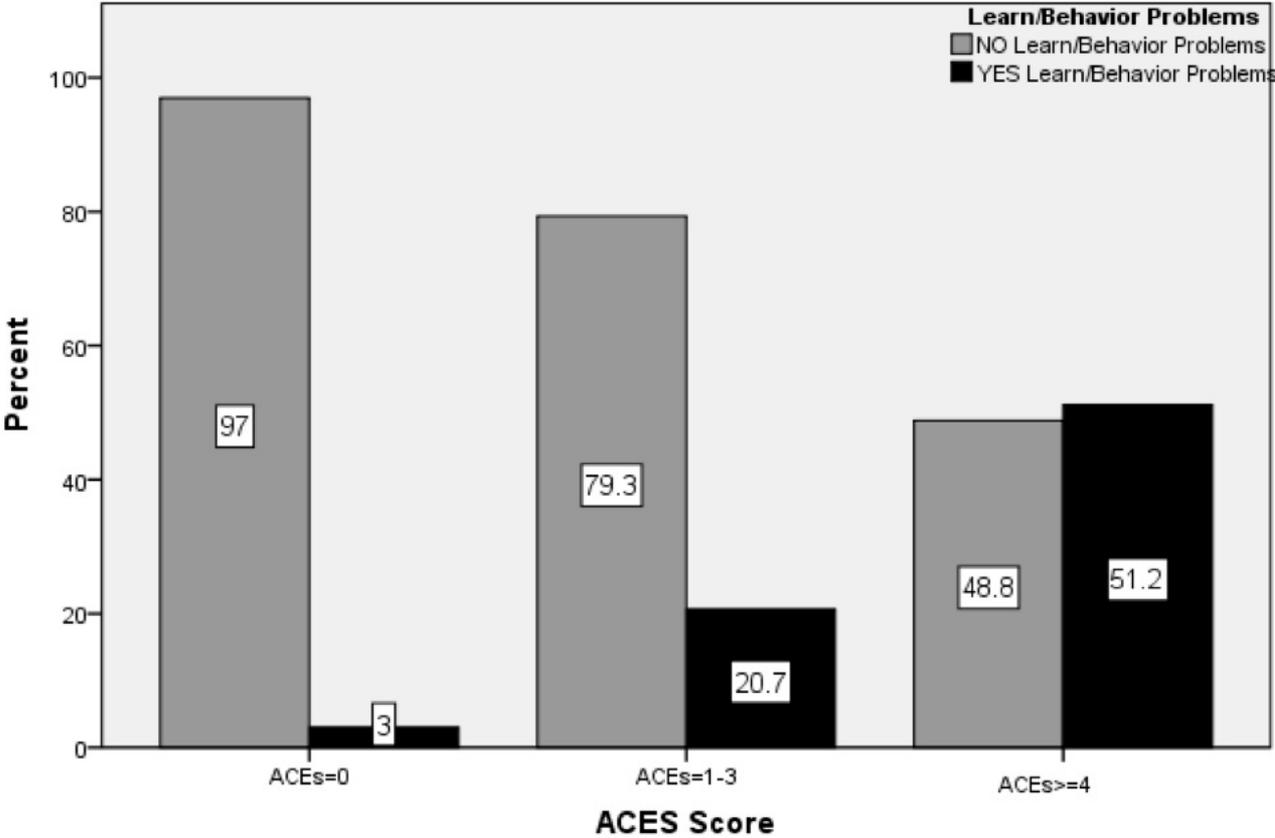
ACEs \geq 1	67.2%
ACEs \geq 4	12%
ACEs \geq 4 and BMI \geq 85%	OR: 2.0 p < .02
ACEs \geq 4 and learning/beh probs	OR: 32.6 p < .001

N.J. Burke et al/ Child Abuse and Neglect 35(2011) 408-413



Effect of ACEs on Educational Outcomes

Figure 2: Learning/Behavior Problems by ACEs Score



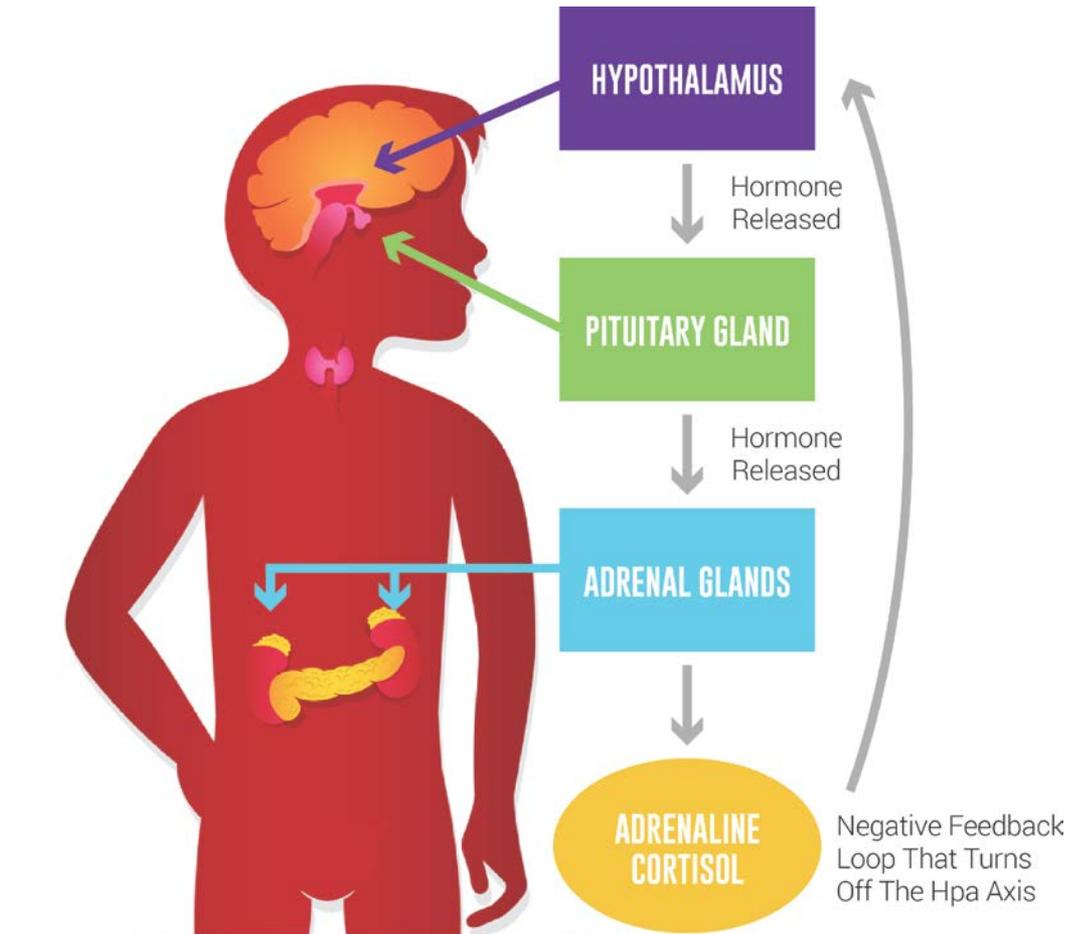
ACEs \geq 3 and Incarceration

Cigarettes **Currently Smoke
Marijuana**

Snohomish Health District, The Effects of Adverse Childhood Experiences in Snohomish County (Sept. 2011), available at <http://www.snohd.org/Portals/0/Snohd/Reports/files/ACEsreport.pdf>



Early Identification & Intervention



Center for Youth Wellness

OUR MISSION IS THREEFOLD:



Prevent



Screen



Heal

...THE IMPACTS OF ACES AND TOXIC STRESS!





- Building powerful partnerships
- Leader in supporting early childhood development
- Deeply connected parents, caregivers, educators



3 Things You Can Do

1. Join the movement!
2. Start local – Build an ACEs movement in your community
3. Public education – Teach others that ACEs affects ALL of us





Thank you!

www.centerforyouthwellness.org

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