**How Childhood Trauma Affects Health Across a Lifetime Reflection**

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Course

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**How childhood trauma affects health across a lifetime video reflection**

Harris (2014), in TED Talk, explains how childhood trauma impacts one's health lifetime. According to Harris (2014), adverse childhood experiences are among the unaddressed public health threats facing our nation today. Negative childhood experiences like abuse, neglect, parental mental illness, drug dependence, incarnation, divorce, and domestic violence can lead to adverse health effects in one's life. Early childhood trauma can negatively affect the brain leading risky behaviors like drug abuse. Also, witnessing domestic violence can lead to aggressive behaviors (Harris, 2014). Children who have experienced high levels of trauma and adverse childhood experiences are at higher risks for heart diseases, high blood pressure, and lung cancer. According to Harris (2014) the adversity activates the body stress response system.

Furthermore, Harris (2014) links her talk with scientific research and evidence presented so that the audience can understand. For example, to support her argument on childhood trauma, Harris (2014) has developed ethos through presenting her information. She also depends on logos and pathos in the entire talk when explaining how one ACE score directly affects health. She goes ahead and gives an example of a girl who had retarded growth, and the previous pediatrician defined the issue as nutritional and prescribed her nutritional supplements (Harris, 2014). However, after accessing the child through the growth chart and evaluating her domestic violence experience, it was found to have increased the score. According to Harris (2014), due to what the little girl went through, there is the possibility that her body might be making more stress hormones than usual which is harmful to her health. Harris (2014) also explains that those children who witnessed domestic violence and emotional abuse at an early age can experience alienation and intimacy problems.

Lastly, Harris (2014) explained how child abuse and neglect on the micro-social ACE relates to adverse health outcomes. For example, on the meso- level, the child may experience harmful health impacts if exposed to stress for going through a parental divorce or witnessing domestic violence. The speaker concluded the talk with the call to find a solution (Harris, 2014). Thus, it is vital to recognize and formulate new ways of approaching ACE to solve this public health problem.

References

Harris, N. B. (2014, September). *How Childhood Trauma Affects Health Across a Lifetime.* Retrieved November 16, 2021, from https://www.ted.com/talks/nadine\_burke\_harris\_how\_childhood\_trauma\_affects\_health\_across\_a\_lifetime/up-next