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CREATING ENDURING HEALTH EQUITY

Essentials for Childhood



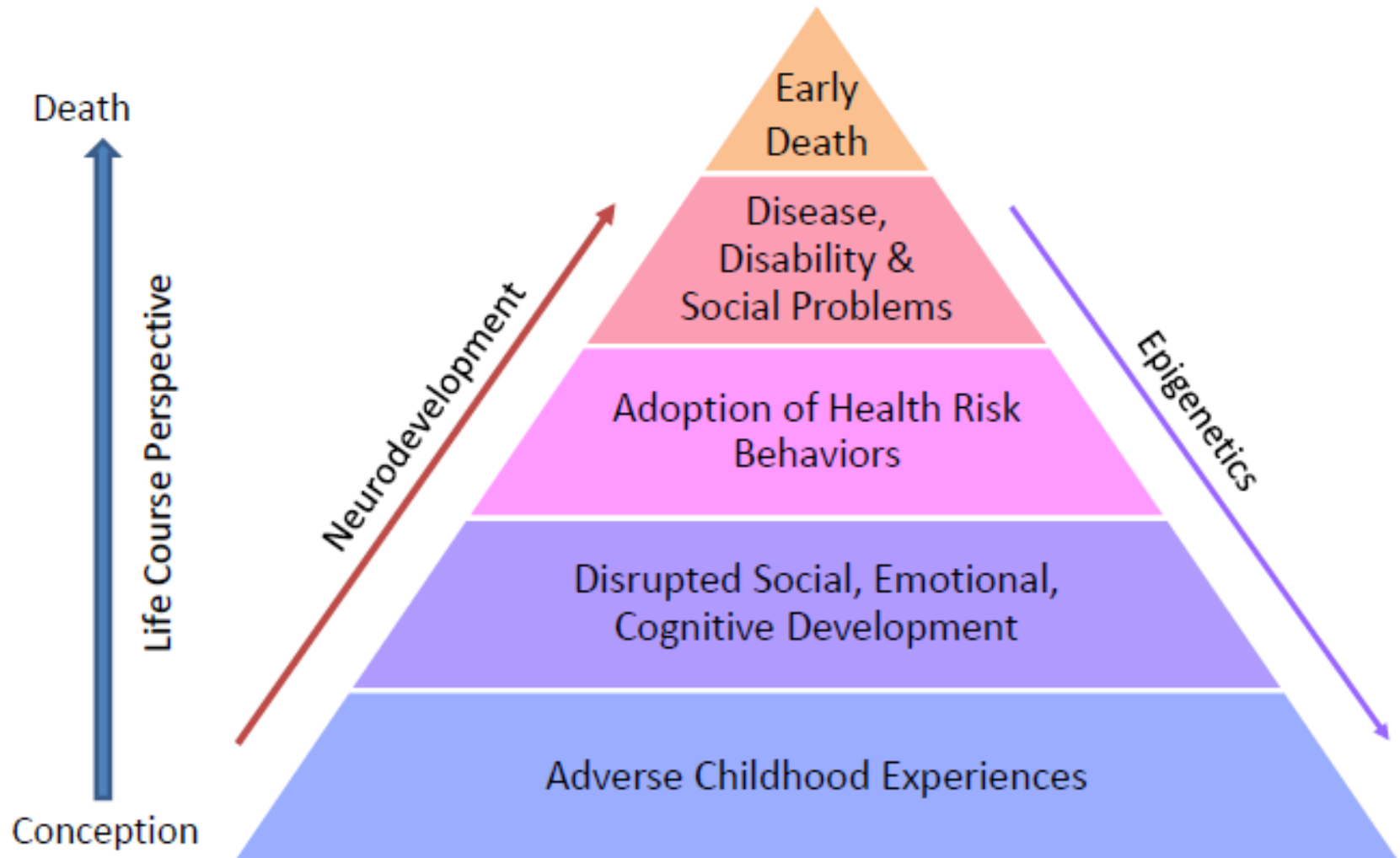
Powerful Indicators of Safe, Stable, Nurturing Families & Communities:
Adverse Childhood Experience Scores & Family/Community Resilience



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“The ACE Study”





Experiences Considered

Indicators of Family Dysfunction

1. Mentally ill, depressed or suicidal person in home
2. Drug addicted or alcoholic family member
3. Parental discord – indicated by divorce, separation, abandonment
4. Witnessing domestic violence against the mother
5. Incarceration of any family member

Abuse

6. Child physical abuse
7. Child sexual abuse
8. Child emotional abuse

Neglect

9. Physical Neglect
10. Emotional Neglect

Accumulation Matters

ACE Score = Number of Categories (0-10)



Major Findings

ACE Categories (ACEs) are Interrelated

- 87% of people with 1 have >1

ACEs are Common

- Nearly 2/3 of adults have ≥ 1 ; 27% have ≥ 3 ; 5% have ≥ 6

Accumulation of ACEs Matters

- Higher # (ACE Score) = higher population risk

Graded Relationship: Disease, Disability, Social, Productivity

Scores= Good Proxy Measure Childhood Toxic Stress Dose

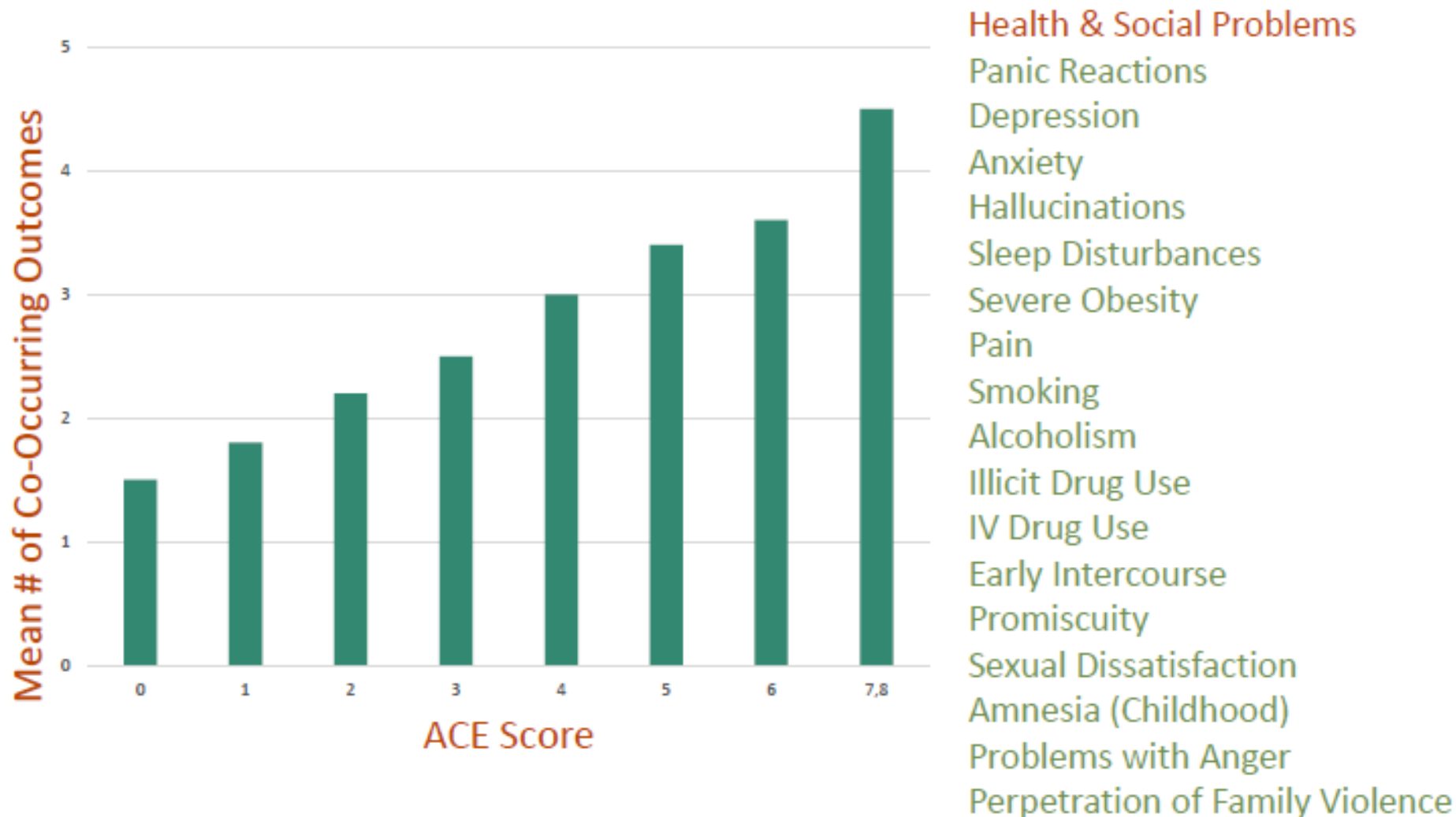
ACEs are the Most Powerful Known Determinant of Health

- Mental, Physical, Behavioral, Productivity, Disability, & Social Problems



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ACEs and Co-Occurring Problems



Population Risk Attributable to ACEs

Major Cost Centers

Behavioral Health

Child Welfare

Corrections

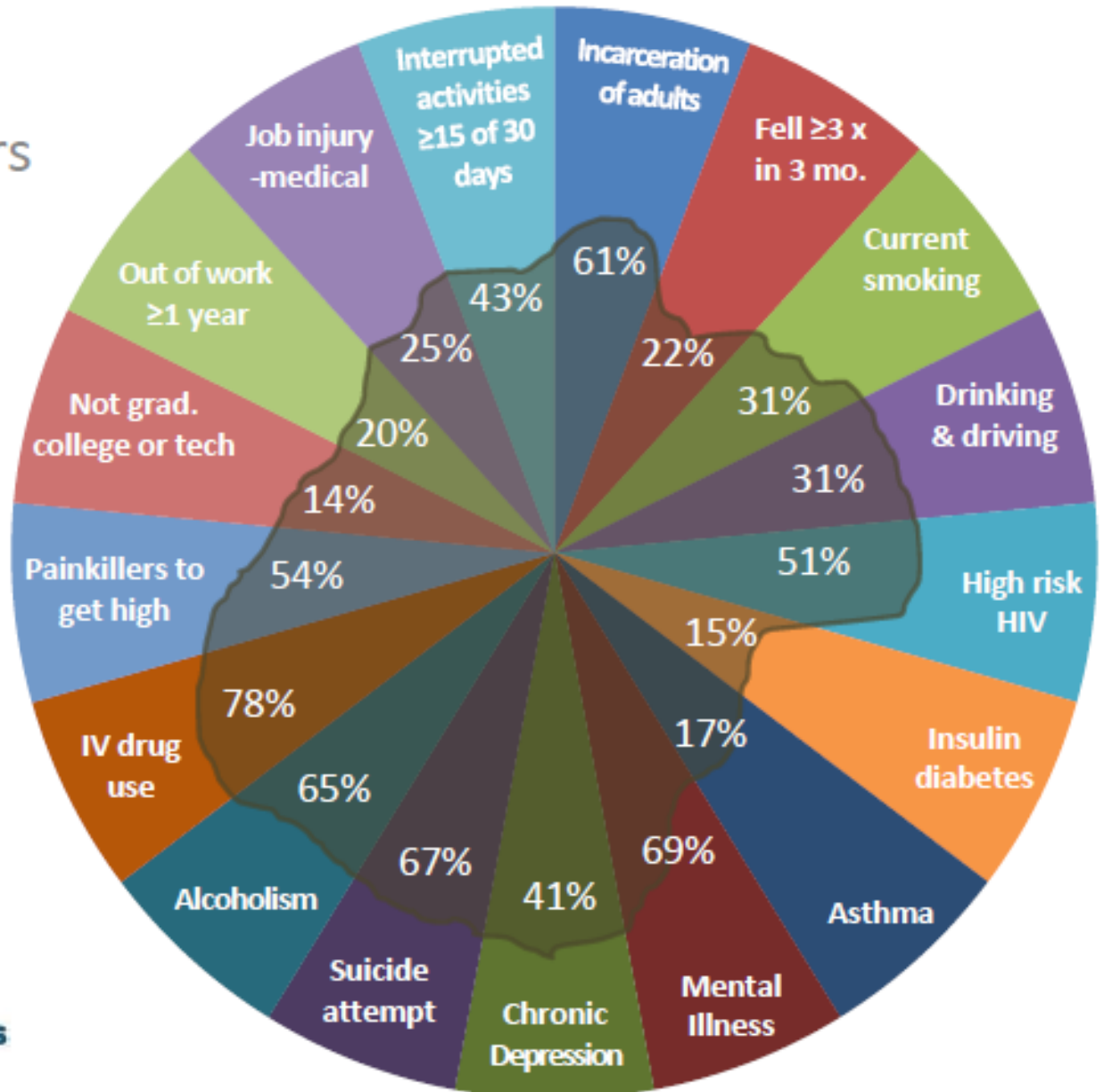
Economic Assistance

Health

Housing & Shelter

Special Education

Workforce



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The Help that Helps

Three Resilience Themes Each Make a Difference

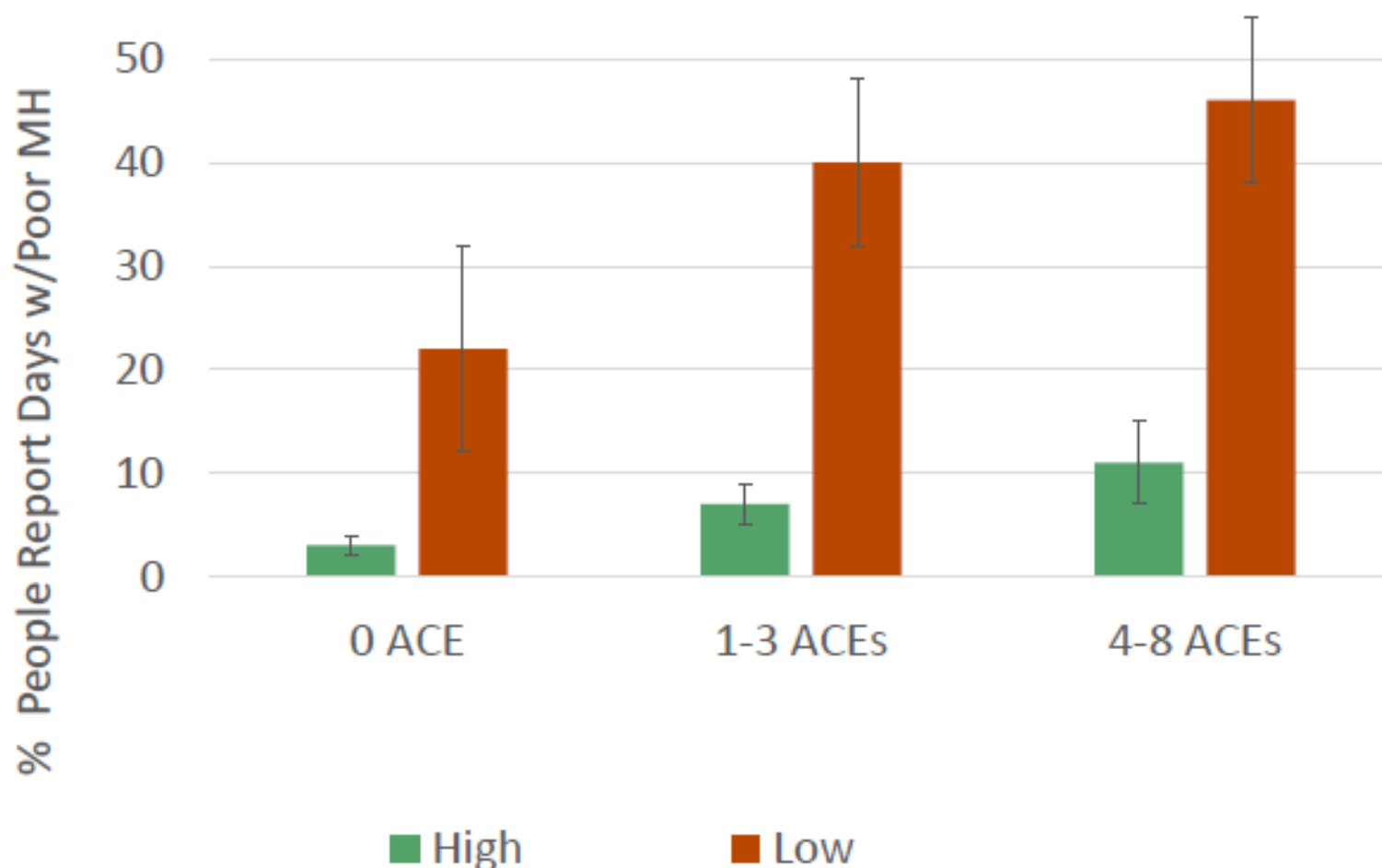
They are even more powerful when we Layer Up...

1. **Feeling supported** socially & emotionally, satisfied with life and hopeful
2. **Experiencing hope and help** (two or more people who give concrete help when needed)
3. **Community reciprocity** in watching out for children, intervening when they are in trouble, asking for help for friends and doing favors for one another (Community Reciprocity).



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Poor Mental Health Days & Experiencing Hope & Help





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Thank You

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