



# Adverse Childhood Experiences & Huron County Children

## Special points of interest:

- Adverse Childhood Experiences
- ACE and Health
- Huron County ACE Survey
- ACE Prevention and Recovery
- Involvement and Resources

## Childhood Trauma Study

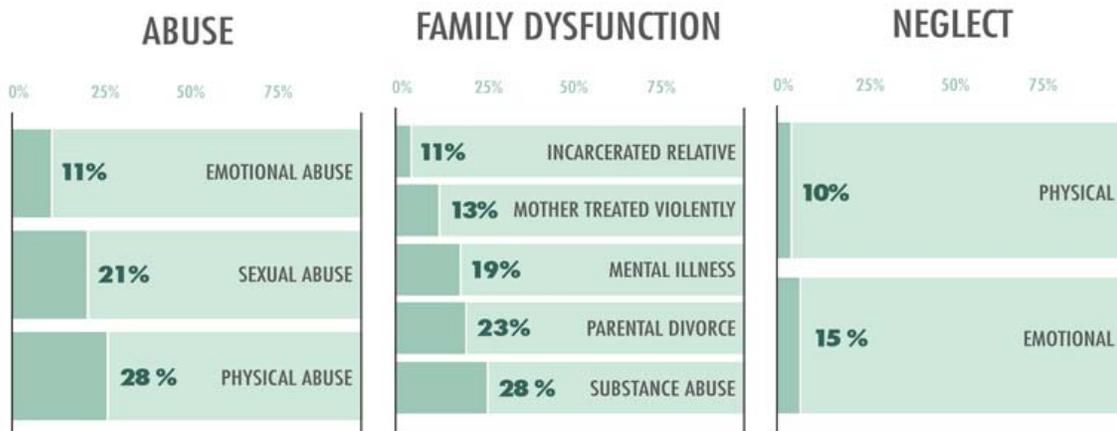
The Adverse Childhood Experiences (ACE) Study was conducted by the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego. Between the years 1995 and 1997, a study was conducted on over 17,000 participants. Subjects underwent comprehensive physical exams, and voluntarily provided information about their childhood experiences (under 18).

Participants represented a cross-section of middle-class American adults. The study continues to track participants use of health care and cause of death.

This study was one of the largest and first of its kind to link leading causes of illness, death, and poor quality of life to certain childhood experiences. There are three categories of adverse experiences: **childhood abuse, family**

**dysfunction, and neglect.** Each category includes subcategories of specific experiences. For example, abuse could be any sexual, emotional or physical abuse.

Since the first ACE study, over 50 scientific articles have been published in support of the original findings.



Above are the findings from the ACE study. Participants reported on Abuse, Family Dysfunction, and Neglect that they experienced under the age of 18. (2)

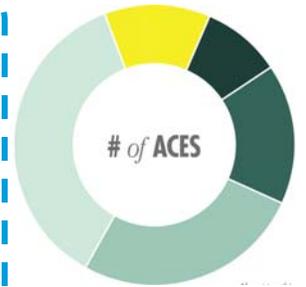
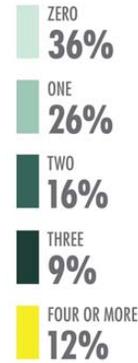
# ACE's and Health

The study found that as a participants ACE score increased, the prevalence of health issues also increased.

For example, 9% of participants had three ACEs, a participant who had three ACE's was 6.6 times more likely to have attempted suicide, 4.9 times more likely to consider themselves an alcoholic, 3.6 times as

likely to have used illicit drugs, and 2.9 times as likely to have missed 14 or more days of work in a given month due to mental illness, than those without ACEs.

How many participants had Adverse Childhood Experiences?



**2/3 of adults surveyed reported at least 1 ACE, with majority of those having more than one ACE**

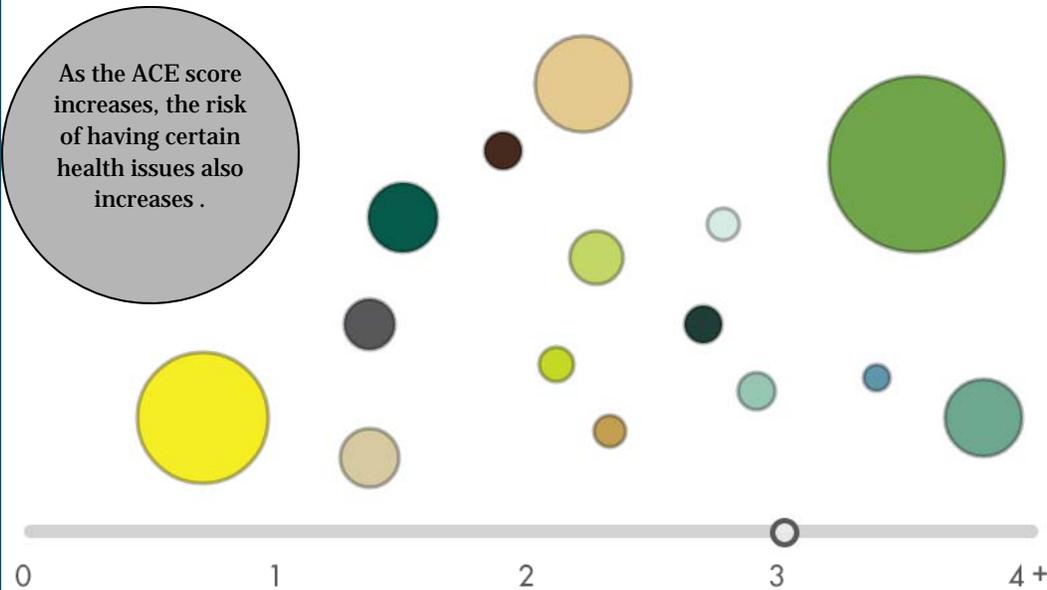
## BEHAVIORS

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK

## PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDS
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

As the ACE score increases, the risk of having certain health issues also increases.



**11% of Huron County Adults reported 4 or more ACEs occurred during their childhood.**

## LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



**80 YEARS**



**60 YEARS**

**Adverse Childhood Experiences**

# Huron County and ACEs

Every three years the Huron County Health Partners commission a county wide survey to assess the health and safety of our residents. Once the assessment is completed, the results are analyzed, health needs are prioritized, and action plans are formed throughout the community.

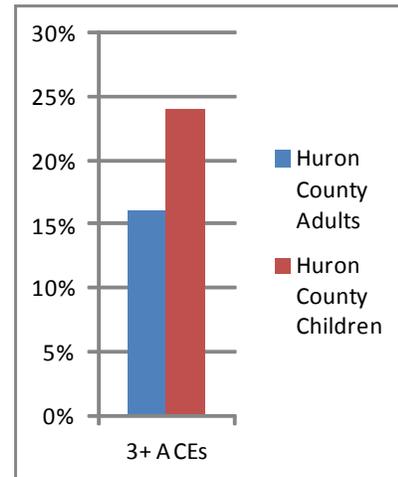
For the 2014 assessment, an ACE section was added into the youth (6th-12th grade) survey. Students were asked to identify what experiences, if any, they had. Using the assessment, we are able to get better “snap shot” of how our children are doing.

The assessment revealed that our children had experienced more ACE's than adults. According to the ACE study findings, this puts our children at risk for worse health than the previous generation.

In 2015, 16% of adults had experienced 3 or more ACEs (11% had four or more and 5% had three) versus 24% of children who had three or more; an 8% difference.

Individuals with more ACE's, according to the study, show an increased risk for suicide attempts, alcoholism, illicit drug use, and missed days of work for mental health issues.

**Residents, by Age Group With Three or More ACE's, 2014**



*24% of Huron County kids had experienced 3 or more ACEs in their life*

Adverse Childhood Events 2014 Health Assessment for Huron County	Occurrence (multiple answers were allowed)
Parents became separated or were divorced	32%
Parents or adult in home swore at them, insulted them or put them down	31%
Lived with someone who was a problem drinker or alcoholic	22%
Lived with someone who was depressed, mentally ill or suicidal;	19%
Lived with someone who served time or was sentenced to serve in prison or jail	19%
Parents were not married	13%
Lived with someone who used illegal drugs or misused prescription drugs	13%
Parents or adult in home abused them	8%
Parents or adults in home abused each other	7%
An adult or someone 5 years older than them touched them sexually	4%
An adult or someone 5 years older than them tried to make them touch them sexually	2%
An adult or someone 5 years older than them forced them to have sex	1%

# Prevention and Treatment

It is much more costly to address damage done to a child than to prevent events from happening. Children need **Safe, Stable and Nurturing Relationships** (SSNRs) in their lives. Some preventive strategies that can be used include, but are not limited to: parenting programs, support programs

for young mothers and families, social support for families, mental illness and substance abuse treatment, preschool enrichment programs, intimate partners violence prevention, and good paying jobs for families with children.

Additionally, a new concept

is to have primary care physicians conduct **Screening, Brief Intervention, and Referral for Treatment (SBIRT)**. Since many children are seen by physicians, but not by counselors. Physicians are also a trusted information source for many parents.



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



Preschool Enrichment



Sufficient income support for lower income families

## Continued Community Involvement

How is Huron County addressing ACEs? First, the community needs to be aware of the issue. Awareness is the first step in making changes. Second, we are working together to create goals and strategies that the community can be working on together.

The Huron County Health Partners are forming work groups around the health



***A community that works together toward the same goal can accomplish much.***

priorities: Substance Abuse, Mental Health, Personal Wellness, Access to Care, and Public Health Infrastructure.

If you are interested in getting involved in this process, or programs that address this area, please contact Elaine Barman at Huron County Public Health.

Huron County



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### Resources:

1. Health Assessment- <http://www.huroncohealth.com/health-assessment>
2. CDC ACE Study -<http://www.cdc.gov/violenceprevention/acestudy/>
3. ACE Infographic- [http://vetoviolence.cdc.gov/apps/phl/resource\\_center\\_infographic.html](http://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html)
4. SSNRs- [http://www.cdc.gov/ViolencePrevention/pdf/CM\\_Strategic\\_Direction--Long-a.pdf](http://www.cdc.gov/ViolencePrevention/pdf/CM_Strategic_Direction--Long-a.pdf)