

## Adverse Childhood Experiences and Health and Well-Being over the Lifespan

This chart illustrates the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACEs) can result in long-term disease, disability, chronic social problems, and early death. Transmission of the effects of ACEs across generations are continuous unless there are interventions to interrupt the cycle.

Adverse Childhood Experiences (Birth to 18)	Impact of Trauma and Adoption of Health Risk Behaviors to Ease Pain of Trauma	Long-Term Consequences of Unaddressed Trauma
<p><b>Abuse of Child</b></p> <ul style="list-style-type: none"> <li>• Emotional abuse - 11% *</li> <li>• Physical abuse - 28% *</li> <li>• Contact sexual abuse - 22%</li> </ul> <p><b>Trauma in Child's Household Environment</b></p> <ul style="list-style-type: none"> <li>• Alcohol or drug user by household member - 27%</li> <li>• Chronically depressed, emotionally disturbed or suicidal household member - 17%</li> <li>• Mother treated violently - 13%</li> <li>• Imprisoned household member - 6%</li> <li>• Not raised by both biological parents - 23% (Loss of parent by separation or divorce, natural death, suicide, abandonment)</li> </ul> <p><b>Neglect of Child</b></p> <ul style="list-style-type: none"> <li>• Physical neglect - 19%</li> <li>• Emotional neglect - 15%</li> </ul> <p><small>*Above types of ACEs are the "heavy end" of abuse including: Emotional: recurrent threats, humiliation, chronic criticism Physical: beating versus spanking Neglect: Lack of basic needs for attachment, survival/growth</small></p> <p><b>One ACE category = score of 1</b></p> <p><b>List is limited to ACE study types.</b> Other trauma may include: combat, poverty, street violence, historical, racism, stigma, natural events, persecution etc.</p>	<p><b>Neurobiological Effects of Trauma</b></p> <ul style="list-style-type: none"> <li>• Disrupted neuro-development</li> <li>• Difficulty controlling</li> <li>• Anger – Rage</li> <li>• Hallucinations</li> <li>• Depression (<i>and numerous other mental health problems – see below</i>)</li> <li>• Panic reactions</li> <li>• Anxiety</li> <li>• Multiple (6+) somatic problems</li> <li>• Sleep problems</li> <li>• Impaired memory</li> <li>• Flashbacks</li> <li>• Dissociation</li> </ul> <p><b>Health Risk Behaviors</b></p> <ul style="list-style-type: none"> <li>• Smoking</li> <li>• Severe obesity</li> <li>• Physical inactivity</li> <li>• Suicide attempts</li> <li>• Alcoholism</li> <li>• Drug abuse</li> <li>• 50+ sex partners</li> <li>• Repetition of original trauma</li> <li>• Self-injury</li> <li>• Eating disorders</li> <li>• Perpetrate interpersonal violence (aggression, bullying, etc.).</li> </ul>	<p><b>Disease and Disability</b></p> <ul style="list-style-type: none"> <li>• Ischemic heart disease</li> <li>• Cancer</li> <li>• Chronic lung disease</li> <li>• Chronic emphysema</li> <li>• Asthma</li> <li>• Liver disease</li> <li>• Skeletal fractures</li> <li>• Poor self rated health</li> <li>• Sexually transmitted disease</li> <li>• HIV/AIDS</li> </ul> <p><b>Social Problems</b></p> <ul style="list-style-type: none"> <li>• Homelessness</li> <li>• Prostitution</li> <li>• Delinquency, violence and criminal behavior</li> <li>• Inability to sustain employment</li> <li>• Re-victimization: by rape; DV, bullying, etc</li> <li>• Compromised ability to parent</li> <li>• Negative alterations in self-perception and relationships with others</li> <li>• Alterations in Systems of Meaning</li> <li>• Intergenerational transmission of abuse</li> <li>• Long-term use of multi human service systems</li> </ul> <p><b>Annual societal cost estimate:</b> <b>\$103,754,017,492</b></p>

Multiple studies reveal the origin of many mental health disorders may be found in childhood trauma, including Borderline Personality Disorder BPD, Anti-Social Personality Disorder, PTSD, Schizophrenia, Bipolar Disorder, Dissociative Identity Disorder DID, Anxiety Disorders, Eating Disorders including severe obesity, Attention Deficit Hyperactivity Disorder ADHD, Oppositional Defiant Disorder ODD and others.

