ACEs: Adverse Childhood Experiences

**WHY DO ACEs MATTER?**
Adverse Childhood Experiences are linked to MENTAL HEALTH and SUBSTANCE ABUSE PROBLEMS in both children and adults.

Adverse Childhood Experiences can lead to a long list of BEHAVIORAL AND PHYSICAL HEALTH PROBLEMS, including heart disease, diabetes, addiction, depression and even early death.

**WHAT ARE ACEs?**
- Physical abuse
- Incarceration of a family member
- Violence in home
- Sexual abuse
- Mental illness in home
- Emotional neglect
- Substance abuse in home
- Physical neglect
- Emotional abuse

**Higher ACEs SCORE =**
Higher healthcare costs and diminished quality of life

- 67% of adults have at least 1 ACE
- 25% of adults have 3+ ACEs
- 65% of youth aging out of foster care have 5+ ACEs

The more Adverse Childhood Experiences people experience, the more likely they are to be in poor health.