



Adverse Childhood Experience Study

The Adverse Childhood Experiences (ACE) study showed remarkable connections between the effects of childhood trauma and problems in later life including certain medical, social, and emotional issues. The initial study, done by Kaiser Permanente and the Center for Disease Control (CDC), included 17,337 adults. The average age for men was 58-years-old and the average age for women was 56-years-old. These adults were asked about abuse, neglect, and household dysfunction that occurred during their first 18 years of life and each "yes" scored one point. To see the questions, please visit: http://acestudy.org/ace_score. If you have an ACE score remember you are not alone, 53% of Nebraskans report an ACE score. The researchers found a relationship between the total ACE score, health and other issues occurring in later life. Below are some concerns that emerged later in life in connection with adverse childhood experiences:

- ⇒ Panic responses
- ⇒ Impaired memory
- ⇒ Substance use and abuse (smoking, IV drug use, alcohol use)
- ⇒ Depression
- ⇒ Anxiety
- ⇒ Hallucinations
- ⇒ Amnesia to childhood events
- ⇒ High perceived stress
- ⇒ Physical symptoms
- ⇒ Sleep disturbances
- ⇒ Obesity
- ⇒ Early intercourse
- ⇒ Promiscuity
- ⇒ Teen pregnancy
- ⇒ Sexual dissatisfaction
- ⇒ Difficulty controlling anger
- ⇒ Risk of violence and revictimization
- ⇒ Performance in the workplace
- ⇒ Medical issues (heart, lung, liver, sexually transmitted diseases, HIV, etc.)
- ⇒ Attempted suicides
- ⇒ DSM-IV diagnoses
- ⇒ Fetal death
- ⇒ Developmental delays
- ⇒ Academic problems



Nebraska's Network of Care: www.dhhs.ne.gov/networkofcare

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK

While this list may be disconcerting, it emphasizes the need for us to focus on our wellness. Just like a caterpillar changing into a butterfly, there are things we all can do to transform our lives!