

YOLO COUNTY ACES CONNECTION™

Yolo County
MCAH
Advisory
Board Retreat
January 14,
2015

ADVERSE CHILDHOOD EVENTS

Research Article

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study

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Background: The relationship of health risk behavior and disease in adulthood to the breadth of exposure to childhood emotional, physical, or sexual abuse, and household dysfunction during childhood has not previously been described.

Methods: A questionnaire about adverse childhood experiences was mailed to 13,494 adults who had completed a standardized medical evaluation at a large HMO; 9,508 (70.5%) responded. Seven categories of adverse childhood experiences were studied: psychological, physical, or sexual abuse; violence against mother; or living with household members who were substance abusers, mentally ill or suicidal, or ever imprisoned. The number of categories of these adverse childhood experiences was then compared to measures of adult risk behaviors, health status, and disease. Logistic regression was used to adjust for effects of demographic factors on the association between the cumulative number of categories of childhood exposures (range: 0–7) and risk factors for the leading causes of death in adult life.

Results: More than half of respondents reported at least one, and one-fourth reported ≥2 categories of childhood exposures. We found a graded relationship between the number of categories of childhood exposure and each of the adult health risk behaviors and diseases that were studied ($P < .001$). Persons who had experienced four or more categories of childhood exposure, compared to those who had experienced none, had 4- to 16-fold increased health risks for cigarette, drug, alcohol, depression, and suicide.

ADVERSE CHILDHOOD EXPERIENCES

- A connection between your past and your present
- Epigenetics: your grandmother's stress changed your DNA
- Toxic Stress: the unborn fetus is affected by mom's stress
- A community issue
 - Prevention opportunity for mothers & the unborn
 - Early intervention for newborns, children, young adults
 - Intervention for adults

ACES CONNECTION™

- Web based network connecting people and groups from around the State, Nation and World who are interested in Adverse Children Experiences
- Developed by journalist, [Jane Stevens](#)
- Funded by the [Robert Woods Johnson Foundation](#)
- Yolo County is just one of the many groups on ACES Connection™



YOLO COUNTY ACES CONNECTION

GOAL

We are educating people in Yolo County, CA about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.

[Yolo County ACEs Connection](#)

FOR MORE INFORMATION

Websites

- [ACES Too High](#)– get your own ACEs score, ACEs in the news (Jane Stevens)
- [The Adverse Childhood Experiences Study](#) (Dr. Vincent Felitti)
- [ACES & Centers for Disease Control and Prevention \(CDC\)](#)

Interested individuals and stakeholders are invited to our monthly meetings. For an invitation to our Yolo County ACEs Connection group, contact: Anna Sutton @ anna.sutton@yolocounty.org