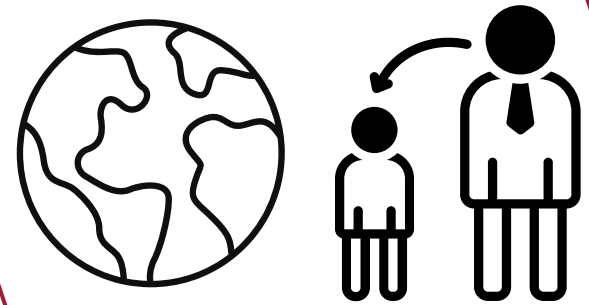


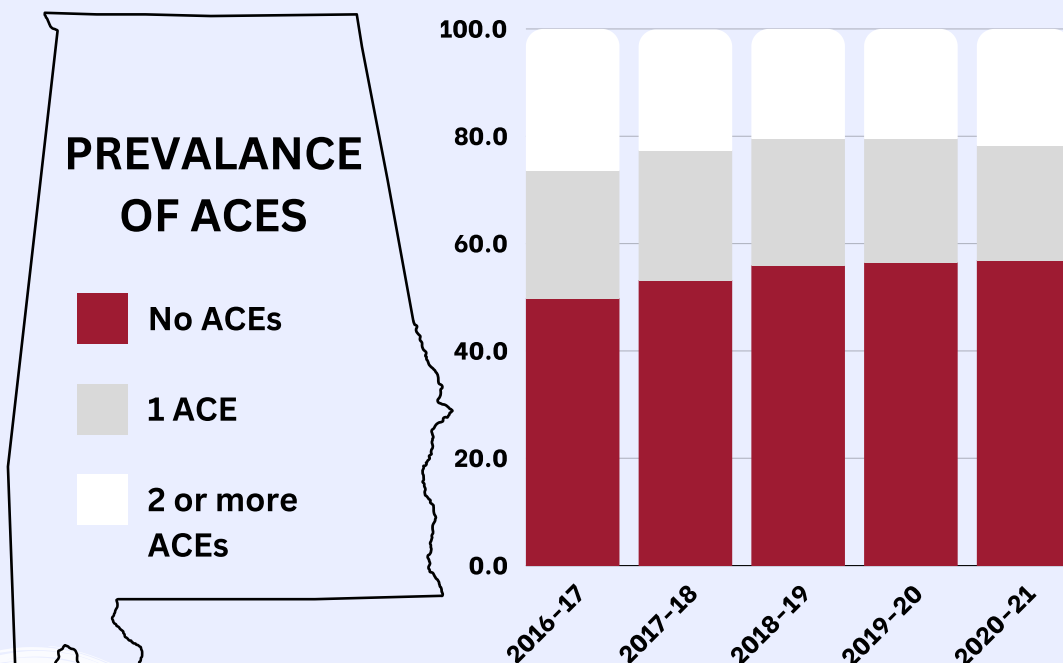
ADVERSE CHILDHOOD EXPERIENCES (ACES)



WHAT ARE ACES?

Adverse childhood experiences (ACEs) are potentially traumatic events that occur during childhood (ages 0-17) (CDC, 2023). Examples of ACEs include witnessing parental violence, being a victim of abuse or neglect, having an incarcerated parent or relative, divorce, abuse, etc. This is not a comprehensive list, and it is important to keep in mind that there are many other examples of traumatic events that can negatively affect health and well-being. Although ACEs can have long-lasting, negative impacts on an individual's health and well-being, ACEs are preventable, and it is important to address the strategies we can take to help limit these experiences, identify them if they have occurred, and provide intervention services to mitigate their long-term effects.

IN ALABAMA, 46% OF CHILDREN HAVE EXPERIENCED AT LEAST ONE ACE ON AVERAGE OVER THE PAST FIVE YEARS

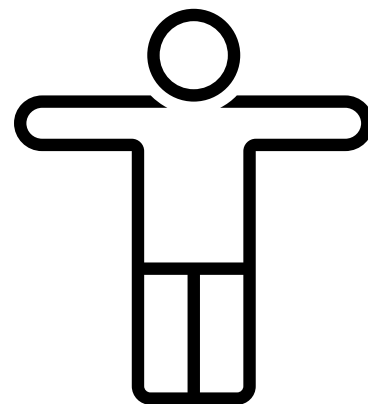
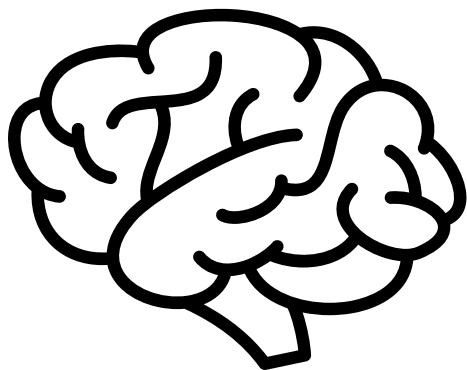


SHADAC analysis of the National Survey of Children's Health (NSCH) public-use files, State Health Compare, SHADAC, University of Minnesota, statehealthcompare.shadac.org, Accessed February 19, 2024

STATISTICS

- Alabama ranks 7th in the percent of children with 2 or more ACEs at 21.7% from 2020-2021
- This is higher than the national average of 17%

WHAT ARE THE CONSEQUENCES?



COGNITIVE

- Increased problems with learning and memory
- Prolonged, toxic stress can negatively impact the developing brain

SOCIOEMOTIONAL

- Increased difficulty making friends and maintaining relationships
- Increased risk for developing defiant behaviors

PHYSICAL

- Potential long-lasting health problems, such as increased stress hormones, blood pressure, breathing, and a lessened ability to fight infections

HOW CAN WE HELP?

Children are resilient, and resilience is a crucial factor that can help to mitigate the negative effects of ACEs. Through the HOPE project, we want to build resiliency by empowering children and families and improving health outcomes in rural West Alabama counties. Learn more about our project [here](#).

References

1. SHADAC analysis of Percent of children with adverse childhood experiences (ACEs), State Health Compare, SHADAC, University of Minnesota, statehealthcompare.shadac.org, Accessed February 23, 2024.
2. Adverse Childhood Experiences, Centers for Disease Control and Prevention (CDC).
3. Understanding Adverse Childhood Experiences (ACEs), Community & Family Services Division at the Spokane (WA) Regional Health District

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