

# ACEs in Oregon: Children Need Our Help

## The Adverse Childhood Experiences Study

“The more types of ACES events -- physical abuse, an alcoholic father, an abused mother, etc -- the higher the risk of heart disease, depression, diabetes, obesity, being violent or experiencing violence. Got an ACE score of 4 or more? Your risk of heart disease increases 200%. Your risk of suicide increases 1200%.”

*\*Sept 2014; ACE Study, Child trauma - Chronic disease, Neurobiology; Jane Ellen Stevens*

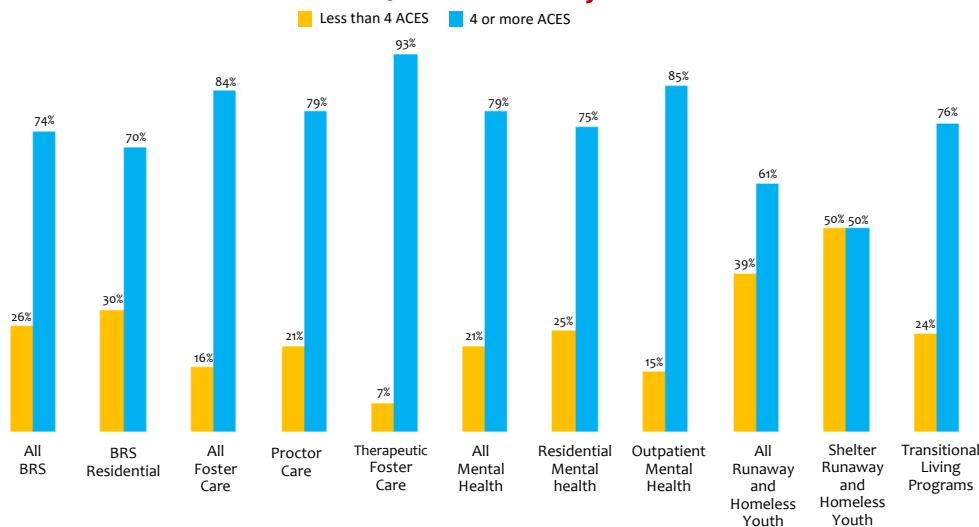
In 2014 the provider members of the Oregon Alliance of Children’s Programs researched the ACE scores of children in its programs. Nearly 800 surveys, for children and youth 3-25 years of age, were submitted by community shelters, services, and treatment programs, these are the results:

- Children of color represent 36% of the respondents
- Males 63% | Females 36%

### Invest for Success

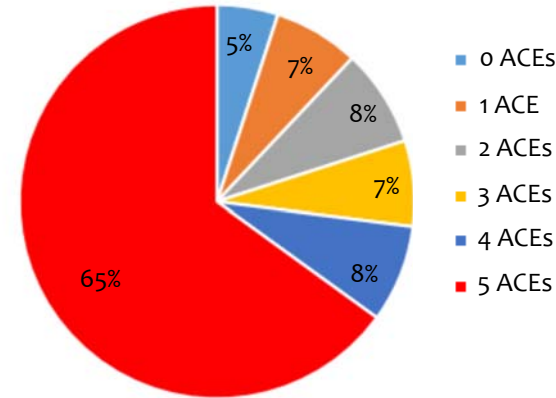
An investment in children today means they will not become the chronically ill adults with complex, expensive needs, tomorrow. Together we can help children achieve health, graduation, and the ability to become working adults who will raise their own healthy families.

### ACEs of 4 or more by Service

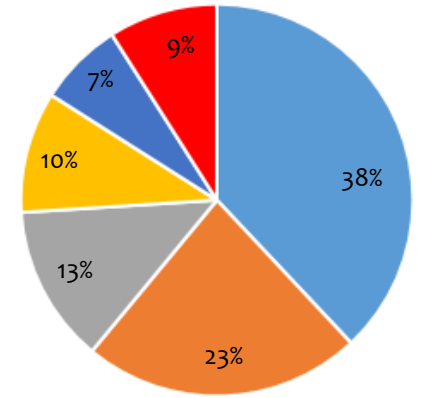


### ACE Trauma level of children in community programs and services, compared to Oregon’s general public:

Children in Service Programs <sup>2</sup>



General Oregon Population <sup>1</sup>



### What These Children Need Now

Support for evidence-based programs and services that address or prevent trauma for all school aged children. This commitment is necessary to achieve health care transformation and to reach Oregon’s education goals.

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OREGON  
Alliance  
of Children's Programs

<sup>1</sup> 2011 Oregon Health Authority study <http://public.health.oregon.gov/HealthyPeopleFamilies/DataReports/Documents/OregonACEsReport.pdf>

<sup>2</sup> 2014 Oregon Alliance of Children’s Programs Study

# The Impact of ACEs

## BEHAVIOR ISSUES<sup>1</sup>

- Struggle with self-regulation, lack impulse control
- Lack ability to think through consequences before acting
- Unpredictable, oppositional, volatile and extreme
- React defensively and aggressively
- “Spacey,” detached, distant or out of touch with reality
- Engage in high-risk behaviors (self-harm, unsafe sexual practices, excessive risk-taking, illegal activities, alcohol and substance abuse, assault, running away, prostitution)

## LEARNING DIFFICULTIES<sup>1</sup>

- Problems thinking clearly, reasoning or problem-solving
- Hard to acquire new skills or take in new information
- Struggle with sustaining attention
- Show deficits in language development
- Learning difficulties that may require support in the academic environment
- Unable to plan ahead, anticipate the future

<sup>1</sup>Center for Disease Control and Prevention, [www.vetoviolence.cdc.gov](http://www.vetoviolence.cdc.gov), 2016 resource center infographic.

<sup>2</sup>October 2013 ACES TOO HIGH Newsletter  
Revised August, 2016

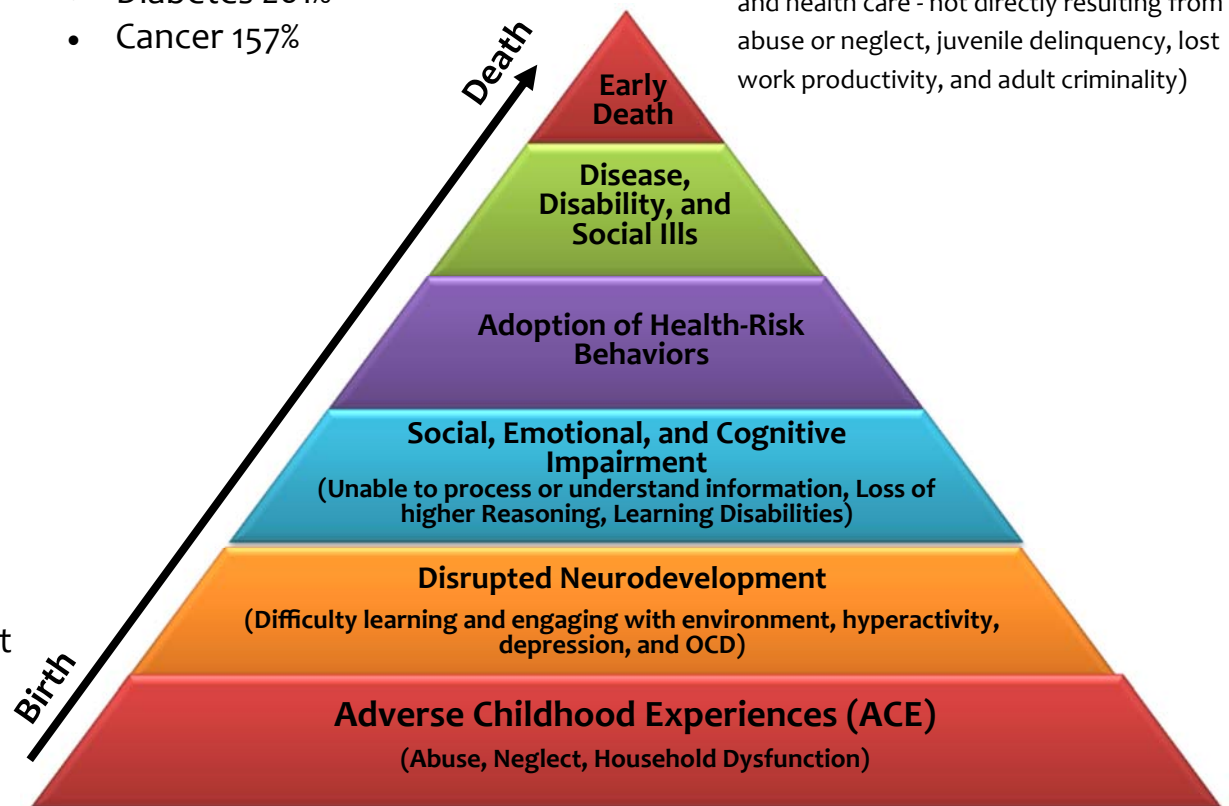
## HEALTH ISSUES<sup>2</sup>

Scores of 4+ Increase Odds of Chronic Disease and Early Death

- Suicide 1200%
- COPD (lung) 399%
- Kidney Disease 263%
- Arthritis 236%
- Heart Attack 232%
- Asthma 231%
- Stroke 218%
- Diabetes 201%
- Cancer 157%

## ECONOMIC IMPACT<sup>1</sup>

- Estimated conservative annual cost to America—\$124 billion
- Immediate Direct Costs of \$91.8 billion (includes hospitalization, chronic health problems, mental health costs, costs incurred by the child welfare system, law enforcement, and costs of the judicial system)
- Indirect Costs of \$29.6 billion (Includes special education, mental health and health care - not directly resulting from abuse or neglect, juvenile delinquency, lost work productivity, and adult criminality)



Mechanisms by which adverse childhood experiences influence health and well-being throughout a lifespan