

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*

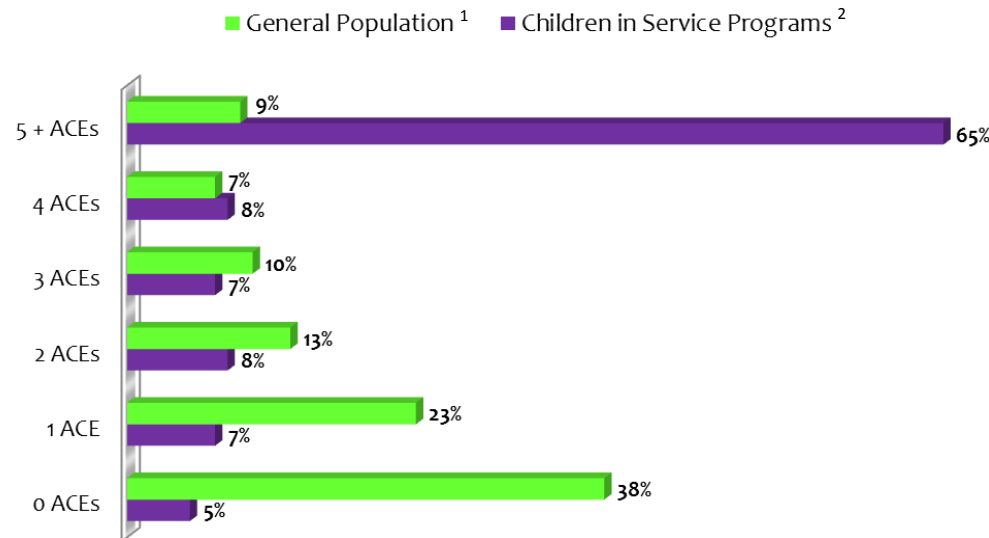
In 2014 the provider members of the Oregon Alliance of Children’s Programs researched the ACE scores of children in its programs. Nearly 800 surveys were submitted by children and youth ages 3-25 and these are the results:

- Children of color represent 36% of the respondents
- Males represent 63%
- Females represent 36%
- Children 0-8 years old represent 11% of the survey; 68% of them have an ACE of 4+
- Children 9+ years old represent 89% of the survey; 73% of them have an ACE of 4+

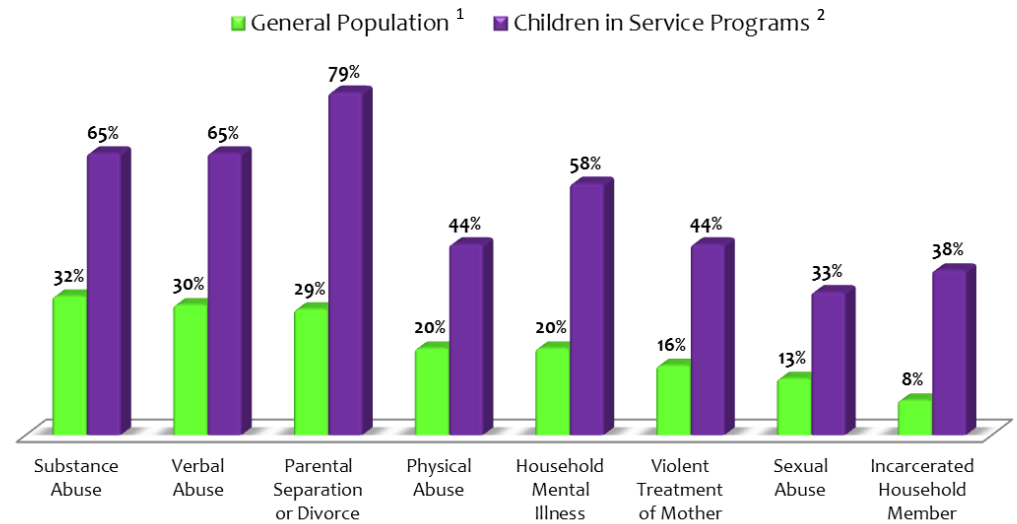
Achieve Outcomes, a Return on Investment, and Savings

An investment in children today means they will not become the future chronically ill adults with complex, expensive needs. Together we can support healthy children who are educated, and able to become working adults who will raise their own healthy families.

ACE Score Comparison



Adverse Experiences



What These Children Need

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

² 2014 Oregon Alliance of Children’s Programs Study

The Impact of ACEs

BEHAVIOR ISSUES¹

- 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 DIFFICULTIES¹

- 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

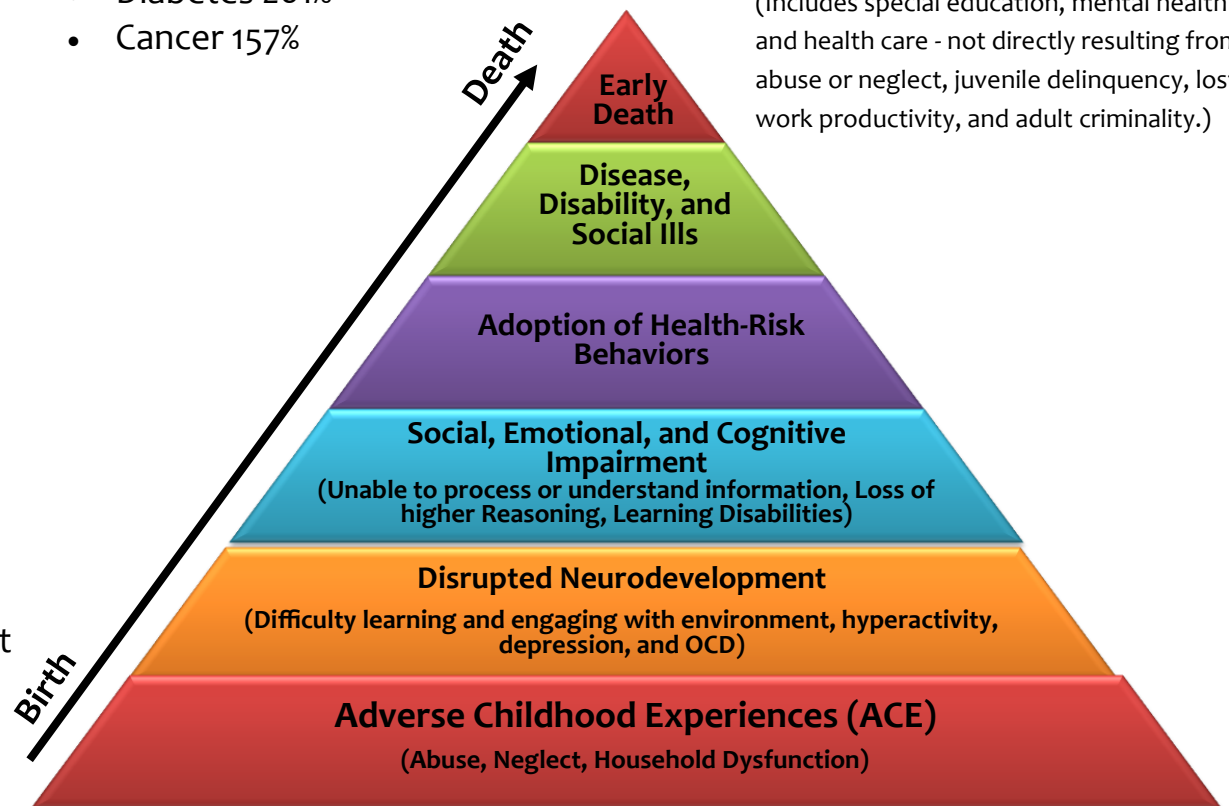
HEALTH ISSUES²

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 IMPACT¹

- Estimated conservative annual cost to America—\$103.8 billion (2007 values).
- Immediate Direct Costs of \$70.7 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 \$33.1 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

¹US Dept. of Health & Human Services, US Substance Abuse & Mental Health Services Administration (SAMHSA), Center for MH Services, Duke University, UCLA—forming the National Child Traumatic Stress Network.

²October 2013 ACES TOO HIGH Newsletter