What are ACEs?

ACEs, or Adverse Childhood Experiences, is a term that describes the cumulative exposure of abuse, neglect and other traumatic experiences that occur among children younger than 18 years of age.

Types of ACEs

**Abuse**
- Emotional Abuse
- Sexual Abuse
- Physical Abuse

**Family Challenges**
- Violence between adults in household
- Mentally ill household member
- Incarcerated household member
- Parental separation/divorce
- Substance abuse in household
- Incarcerated household member

How do ACEs impact health and wellbeing?

The CDC-Kaiser ACE study linked early traumatic experiences to the development of health-related issues that lead to early death¹.


How is ACE data collected in Kansas?

- CDC developed a standardized ACE Module in 2008. Kansas included this ACE module in the 2014 and 2015 Kansas Behavioral Risk Factor Surveillance System (BRFSS). The ACE module is comprised of 11 questions which reflects 8 types of ACEs.

- Kansas BRFSS is a random digit dial telephone survey of health-related risk behaviors, chronic health conditions and use of preventive services among non-institutionalized adults 18 years and older adults, living in households and college housing with landline and/or cellphone service.

How are ACEs scored?

ACE score is calculated based on the 8 types of ACEs assessed. Exposure to a single type counts as one point toward a cumulative exposure. ACE scores range from 0 to 8 (0: No ACE, 1-2: Low ACE, 3+: High ACE).

Respondents answered all 11 ACE module questions and were therefore included in the 2014-2015 Douglas County ACE Analysis.

1,363
Where is Douglas County Located?

Prevalence of No, Low and High ACE in Douglas County, Kansas

Kansas

- **0 (No ACE)**: 45.2%
- **1 to 2 (Low ACE)**: 33.9%
- **3 or more (High ACE)**: 20.9%

Douglas County

- **0 (No ACE)**: 38.1%
- **1 to 2 (Low ACE)**: 37.0%
- **3 or more (High ACE)**: 24.9%

61.9% of Douglas County adults have at least one ACE.

How common are ACEs in Douglas County, Kansas?

Abuse

- Emotional abuse: 29.1%
- Physical abuse: 15.0%
- Sexual abuse: 10.9%

Family Challenges

- Parental separation/divorce: 31.3%
- Substance abuse in household: 26.3%
- Mentally ill household member: 25.6%
- Violence between adults in household: 15.4%
- Incarcerated household member: 8.8%


Who is more likely to experience High (3 or more) ACEs?

- High ACE is significantly higher among Douglas County adults who are:
  - Women compared with men.
  - Adults younger than 45 years old compared with adults aged 65 years and older.
  - Adults with annual household income lower than $25,000 compared with adults with annual household income of $50,000 or greater.
  - Adults who identify as lesbian, gay or bisexual (not heterosexual) compared with heterosexual adults

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What impact do ACEs have on health?

As ACE score increases, so does the prevalence of negative health outcomes.

Compared with those who did not experience any ACEs, Douglas County adults with High (3 or more) ACE scores showed significantly higher prevalence for the following risk behaviors and health conditions after statistical adjustment*:

- Depression: 7.6
- 14+ days poor mental health in past month: 6.3
- Disability: 3.6
- 14+ days poor physical health in past month: 3.1
- Cigarette Smoking: 2.5
- Poor/fair general health: 2.2
- Arthritis: 1.7
- Obesity: 1.7

*Adjusted for age, gender, race/ethnicity, education and income.

What is Kansas doing about ACE?

Kansas is implementing CDC’s Essentials for Childhood Framework.

<table>
<thead>
<tr>
<th>Goals</th>
<th>Successes</th>
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<tbody>
<tr>
<td>1. Raise awareness and commitment to promote safe, stable, nurturing relationships and environments</td>
<td>1. Secure private funding</td>
</tr>
<tr>
<td>2. Use data to inform action</td>
<td>2. Monitoring long-term impacts statewide</td>
</tr>
<tr>
<td>3. Create the context for healthy children and families through norms change and programs.</td>
<td>3. Engaging high-level partners</td>
</tr>
<tr>
<td>4. Create the context for healthy children and families through policies.</td>
<td></td>
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</tbody>
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As people who never knew each other before this project work together, I’m starting to see they all had ties to building safe, stable, nurturing relationships and environments in Kansas. Significant things are happening while these partners develop trust and learn more about one another.

See the full two-year Kansas ACE Report here: www.kansaspowerofthepositive.org/

ADVERSE CHILDHOOD EXPERIENCES AMONG KANSAS ADULTS

2014-2015 Kansas Behavioral Risk Factor Surveillance System

March 2017

Partners:

Health Forward Foundation

The Junior League of Wichita

Kansas Children’s Service League