Strategies that address the needs of children and their families include:

- Nurturing relationships and environments.
- Access to high-quality child care is important, too, as it can be a strong protective factor against ACEs.
- Support can be provided through programs like preschool enrichment, which have been shown to have a positive impact on long-term life outcomes.

ACEs can have lasting effects on:

- Health (diabetes, depression, suicide attempts, STIs, heart disease, cancer, stroke, COPD, broken homes)
- Behaviors (smoking, alcoholism, drug use, related work)
- Life Potential (graduation rates, academic achievement, lost time from work)
- Violence (including intimate partner violence, sexual abuse, family violence)
- Income (through employment, social security, etc.)

Types of ACEs:

<table>
<thead>
<tr>
<th>Type</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>Include physical violence such as hitting, kicking, or burning.</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>Include verbal and sexual coercion, rape, incest, or sexual molestation.</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>Include emotional or verbal abuse, such as threatening, punishing, or rejecting.</td>
</tr>
<tr>
<td>Neglect</td>
<td>Include failure to protect a child from harm or services needed.</td>
</tr>
</tbody>
</table>

How do ACEs affect our society?

- Life Expectancy: People with six or more ACEs died nearly 20 years earlier on average than those without ACEs.
- Economic Toll: The economic toll in the United States is estimated to be $83.5 billion in costs for lower income families.

How Relationships Can Prevent ACEs:

- Supportive relationships against ACEs from family, friends, and community members can help prevent ACEs.
- Early intervention programs that focus on building social-emotional skills and resilience can be effective.

How Environments Can Prevent ACEs:

- Safe, stable, nurturing environments are crucial in preventing ACEs. This can include schools, workplaces, and homes.
- Community and organizational decision-makers can work together to develop policies and programs that support healthy environments.

What can be done about ACEs?

- Policies and programs that address the needs of children and families can help prevent ACEs.
- Supportive relationships and environments can help mitigate the effects of ACEs.

Helpful Links:

- Essentials for Childhood: Assuring How Relationships can Prevent ACEs
- Centers for Disease Control and Prevention (CDC): ACE Study
- Behavioral Risk Factor Surveillance System (BRFSS): ACE Module
- Landmark CDC-Kaiser ACE Study

Contact Info:

- dvpinquiries@cdc.gov
- $83.5 BILLION
- Risk for X outcome

*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

In 2010, a review of BRFSS data included 53,998 respondents from DC and ten states (HI, ME, NE, NV, OH, PA, UT, VT, WA, WI) that included the optional ACE module on their state survey.