



The Power of Preventing ACEs

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*Public health is what we, as a society, do
collectively
to assure the conditions in which (all) people
can be healthy.*

Institute of Medicine
The Future of Public Health, 1988 & 1997



10 Categories of Adverse Childhood Experiences

ABUSE

Physical, emotional,
or sexual



Physical



Emotional



Sexual

NEGLECT

Physical or emotional



Physical



Emotional

HOUSEHOLD CHALLENGES

Growing up in a household with incarceration, mental illness,
substance dependence, absence due to separation or divorce,
or intimate partner violence



Mental Illness



Intimate Partner
Violence



Parental Separation
or Divorce



Incarceration



Substance
Dependence

ACEs are common

61%

of surveyed adults reported experiencing **at least one ACE**



1 in 6 people reported experiencing **4+ ACEs**

Females, LGBTQ+ individuals, and **most racial/ethnic minority** groups are at **higher** risk of experiencing 4+ ACEs

Sources:

Merrick, M.T., Ford, D.C., Ports, K. A., Guinn, A. S. (2018). Prevalence of Adverse Childhood Experiences From the 2011-2014 Behavioral Risk Factor Surveillance System in 23 States. *JAMA Pediatrics*, 172(11), 1038-1044.

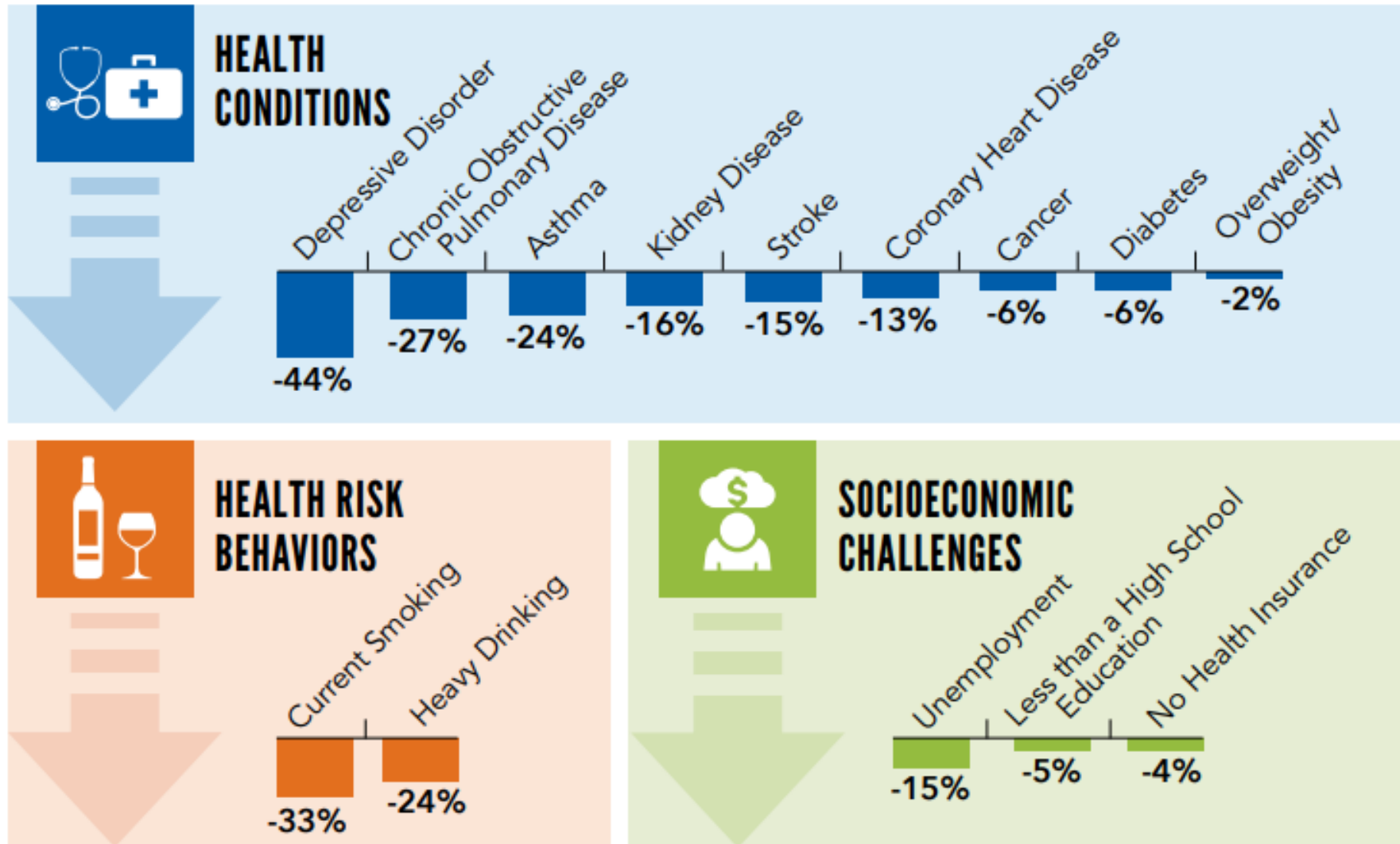
Merrick, M. T., Ford, D. C., Ports, K. A., Guinn, A. S., Chen, J., Klevens, J., Metzler M, Jones CM, Simon TR, Daniel VM, & Ottley, P. (2019). Vital signs: Estimated proportion of adult health problems attributable to adverse childhood experiences and implications for prevention—25 States, 2015–2017. *Morbidity and Mortality Weekly Report*, 68(44), 999.

ACEs have a lasting impact across the lifespan



Bhushan D, Kotz K, McCall J, Wirtz S, Gilgoff R, Dube SR, Powers C, Olson-Morgan J, Galeste M, Patterson K, Harris L, Mills A, Bethell C, Burke Harris N, Office of the California Surgeon General. Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health. Office of the California Surgeon General, 2020. DOI: 10.48019/PEAM8812.

Potential reductions in negative health outcomes



SOURCE: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019. See next slide for full citation.



UP TO

21 MILLION
CASES OF
DEPRESSION



UP TO

1.9 MILLION
CASES OF
HEART DISEASE



UP TO

2.5 MILLION
CASES OF
OVERWEIGHT/OBESITY

Merrick, M. T., Ford, D. C., Ports, K. A., Guinn, A. S., Chen, J., Klevens, J., Metzler M, Jones CM, Simon TR, Daniel VM, & Ottley, P. (2019). Vital signs: Estimated proportion of adult health problems attributable to adverse childhood experiences and implications for prevention—25 States, 2015–2017. *Morbidity and Mortality Weekly Report*, 68(44), 999.

The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Discrimination

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

Poor Housing
Quality &
Affordability

Violence

Role of Public Health in Violence Prevention



ROLE OF CRIMINAL JUSTICE, CHILD WELFARE, SOCIAL SERVICES, HEALTHCARE

CDC's 6 Strategies to Prevent ACEs



Strengthen economic supports for families

- Strengthening household financial security
- Family-friendly work policies



Promote social norms that protect against violence and adversity

- Public education campaigns
- Legislative approaches to reduce corporal punishment
- Bystander approaches
- Men and boys as allies in prevention



Ensure a strong start for children

- Early childhood home visitation
- High-quality child care
- Preschool enrichment with family engagement

Teach skills

- Social-emotional learning
- Safe dating and healthy relationship skill programs
- Parenting skills and family relationship approaches



Connect youth to caring adults and activities

- Mentoring programs
- After-school programs



Lessen harms and prevent future risk

- Enhanced primary care
- Victim-centered services
- Treatment to lessen the harms of ACEs
- Treatment to prevent problem behavior and toxic stress
- Family-centered treatment for substance use disorders



Prevention Happens in Partnership





STRONG ROOTS **GROW** A RESILIENT COMMUNITY



FOR MORE INFORMATION ABOUT RESILIENCE PLEASE VISIT PEACE4TARPON.ORG



Marc.HealthFederation.org

www.HealthFederation.org



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Thank you

