

CDC *Vital*signs™

Adverse Childhood Experiences (ACEs)

Vital Signs – November 2019

- Can preventing childhood trauma improve adult health?
- Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood.
- One in six adults experienced four or more types of ACEs.
- ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.
- At least 5 of the top 10 leading causes of death are associated with ACEs.
- Toxic stress (extreme and repetitive stress) from ACEs can change brain development and affect how the body responds to stress.
- ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.
- Preventing ACEs could reduce the number of adults with depression by as much as 44%.
- What can healthcare providers, employers, and communities do to prevent ACEs?
- Find answers at www.cdc.gov/vitalsigns