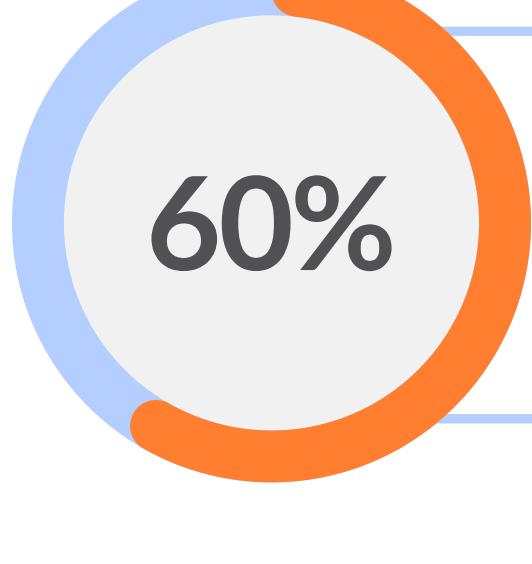


Adverse Childhood Experiences (ACEs)



The number of Hoosier adults that have at least 1 Adverse Childhood experience, which can lead to an increased risk of long-term health and behavioral challenges.

Hoosier Health Heroes: A resource for Hoosier adults to learn about Adverse Childhood Experiences (ACEs) and how they can prevent and treat the health problems they cause.

ACEs can have a lifelong impact on health, but are preventable and their health risks are treatable.

Have you experienced any of the types of ACEs?

The three types of ACEs include

ABUSE



Physical

Emotional

Sexual

NEGLECT



Physical

Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative

Mother treated violently

Substance Abuse

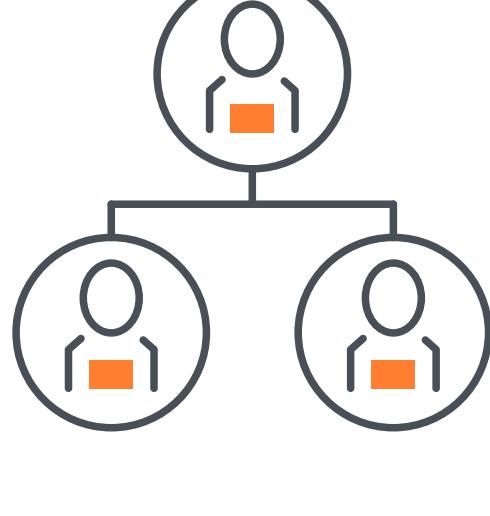
Divorce

Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation

Ask your doctor about Adverse Childhood Experiences and visit the links below

ACEs: Impacting Generations



ACEs impact our community and spread through generations, starting in children and into adulthood

ACEs can have a lifelong impact on health, but are preventable and their health risks are treatable.

Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity Smoking Alcoholism Drug use Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity Diabetes Depression Suicide attempts STDs



Heart disease Cancer Stroke COPD Broken bones

Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation

*Ask your doctor about Adverse Childhood
Experiences and visit the links below*