

IMPACT OF CHILDHOOD TRAUMA



The CDC and Kaiser Permanente surveyed 17,000 of the health plan's members to ask whether they'd had adverse childhood experiences defined as:

ABUSE

Psychological
Physical
Sexual

NEGLECT

Emotional
Physical

HOUSEHOLD CHALLENGES

Family member experiencing:
Domestic abuse
Mental illness
Imprisonment

The landmark study found those with adverse childhood experiences were at higher risk for:



HEART, LUNG, AND LIVER DISEASE



OBESITY



DIABETES



DEPRESSION



SUBSTANCE ABUSE

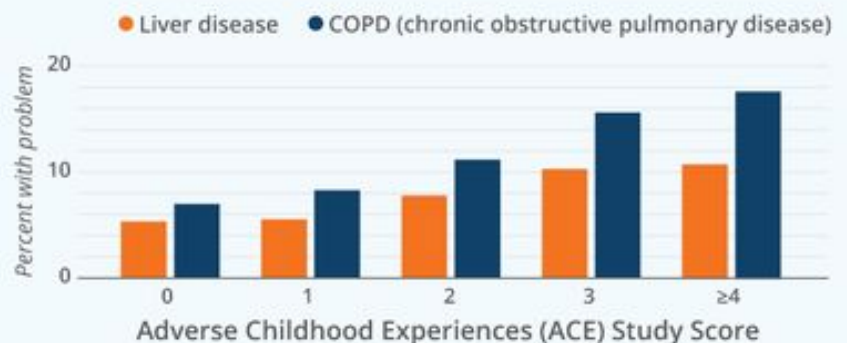
THE STUDY ALSO FOUND

NEARLY TWO THIRDS

of those surveyed experienced at least one event.



The higher the score on ACE survey, the more likely people were to be in poor health:



Sources: CDC ACE Study page <https://www.cdc.gov/violenceprevention/acestudy/> and V. J. Felitti and R. F. Anda, "The Relationship of Adverse Childhood Experiences to Adult Health, Well Being, Social Function, and Health Care," from *The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic* (Cambridge, England: Cambridge University Press, September 2010).