

Understanding the Health Effects of Adverse Childhood Experiences

Take the Adverse Childhood Experiences (ACE) Survey

Prior to your eighteenth birthday (1 point for “yes”):

1. Did a parent or another adult in the household *often or very often*... swear at you, insult you, put you down, or humiliate you? *Or* act in a way that made you afraid that you might be physically hurt?
 Yes or No
2. Did a parent or another adult in the household *often or very often*...push, grab, slap, or throw something at you? *Or* ever hit you so hard that you had marks or were injured?
 Yes or No
3. Did an adult or person at least five years older than you *ever*...touch or fondle you or have you touch their body in a sexual way? *Or* attempt to touch you or touch you inappropriately or sexually abuse you?
 Yes or No
4. Did you *often or very often* feel that...no one in your family loved you or thought you were important or special? *Or* feel that your family members didn't look out for one another, feel close to one another, or support one another?
 Yes or No
5. Did you *often or very often* feel that...you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? *Or* that your parents were too drunk or high to take care of you or take you to the doctor if you need it?
 Yes or No
6. Was a biological parent *ever* lost to you through divorce, abandonment, or another reason?
 Yes or No
7. Was your mother or stepmother *often or very often* pushed, grabbed, slapped, or have something thrown at her? *Or* was she *sometimes, often, or very often* kicked, bitten, hit with a fist, or hit with something hard? *Or* ever repeatedly hit over the course of at least a few minutes or threatened with a gun or knife?
 Yes or No
8. Did you live with anyone who was a problem drinker or alcoholic, or who abused street drugs?
 Yes or No
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
 Yes or No
10. Did a household member go to prison?
 Yes or No

Your ACE Score is _____.

What the ACE score means:

An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the Adverse Childhood Experiences study, the more trauma and stress that you experienced in your childhood, the higher your score is likely to be and the higher your risk for health problems later on in your life will be.

ACE Resources: Centers for Disease Control: https://www.cdc.gov/violenceprevention/acestudy/about_ace.html

NPR: “Take the ACE Quiz”: <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

References

Centers for Disease Control. (2016). Adverse childhood experiences. Retrieved from <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Criminal Justice Commission. (2017). Recidivism. Retrieved from <http://www.oregon.gov/cjc/SAC/Pages/Recidivism.aspx>

Oregon Department of Corrections. (n.d.). How to explain jails and prisons to children. Retrieved from http://www.oregon.gov/doc/OC/docs/oam/explaining_prison_booklet.pdf

Adverse Childhood Experiences & Trauma Resources:

1. CASA-Court Appointed Special Advocates for Children
<http://www.casaforchildren.org/site/c.mtJSJ7MPIsE/b.5301295/k.BE9A/Home.htm>
2. Centers for Disease Control: Intimate Partner Violence:
<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/>
3. Naomi Burke Harris: How Childhood Trauma Affects Health Across a Lifetime
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime
4. Trauma Informed Oregon: Resources <https://traumainformedoregon.org/resources/>
5. U.S. Department of Veteran Affairs: Post-Traumatic Stress Symptoms and Older Adults
https://www.ptsd.va.gov/professional/treatment/older/assessment_tx_older_adults.asp



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