

Adverse Childhood Experiences (ACEs) in Kentucky

Quick Facts About Adverse Childhood Experiences (ACEs):



ACEs are **common**. **1 in 5** Kentucky children have already experienced at least two ACEs.¹



ACEs have **lifelong effects** on health and overall success and well-being.



There are **steps we can take** to reduce the impact of ACEs so that Kentuckians grow up healthy and hopeful.

Examples of ACEs

- Physical abuse/neglect
- Emotional abuse/neglect
- Sexual abuse
- Mental illness in the home
- Domestic violence
- Parental incarceration
- Divorce or parental separation
- Substance abuse

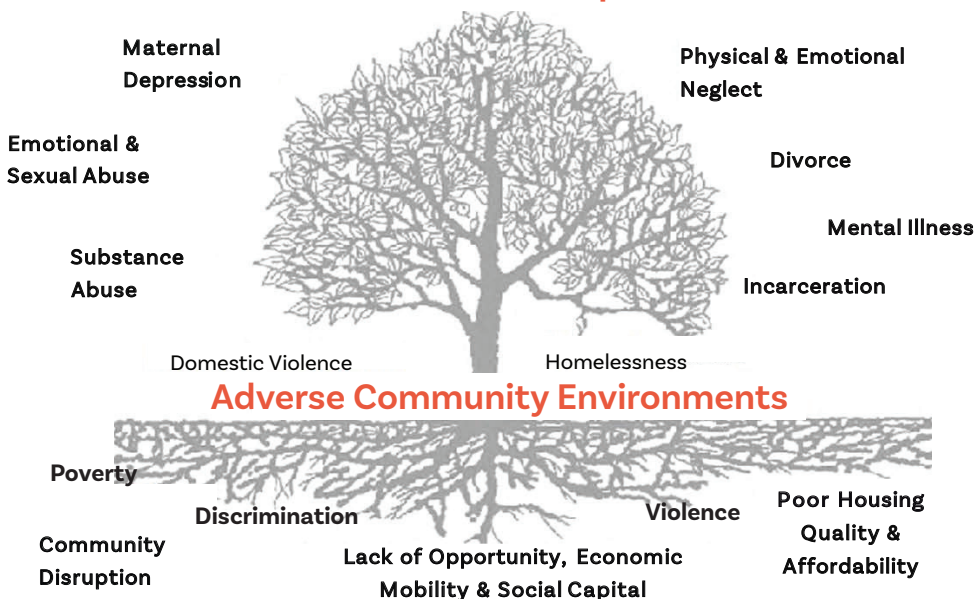
ACEs by the Numbers

- ➔ **64%** of adults have at least one ACE.
- ➔ **Increased number of ACEs** leads to greater risk for chronic disease, mental illness, violence and being a victim of violence.
- ➔ Adults with the highest level of ACEs had a life expectancy **20 years less** than those without high levels of ACEs.²

The Pair of Aces

We must address Adverse Community Environments in order to address Adverse Childhood Experiences. Environments that include poverty, discrimination, and other challenges create a negative cycle of ever worsening "soil" for a child's "tree" of experiences.

Adverse Childhood Experiences



1. National Survey of Children's Health, 2019-2020.
 2. ACEs Too High (2020). ACEs science 101. Retrieved from ACEs Too High: <https://acestoohigh.com/aces-101>.