

Adverse Childhood Experiences

Linn, Benton and Lincoln Counties



Adverse Childhood Experiences (ACEs) is a term used to describe all types of neglect, abuse, violence or distressed family environments that children under the age of 18 may experience.

ACEs Include:

Abuse



Physical



Sexual



Emotional

Neglect



Physical



Emotional

Household Dysfunction



Mental Illness



Incarcerated Relative



Divorce

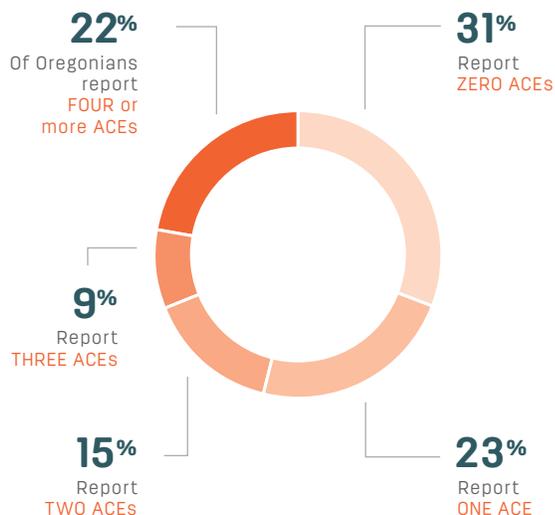


Substance Abuse



Mother Treated Violently

How Common Are ACEs in Oregon?



How Do ACEs Affect Our Lives?

Our childhood experiences have a lifelong impact on our health and quality of our lives. The ACE study showed links between adverse childhood experiences and future risky behavior, mental health challenges, and illness:



Behavior

Lack of physical activity, smoking, alcoholism, drug use, missed work



Mental

Depression, thoughts of suicide, suicide attempts



Physical

Heart disease, cancer, stroke, chronic obstructive pulmonary disease (COPD), broken bones, sexually transmitted infections, diabetes



Meaningful social interactions, adequate sleep, basic food security and exercise **impact both mental health conditions and physical health conditions.** *

In 2018, ACE data was collected in the Oregon Student Wellness Survey. In the Linn, Benton, and Lincoln region more than **40%** of youth report living with a household member who experienced depression or mental illness and about **one-third** report having ever lived with someone who has a problem with alcohol.

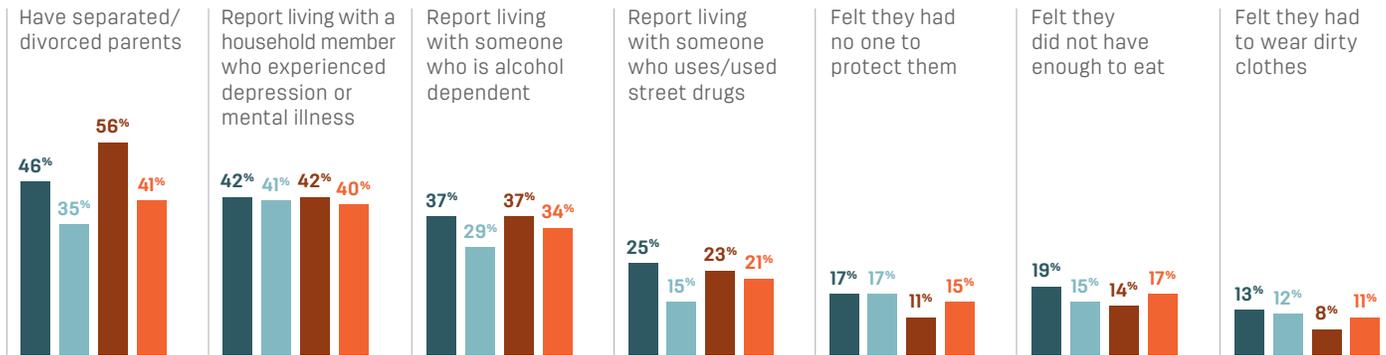


People who have less stress around where they live, what they eat and the health of the environment that they are in day to day are **generally going to be doing better or thriving.** *

Prevalence of ACEs Amongst 11th Graders

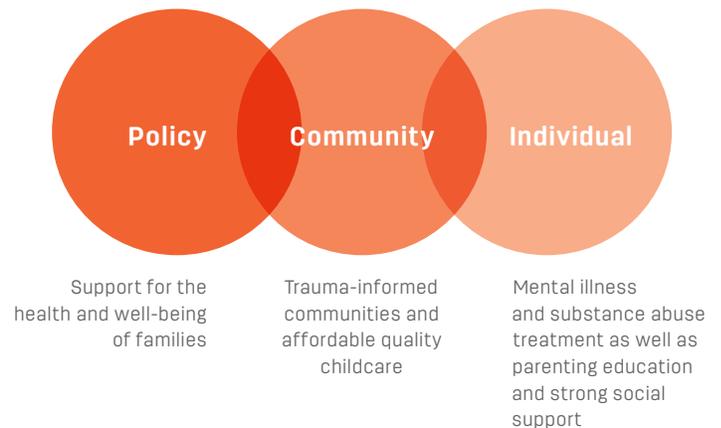
● Linn ● Benton ● Lincoln ● Oregon

Percent of youth who:



What Can Be Done About ACEs?

Safe, stable and nurturing relationships and environments are essential for the health and well-being of children and families. Healthy relationships serve as protective factors for children and help them learn, grow, make healthy decisions and thrive. These strategies can prevent adverse childhood experiences, limit their impacts and promote resilience.



More information about mental health promotion & prevention:



541.967.3819



541.766.6247



Public Health
Prevent. Promote. Protect.

Lincoln County

541.265.0463

In partnership with InterCommunity Health Network CCO

Additional Resources:

Trauma Informed Oregon
traumainformedoregon.org

The ACE Study
cdc.gov/violenceprevention/acestudy

Be the One to Change a Child's Story
onecaringperson.com

Sources

CDC (2014). Division of Violence Prevention: ACE Study • CDC (2011, 2013). Behavioral Risk Factor Surveillance Survey, Oregon • Felitti, et. al. (1998). The relationship of adult health status to childhood abuse and household dysfunction • American Journal of Preventive Medicine, 14 (4), 245-258 • OHA (2014). Oregon Student Wellness Survey (2018), Benton, Lincoln and Linn counties • RWJF (2015). Adverse Childhood Experiences: Early life events that can damage our adult health • Regional Key Informant Interview Results *