

# *Adverse Childhood Experiences Study: Social Determinants of Health*

*Denyse Olson-Dorff, PsyD  
Department of Behavioral Health  
Gundersen Health System  
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# ACES

**The largest study of its kind ever done to examine the health and social effects of adverse childhood experiences over the course of a lifetime.**



# ACES

## **ACE study cohort:**

**Middle class Americans**

**≥ 17,000 adults**

**High quality health insurance**

**80% Caucasian & Hispanic, 10% Black,  
10% Asian**

**Mean age = 57**

**Half men, half women**

**Cannot be dismissed as “*not in my community*”.**

# ACES

**ACES defined: Physical, sexual and emotional maltreatment, and growing up with**

- Intimate partner violence against the mother**
- Household substance abuse, mental illness or suicidality**
- Parental separation or divorce**
- Household member in prison**

# ACES

**ACE score:**

**Number of categories of adverse experiences that occurred to the person as a child.**



# ACES

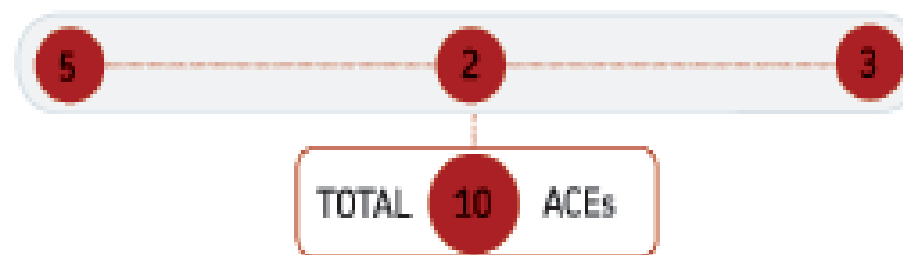
**Method: To follow the cohort forward to match the ACE score prospectively against doctor office visits, emergency room visits, hospitalization, pharmacy costs and death**

## Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction	
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect	
Emotional	15%
Physical	10%

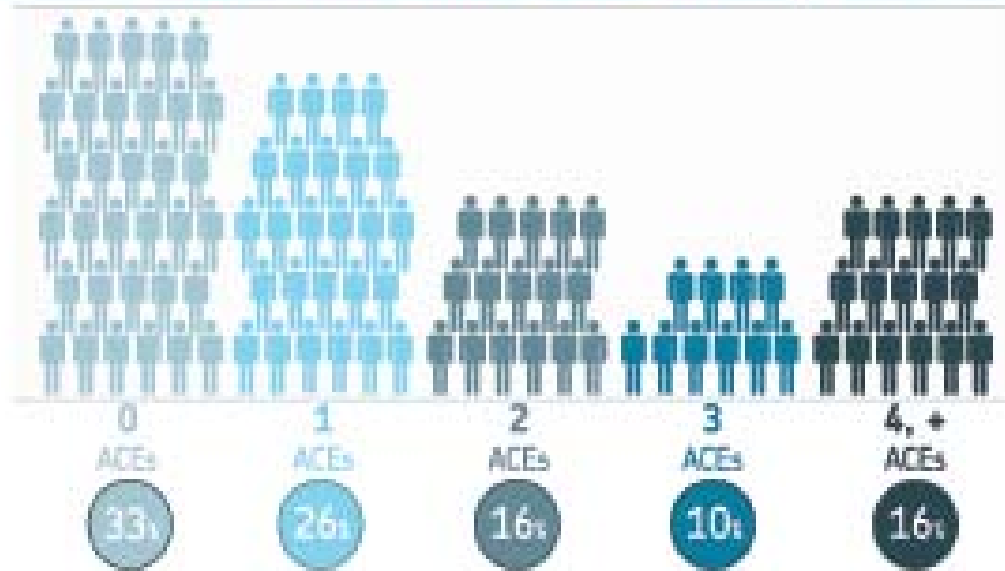
Abuse	
Emotional	11%
Physical	28%
Sexual	21%



ACE Inequality © 2014

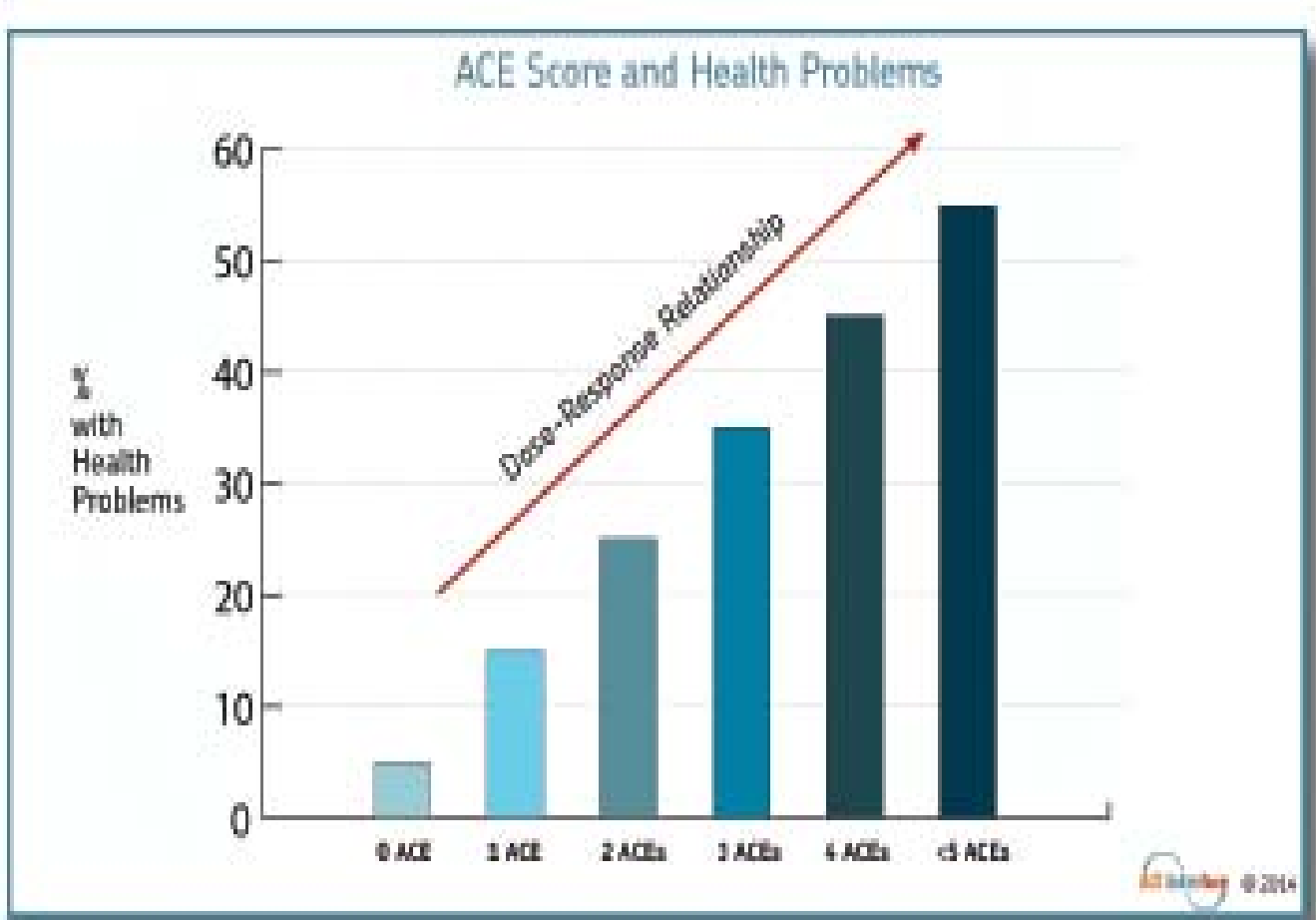
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## ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course





**With an ACE score of 4 or more, the majority of adults have multiple risk factors for the 10 most common diseases responsible for death in the United States, or they have the disease itself.**

**With an ACE score of 0, the majority of adults have few, if any, risk factors for these diseases.**

# ACE and Life Expectancy

**“...individuals with an ACE score >6 had a lifespan almost two decades shorter than seen in those with an ACE score of 0 but otherwise similar characteristics...”**

**Felitti, 2010**

**The ACE data changes how we think about medical care and how to improve the physical and mental health of populations.**



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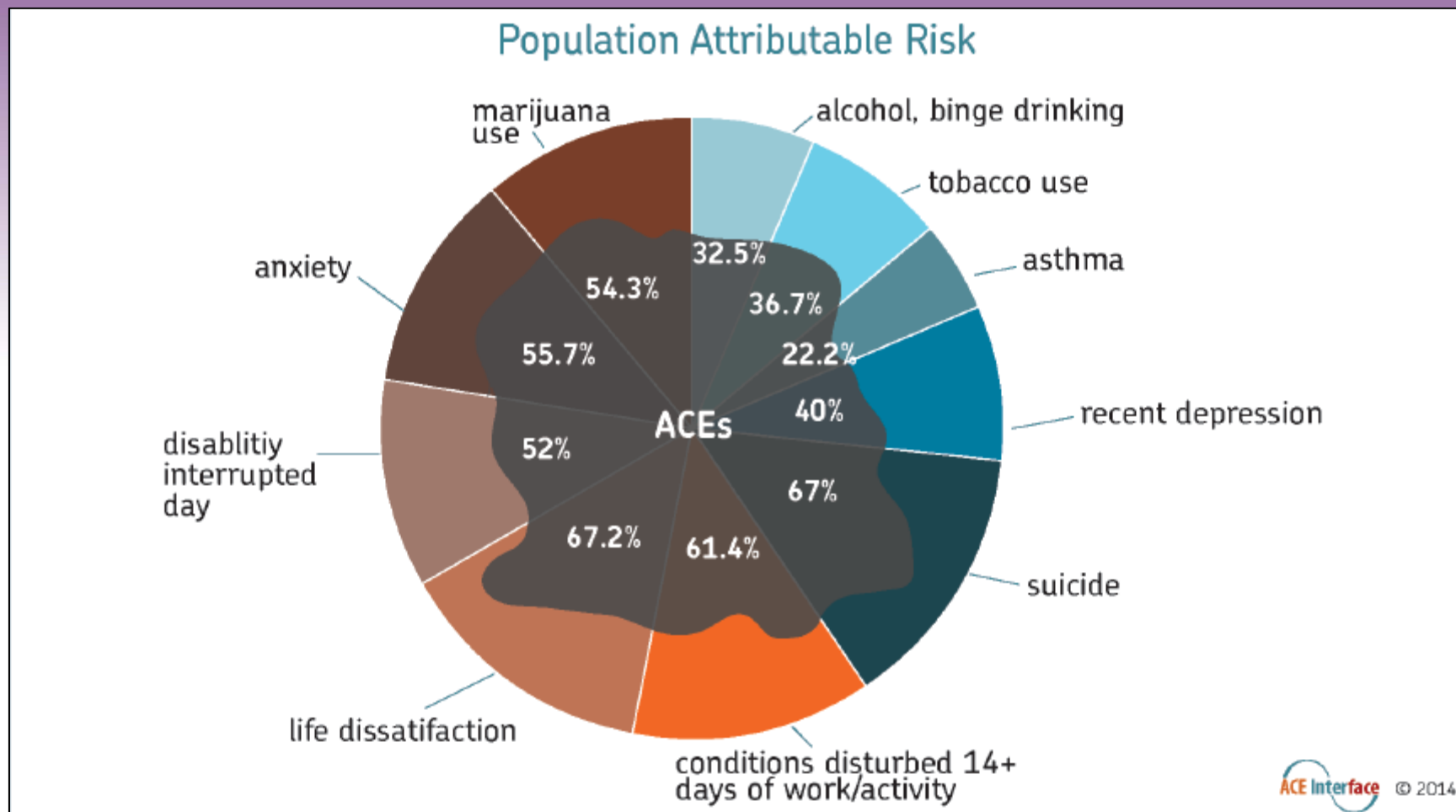


# ACES

## HOW DOES THIS HAPPEN?

**Childhood abuse and emotional trauma have profound and enduring effects on neuro-regulatory systems which mediate medical illness, behavior and learning from childhood into adult life.**

# Percentage of Problems Caused by ACES



Everyone in the community  
can prevent the accumulation  
of ACES and build resilience



# HOW?

ACE INTERFACE, 2014



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# Developing the Community Response

- **Expand Leadership**
- **Come Together**
- **Learn Together**
- **Use Data & Results to make decisions**

ACE INTERFACE, 2014

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- **Where will you lead us?**
- **How will we come together?**
- **What will our mutual learning bring about?**

ACE INTERFACE, 2014

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Thank you for your interest in learning more about  
Adverse Childhood Experiences Study



Let's Build and Grow Together!

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