Adverse Childhood Experiences Study: Social Determinants of Health

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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 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%

TOTAL 10 ACEs
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.
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

Population Attributable Risk

- marijuana use: 32.5%
- alcohol, binge drinking: 36.7%
- tobacco use: 22.2%
- asthma: 40%
- recent depression: 67%
- suicide: 61.4%
- conditions disturbed 14+ days of work/activity: 67.2%
- life dissatisfaction: 52%
- disability interrupted day: 55.7%
- anxiety: 54.3%
Everyone in the community can prevent the accumulation of ACES and build resilience

**HOW?**

ACE INTERFACE, 2014

Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd.
Developing the Community Response

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

ACE INTERFACE, 2014
• Where will you lead us?

• How will we come together?

• What will our mutual learning bring about?
Thank you for your interest in learning more about Adverse Childhood Experiences Study

Let’s Build and Grow Together!