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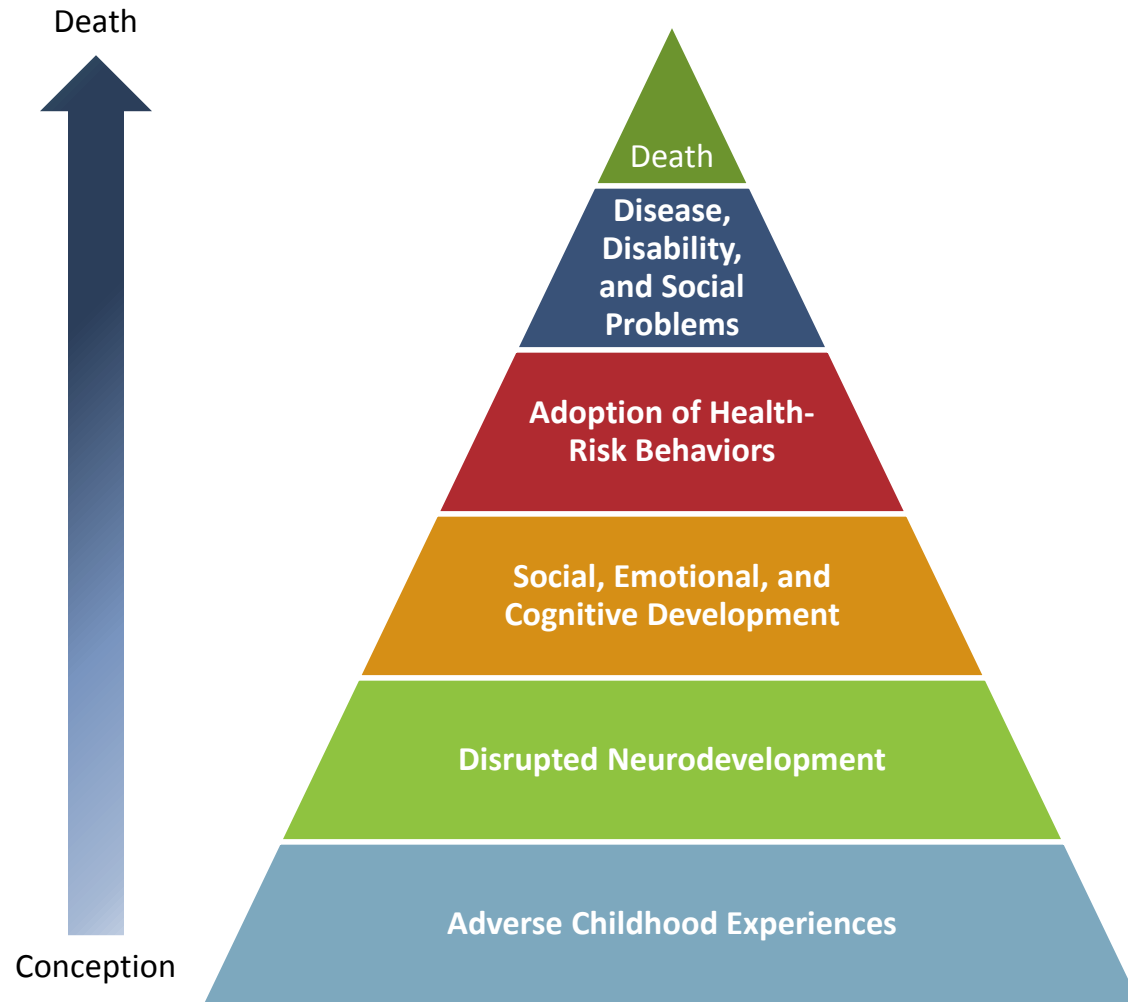
Adverse Childhood Experiences in Iowa: A New Way of Understanding Lifelong Health

Findings from the 2012 Behavioral Risk Factor Surveillance System

Commissioned by the
Central Iowa ACEs Steering Committee

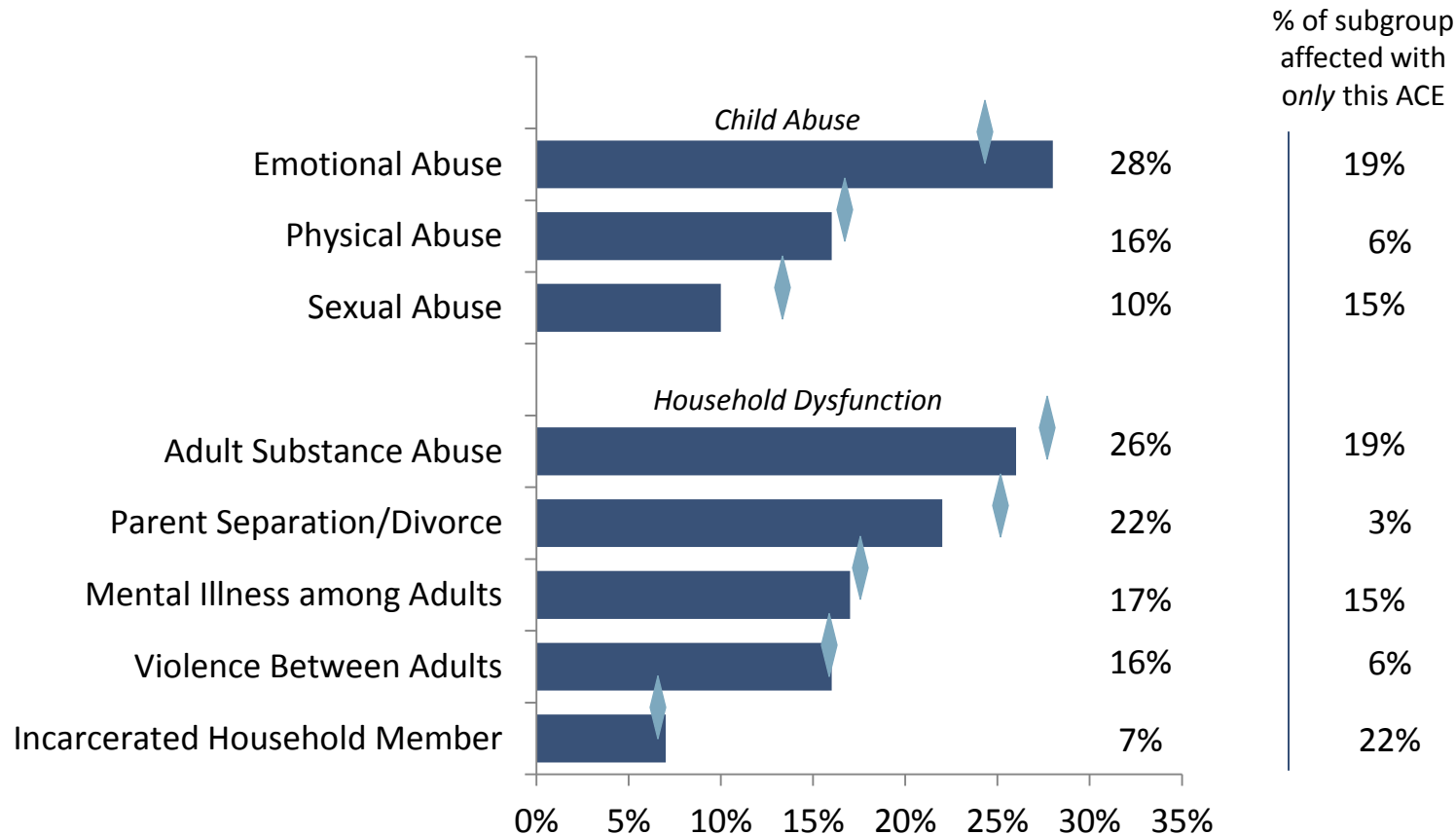


ACE Impacts on Lifelong Health



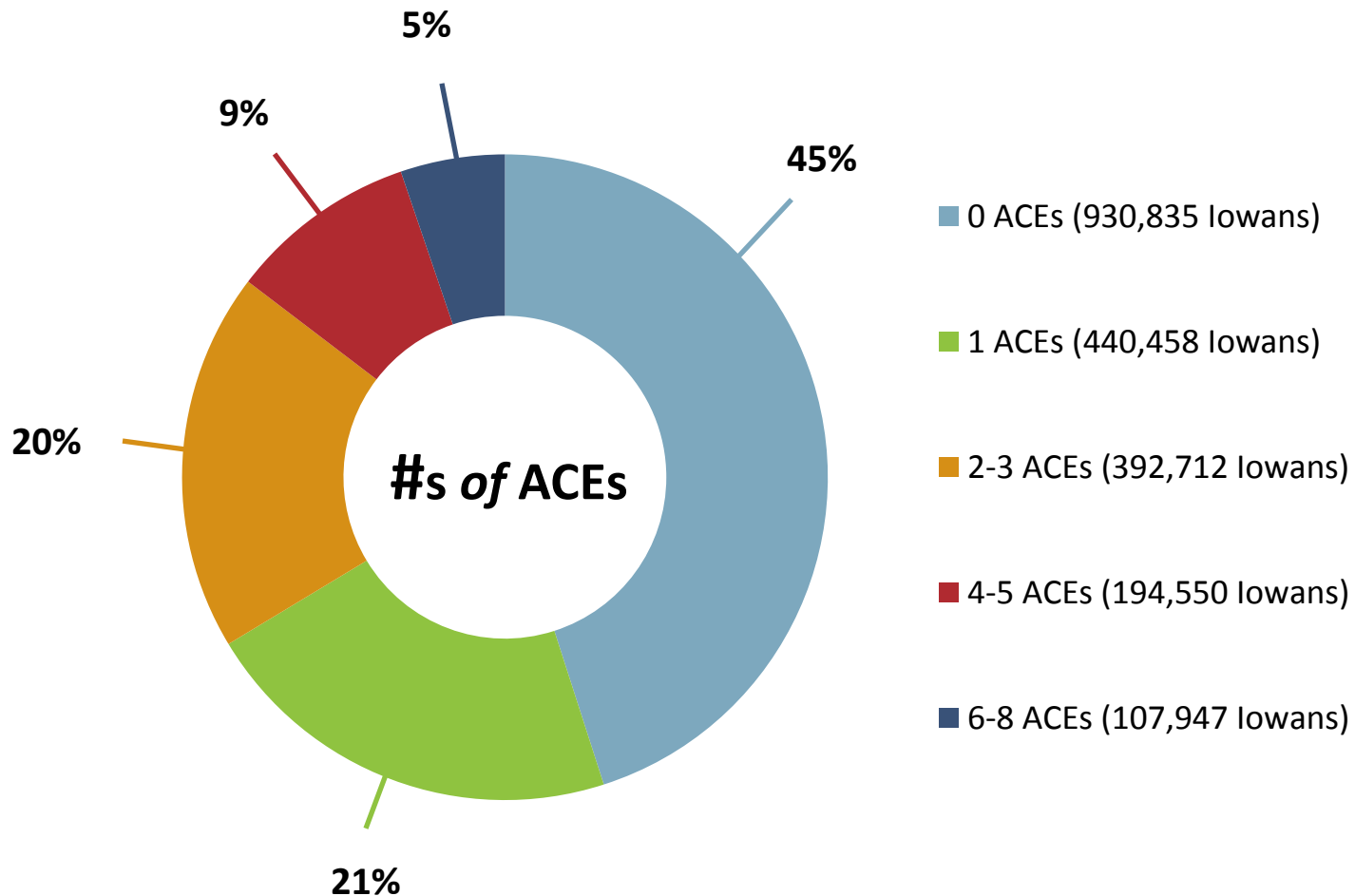
"Not every adult with a history of adverse experiences will have poor health outcomes, but many will experience some problems, and some

Prevalence of Individual ACEs in Iowa

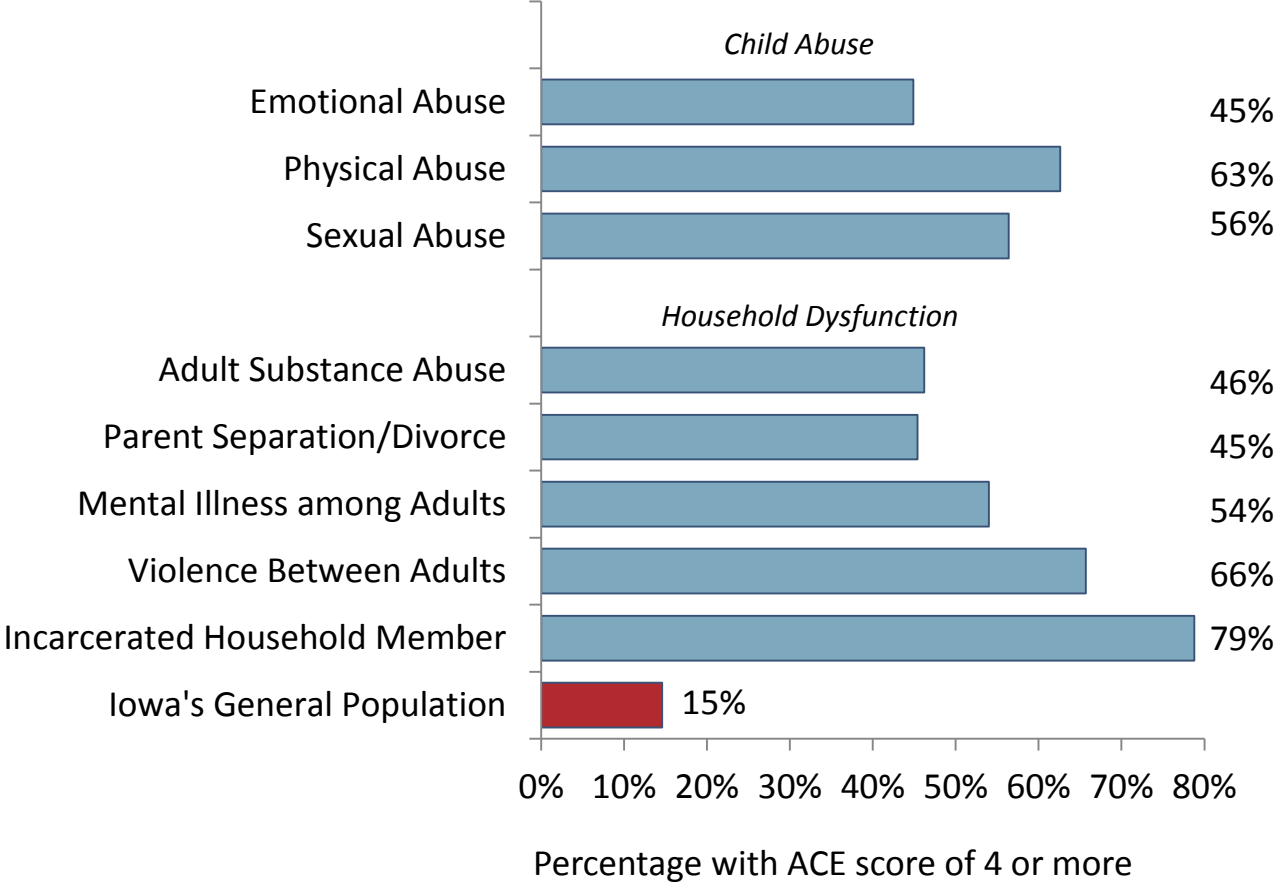


◆ Average score across seven comparison states:
 (Arkansas, California, Louisiana, New Mexico, Tennessee, Washington & Wisconsin)

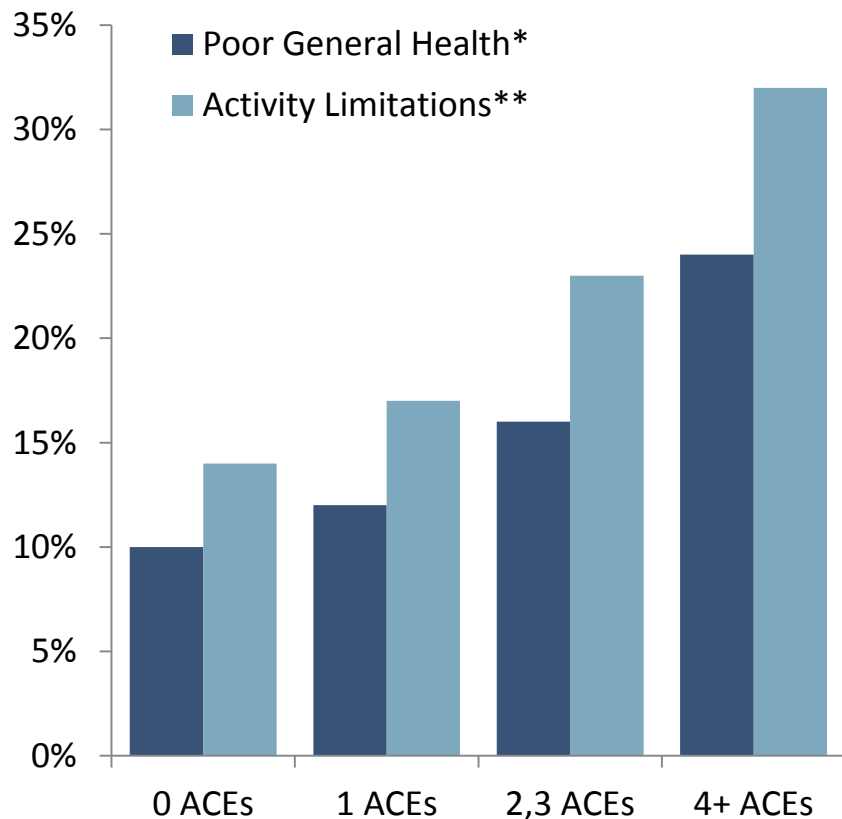
Iowa Population Estimates of ACEs Co-Occurrence



Co-Occurrence of High ACE Scores among Those Who Experienced Specific ACEs

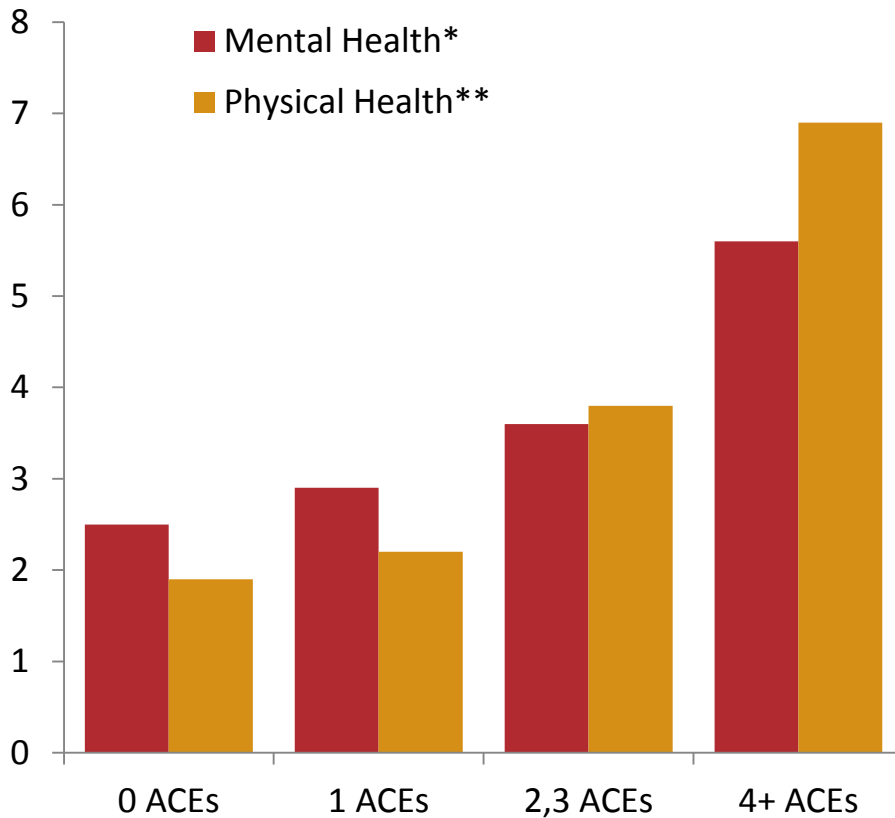


ACEs and Poor Overall Health



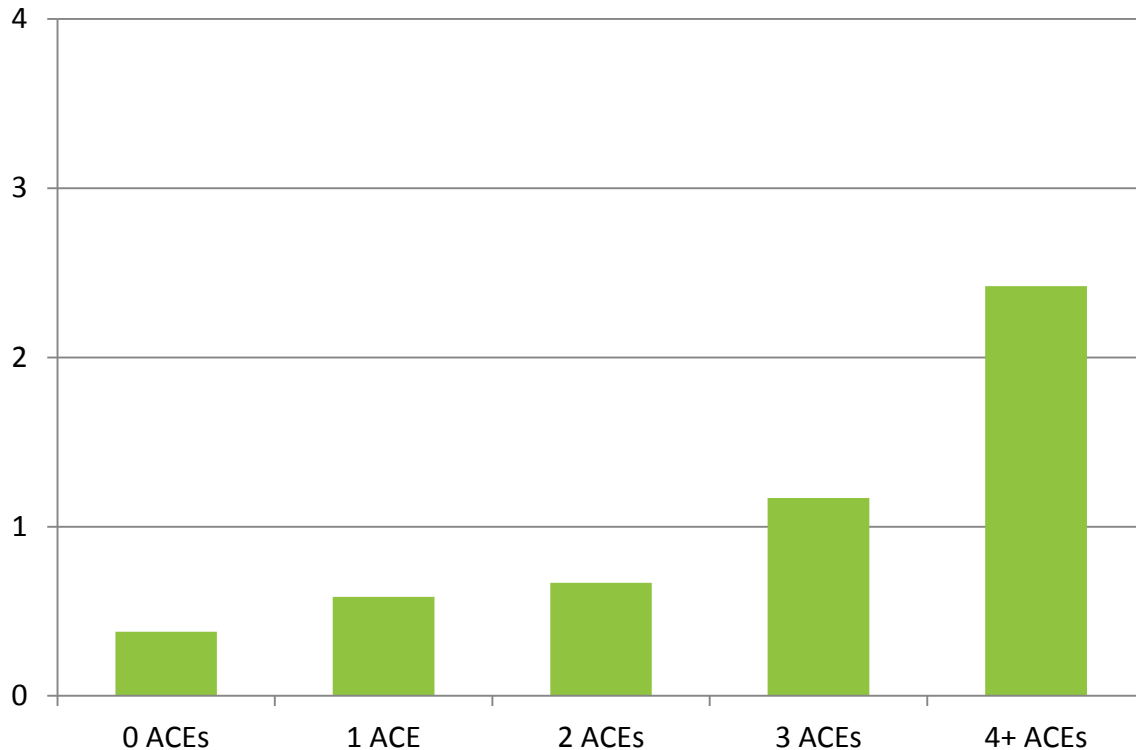
More than *twice as many adults* rated their health poorly (23%) when they had four or more ACEs compared to those adults with zero ACEs who rated their health poorly (10%).

ACE-Related Number of Bad Health Days in Last Month



Adults with four or more ACEs reported an average of one week each month of having bad health days, whereas adults with zero ACEs reported having 1-3 bad health days per month.

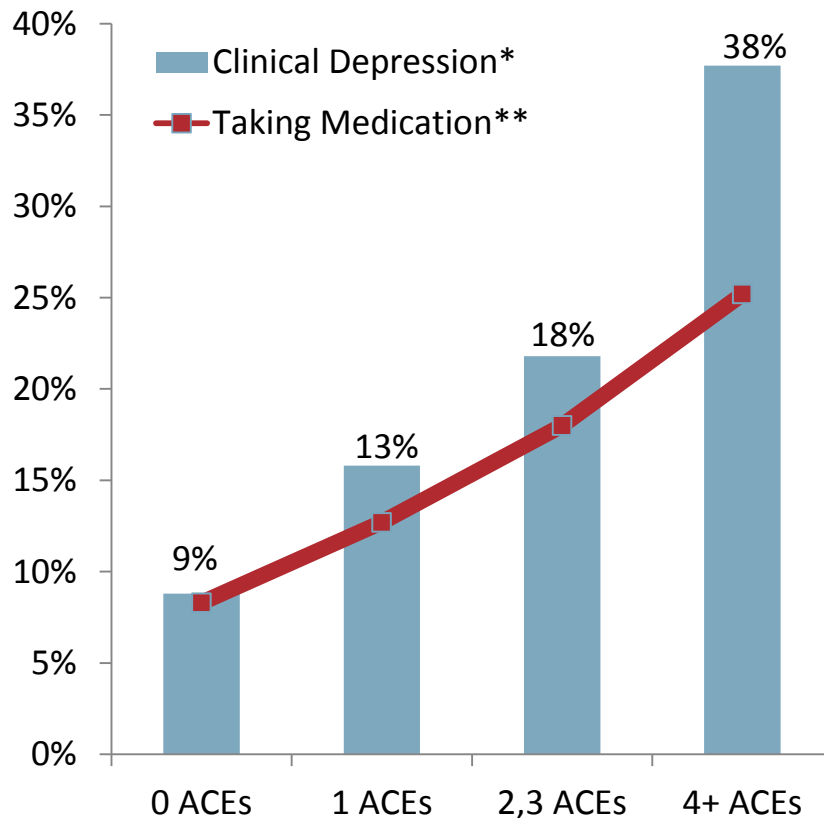
Dysfunction because of Poor Mental Health



ACEs also lead to workplace issues. Adults with higher ACE scores reported more days where a mental health condition or emotional problem kept them from doing their work or other usual activities.

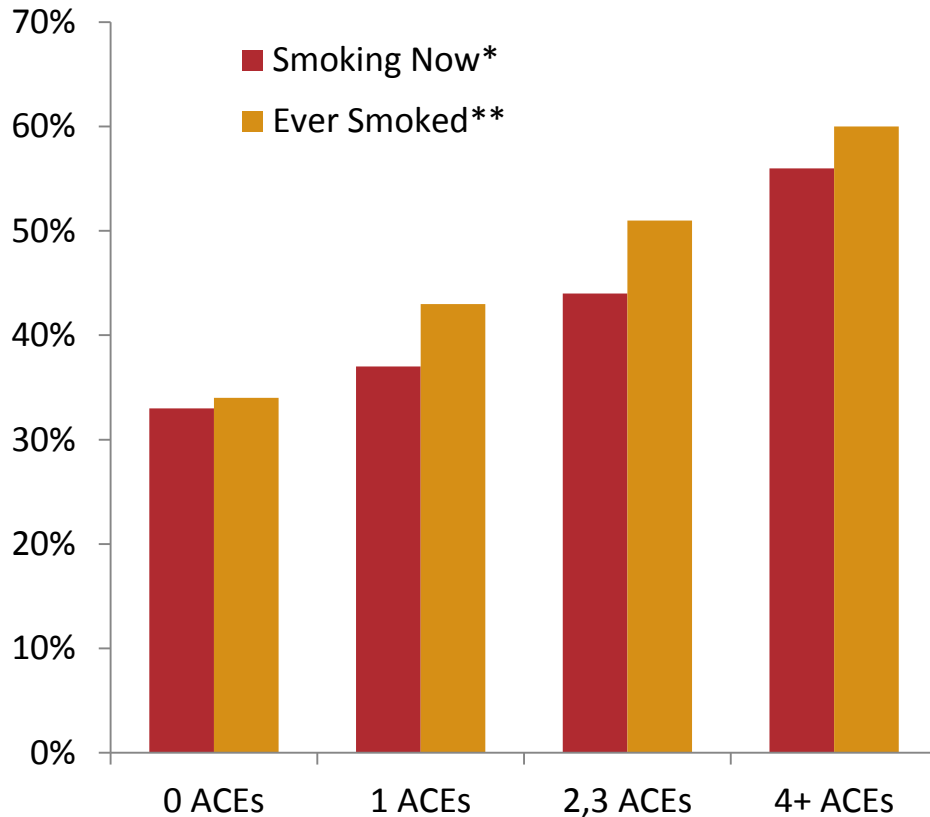
Average number of days in past 30 of dysfunction due to poor mental health that kept them from doing their work or usual activities.

ACEs and Depression



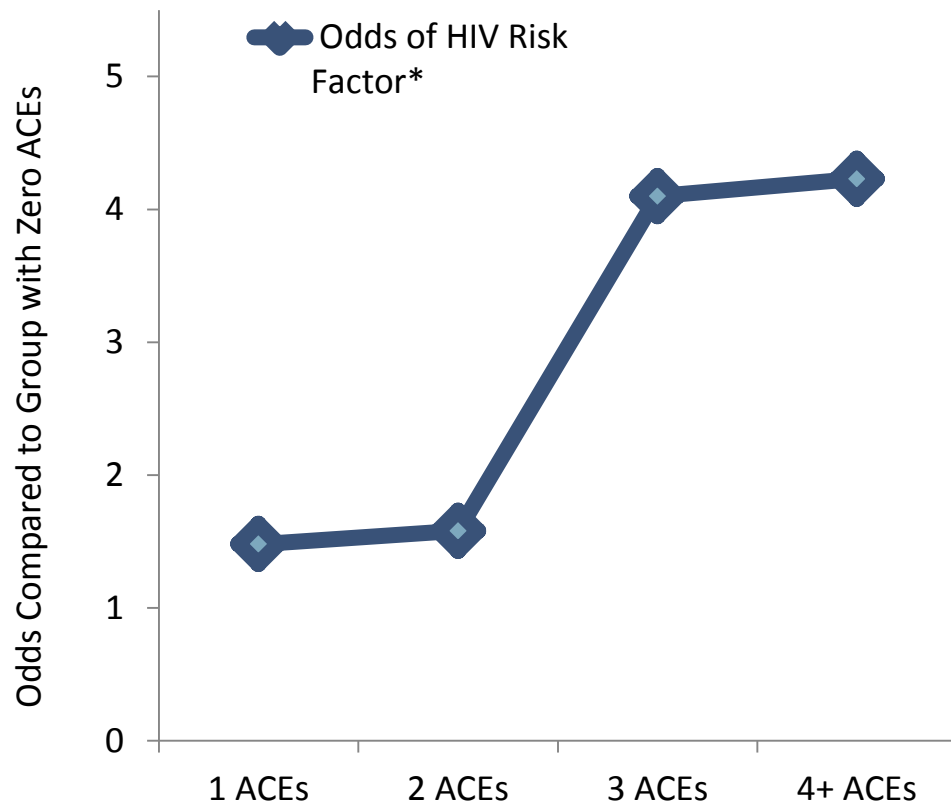
More than 33% of adults reporting four or more ACEs had received a diagnosis of clinical depression but were not currently taking any form of medication.

ACEs and Smoking



Adults with higher ACEs are almost twice as likely to smoke cigarettes than those with zero ACEs.

ACE-Related Odds of Certain High Risk Behaviors: Any Intravenous Drugs Use, STDs, Prostitution, or Risky Sex.



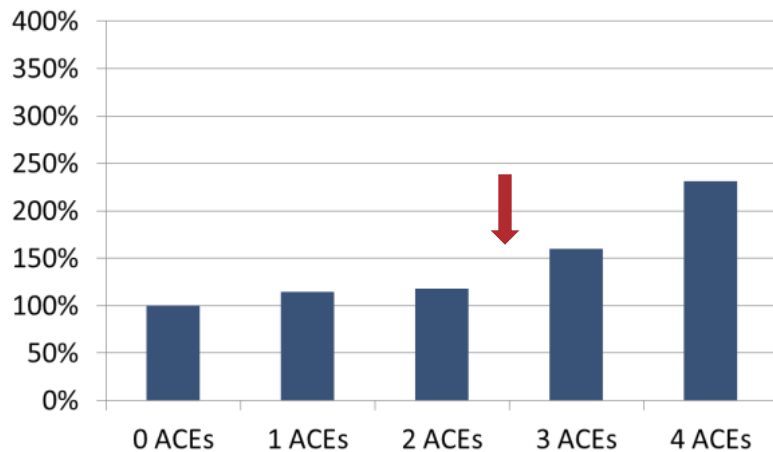
The odds of having an HIV high risk factor quadrupled for lowa adults having three or more ACEs.

ACE-Related Odds of Having a Serious Physical Health Condition

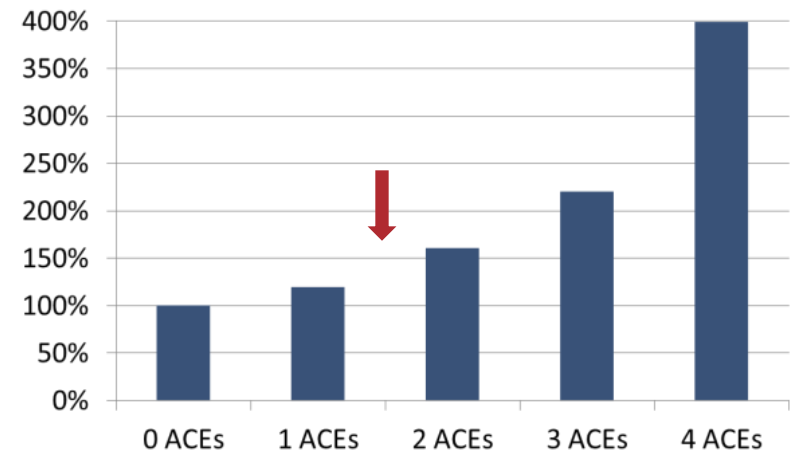
Health Condition	0 ACEs	1 ACEs	2 ACEs	3 ACEs	4+ ACEs
Arthritis	100%	130%	145%	155%	236%
Asthma	100%	115%	118%	160%	231%
Cancer	100%	112%	101%	111%	157%
COPD	100%	120%	161%	220%	399%
Diabetes	100%	128%	132%	115%	201%
Heart Attack	100%	148%	144%	287%	232%
Heart Disease	100%	123%	149%	250%	285%
Kidney Disease	100%	-17%	164%	179%	263%
Stroke	100%	114%	117%	180%	281%
Vision	100%	167%	181%	199%	354%

ACE-Related Physical Health Conditions: Comparisons for Lung-Related Diseases

Asthma

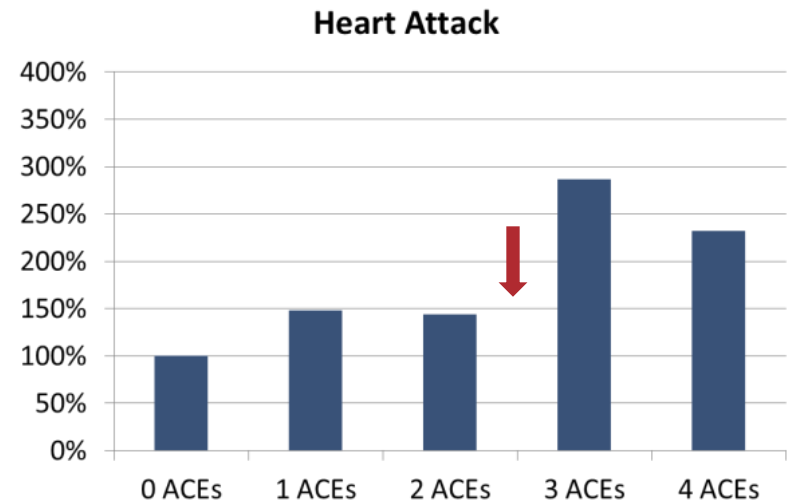
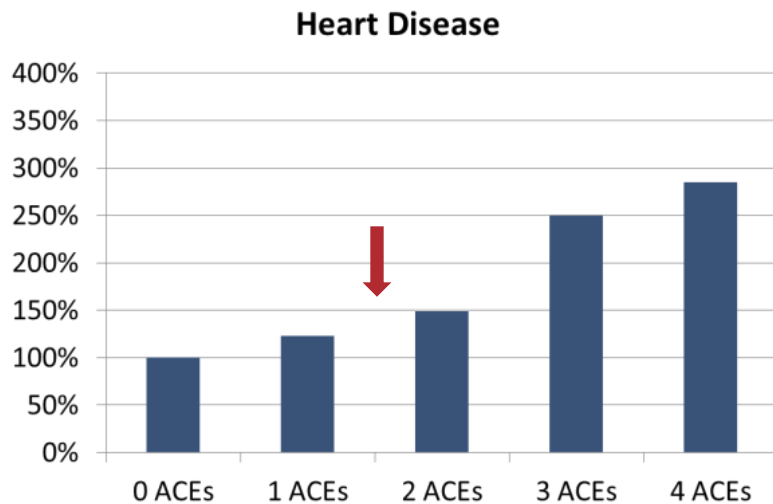


COPD



↓ Significance Threshold

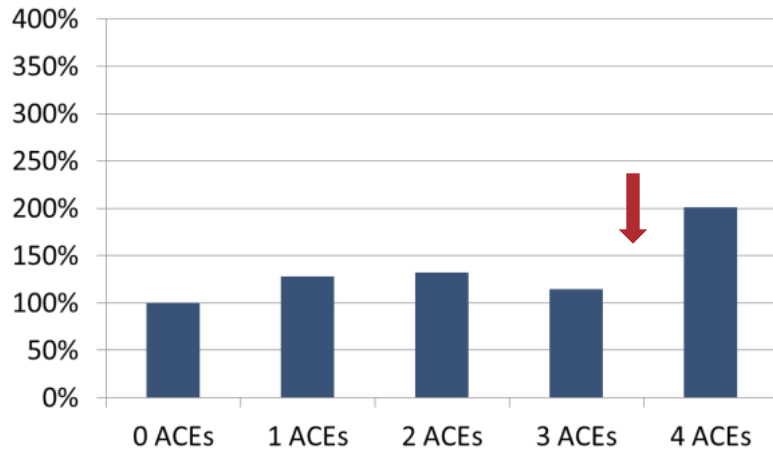
ACE-Related Physical Health Conditions: Heart Conditions



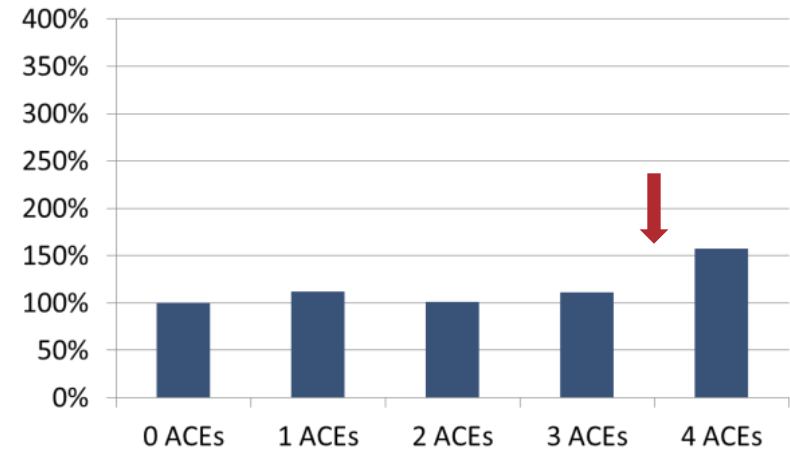
↓ Significance Threshold

ACE-Related Physical Health Conditions With High Thresholds

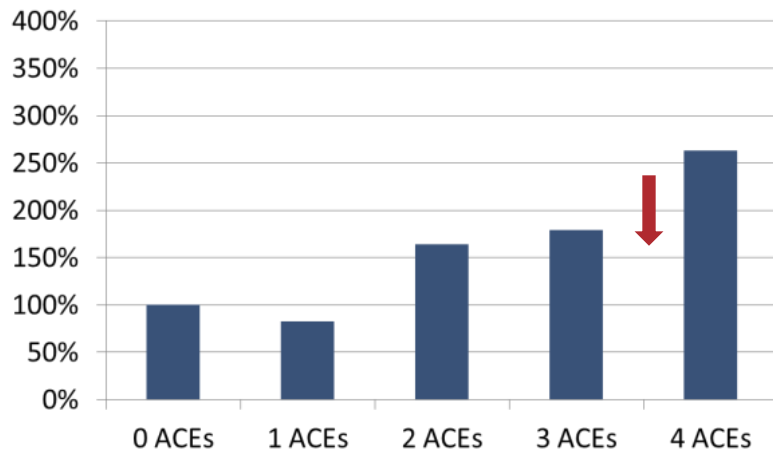
Diabetes



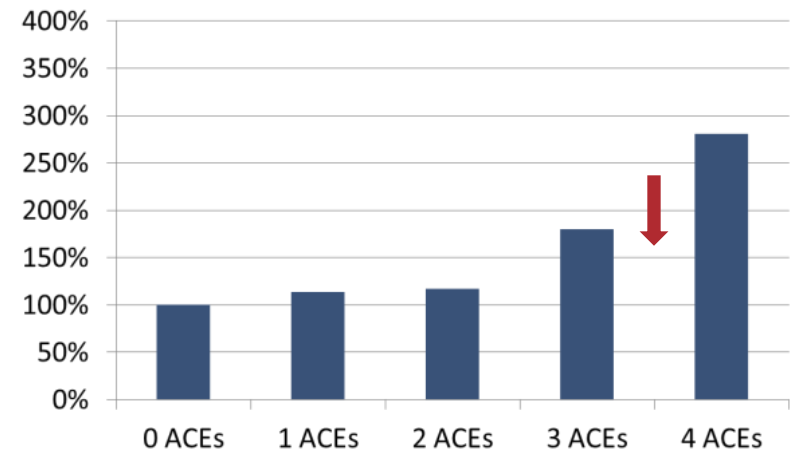
Cancer



Kidney Disease

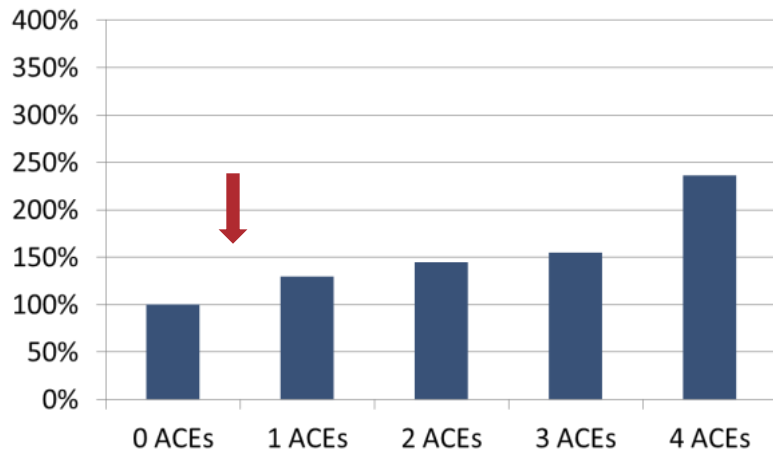


Stroke

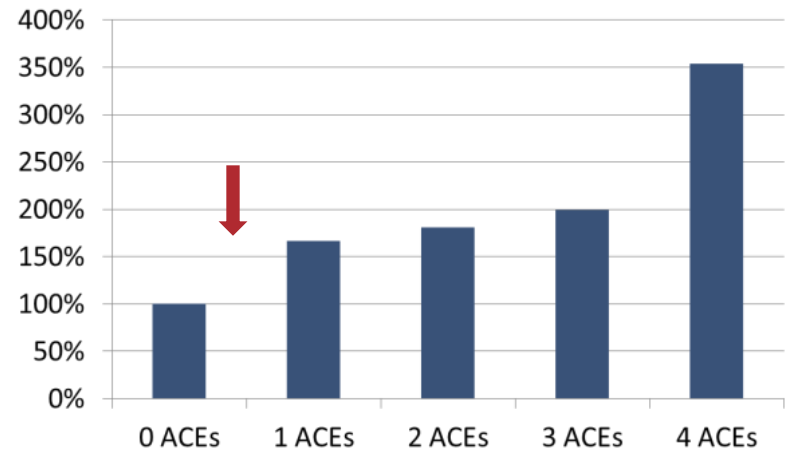


ACE-Related Physical Health Conditions With Low Thresholds

Arthritis

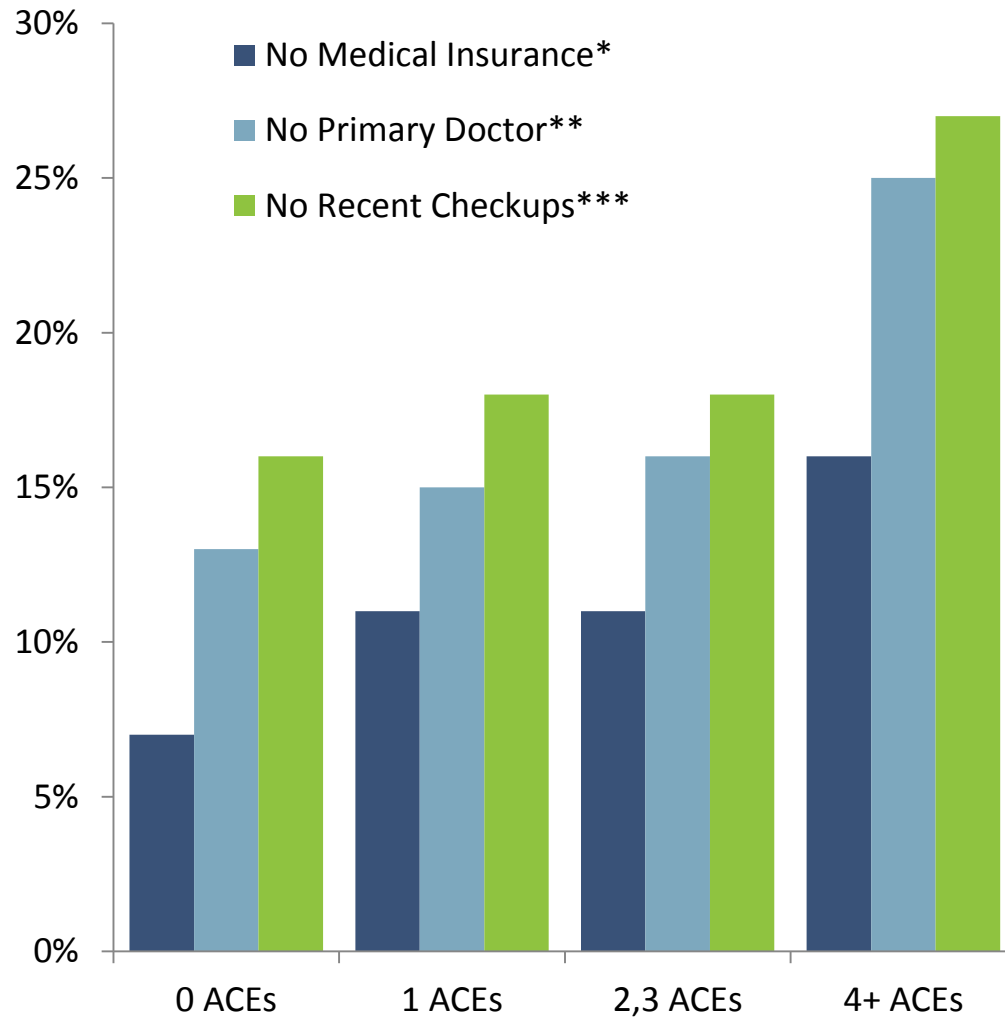


Vision

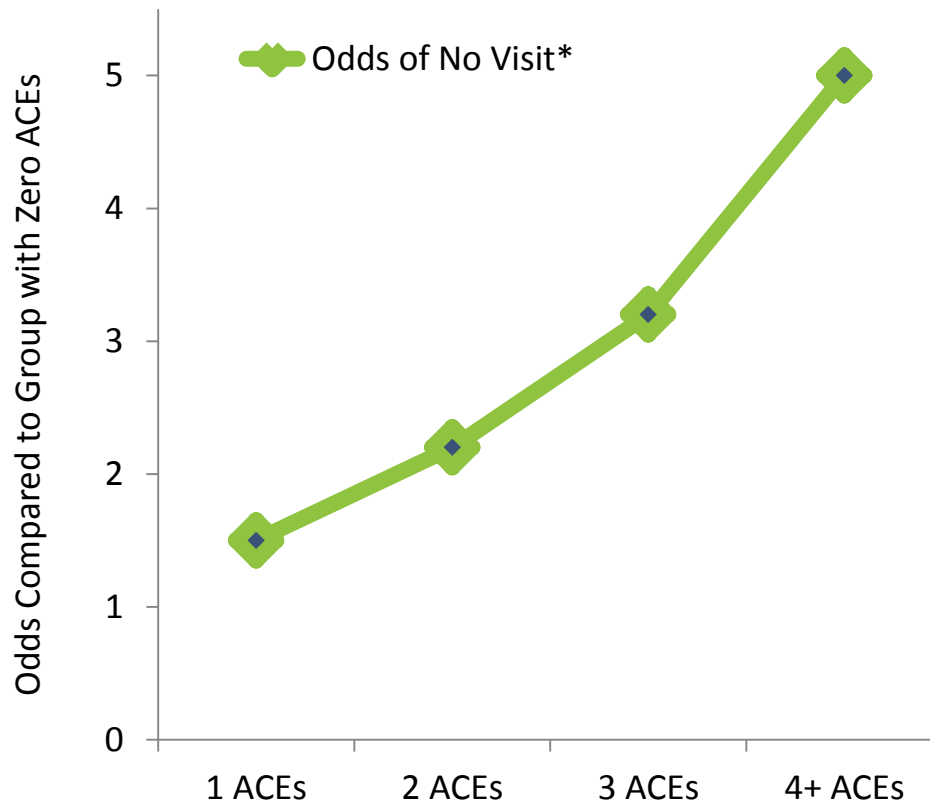


↓ Significance Threshold

ACE-Related Limitations in Health Care Access

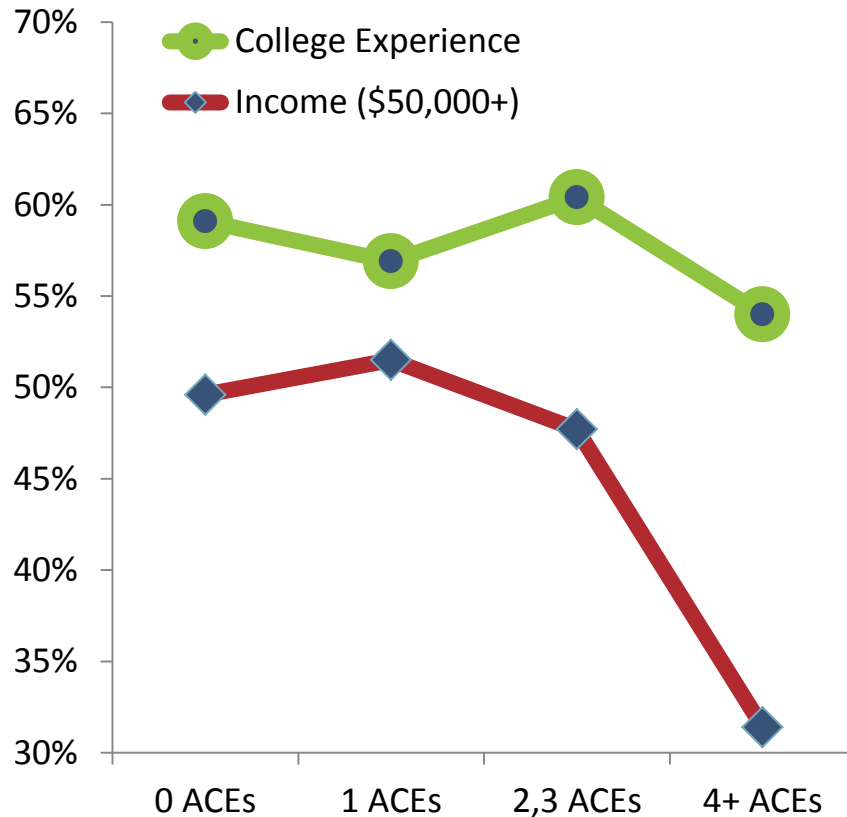


ACE-Related Odds of Skipping a Doctor Visit Because of Financial Concerns in Past Year



Adults with four or more ACEs were five times more likely to skip a needed trip to the doctor.

ACEs and Socioeconomic Status: Percent with Any College Experience and Percent Above Median Household Income*

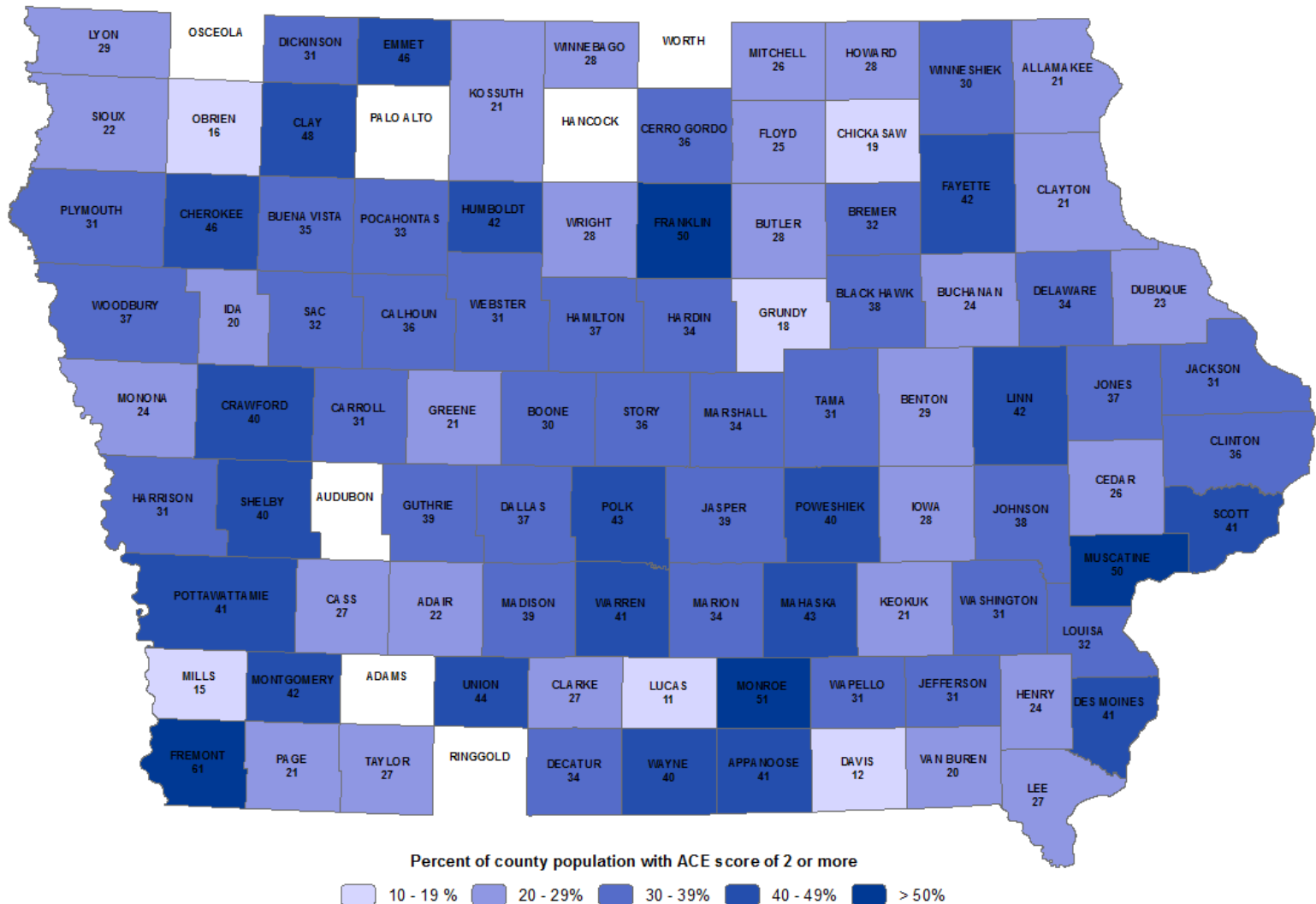


Adults with four or more ACEs had the lowest percent of college experience.

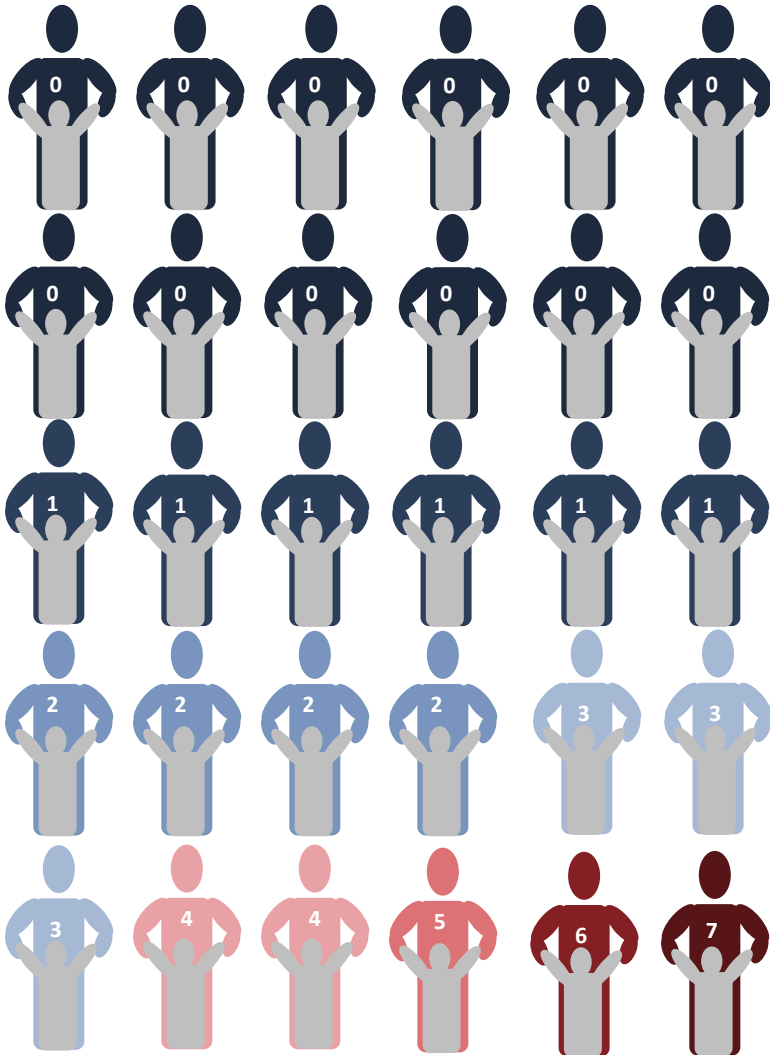
Iowa findings also showed a strong association of adults with four or more ACEs experiencing a sharp decline in income.

*Iowa median household income in 2012 was \$50,957.

Where do Iowans with ACEs Live Now?



ACE Scores among Parents In Iowa



On average, *5 out of every 30 students* in an Iowa school classroom will live with a parent who has a very high ACE score – a score of 4 or more.

ACE Impacts on Lifelong Health

