Adverse childhood experiences (ACEs) are incidents during childhood that threaten healthy development. The experiences children have early in life, and the environments in which they live, shape their developing brains and strongly affect whether they grow up to be healthy, productive members of society.

Those experiencing four or more ACEs, compared to those with zero are:
- 2.3 x more likely to smoke cigarettes
- 5 x more likely to have diabetes
- 1.5 x more likely to have clinical depression
- 3 x more likely to have heart disease
- 2 x more likely to have emphysema

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Without intervention the outcomes won't change:
- 16% live births to women who did not start prenatal care until after the first trimester.
- 21% have clinical depression.
- 9% smoke cigarettes.
- 55% have diabetes.
- 21% report poor health.
- 9% have heart disease.
- 19% have diabetes.
- 24% have emphysema.
- 39% have diabetes.
- 25% have heart disease.
- 9% have diabetes.
- 23% have heart disease.

IOWA’S CHILDREN TODAY

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CHANGING THE OUTCOME

We can reduce childhood adversity now to improve the health and well-being of the next generation. Advocate for policies and programs that:
- Take a two-generation approach, giving children and their parents the tools they need to thrive.
- Help families manage day to day challenges contributing to family stress.
- Focus on prevention.
- Offer different levels of support to families based on levels of need.
- Engage stakeholders at state and local levels and across sectors.

REDUCE CHILDHOOD ADVERSITY

CHANGE THE OUTCOME