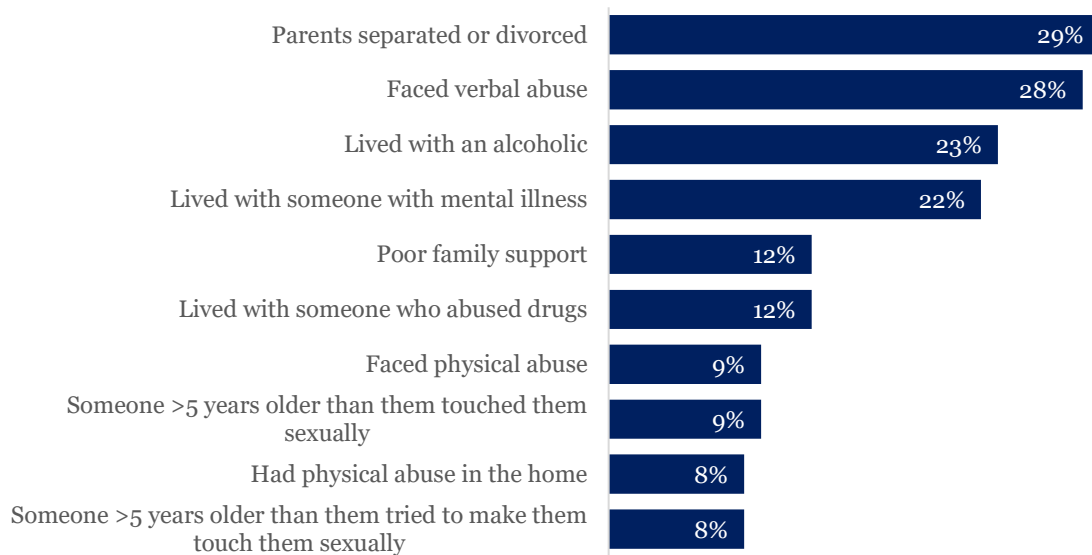


Adverse Childhood Experiences (ACEs)

Adverse Childhood Experience (ACEs) are defined by the CDC as potentially traumatic events that occur in childhood. ACEs often have a lasting effect on adults and can affect their quality of life in several ways, such as increasing their risk of drinking, smoking and contemplating or attempting suicide.

ACES in Wood County Adults

The most commonly reported ACE for adults was having **parents separated or divorced**.

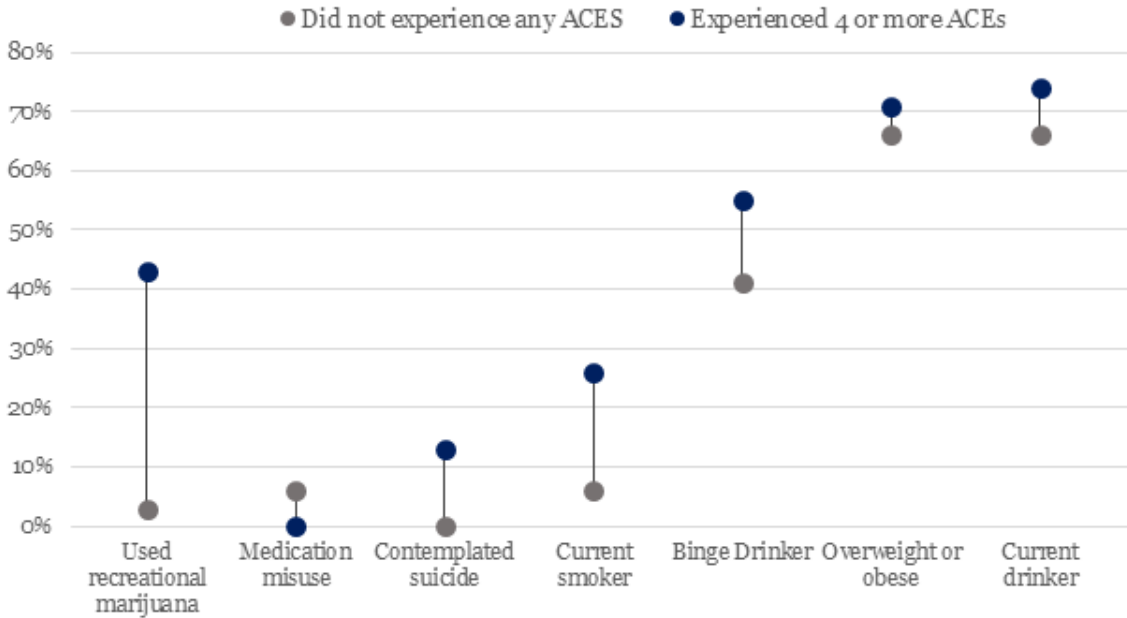


Experiencing four or more ACEs can increase the risk factor for several conditions including suicide contemplation, medication misuse, and smoking.



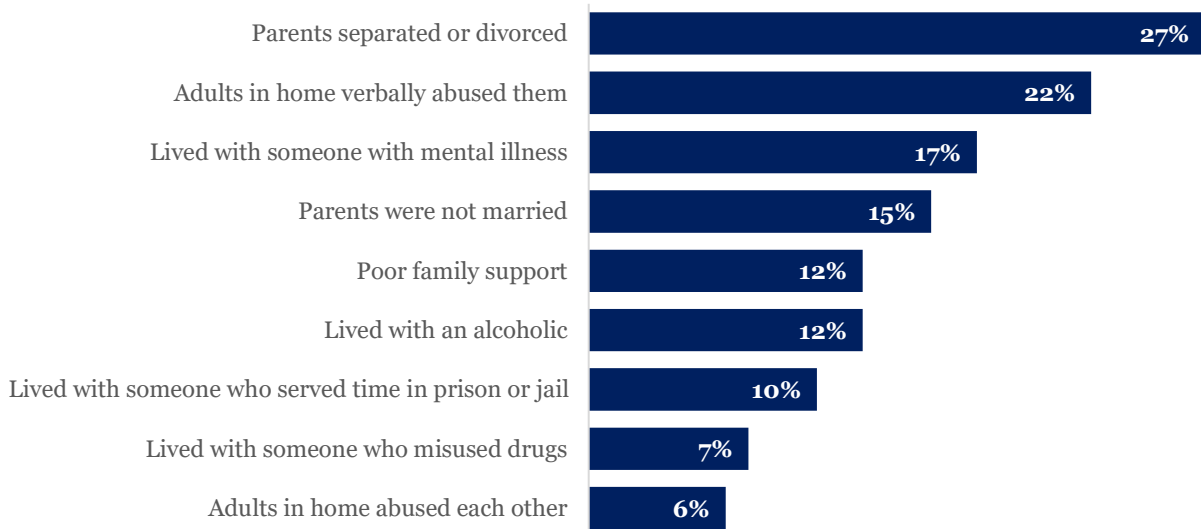
1 of every 5 Wood County adults experienced 3 or more ACEs.

Adults who experienced **four or more ACEs** were in, general, more likely to engage in **risky behavior**.



ACEs in Wood County Youth

The most commonly reported ACEs for youth were having **parents separated or divorced, parents verbally abusing them, and living with someone with mental illness.**

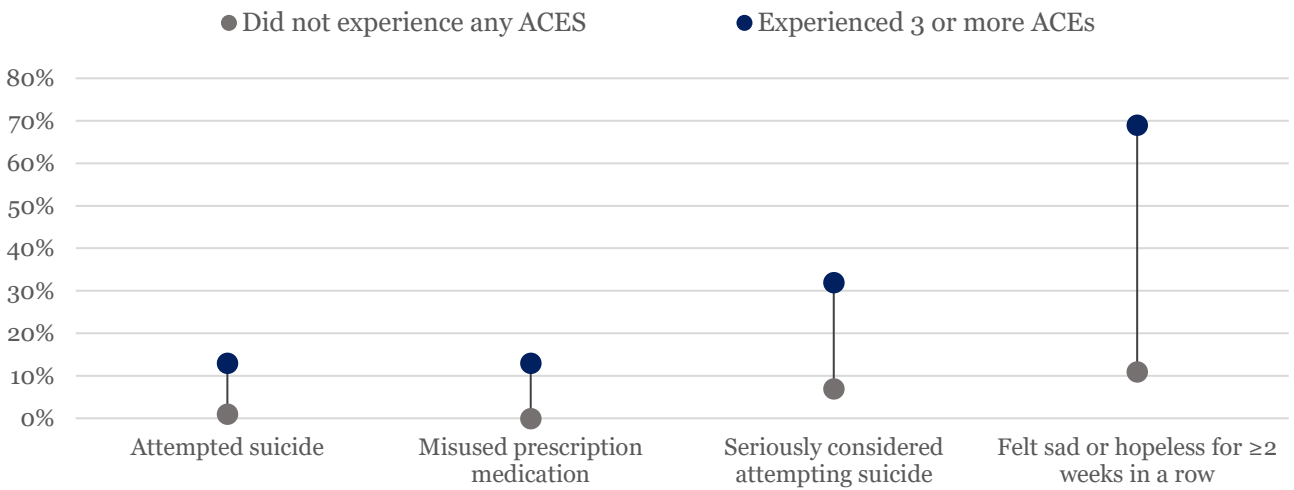


Adverse Childhood Experiences (ACEs)



1 of every 5 Wood County youth experienced 3 or more ACEs.

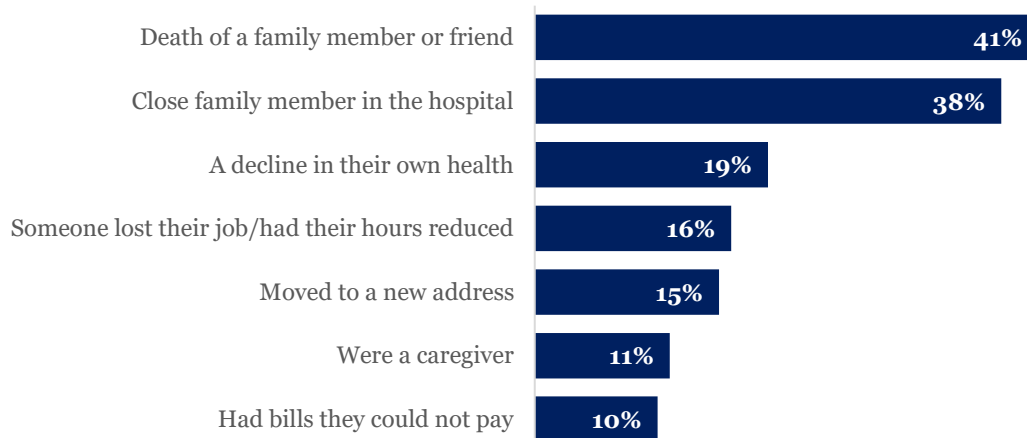
Wood County youth who experienced **3 or more ACEs** were more likely to experience **adverse mental effects**.



Stress-Inducing Social and Community Events

While not considered an ACE, a stress-inducing social or community event can also influence the quality of life of Wood County residents.

At least **41%** of Wood County adults experienced a **stress-inducing** social and community event in the past 12 months.



ACE and Stress-Inducing Events: Why They Are Important

ACEs and stress-inducing events can play a role in the mental and physical health of Wood County residents, including increasing rates of medication misuse, contemplation of suicide, smoking, and use of recreational drugs.

ACE and Stress-Inducing Events: What We Can Do About It

Enacting legislation that supports families and children early in life is important to reduce ACEs. Strengthening community resources for families and children that experience ACEs and stress-inducing events can help mitigate the long-lasting effects of these experiences. In adults, recognition of experiencing ACEs can help residents to identify root causes of several health conditions and risk factors, leading to a more personalized recovery.

ACE and Stress-Inducing Events: Resources

- **The CDC's National Center for Injury Prevention and Control: Adverse Childhood Experience Prevention Strategy:** https://www.cdc.gov/injury/pdfs/priority/ACEs-Strategic-Plan_Final_508.pdf
- **Aces aware: Self-Care Tool for Adults:** <https://www.acesaware.org/wp-content/uploads/2019/12/Self-Care-Tool-for-Adults.pdf>
- **Aces aware: Parenting with ACEs handout:** <https://www.acesaware.org/wp-content/uploads/2019/12/10-Parenting-with-ACEs-English.pdf>