

Adverse childhood experiences (ACEs)

Adverse childhood experiences (ACEs) are potentially traumatic events in childhood and teen years, such as neglect and/or experiencing or witnessing violence.

These experiences can accumulate and affect a person throughout life. ACEs can undermine a child's sense of safety, stability and bonding.

Four types of ACEs

- Abuse (physical or emotional)
- Neglect (physical or emotional)
- Household challenges (e.g., domestic violence, incarceration, substance misuse, etc.)
- Other types of adversity (e.g., community violence, natural disasters, bullying, etc.)

Repercussions of ACEs

Children who experience chronic adversity can suffer from toxic stress, which can disrupt organ, tissue and brain development. Over time, toxic stress may limit a person's ability to process information, make decisions, interact with others and regulate emotions. ACEs consequently can have lasting effects on health, well-being and prosperity well into adulthood.

Creating positive experiences can help improve the lives of children. Some of these efforts include positive parenting practices, teaching healthy relationship skills as well as school and community programs (e.g., mentoring or after-school activities).

Preventing ACEs or stopping them early on can lead to real improvement in the lives and communities of those affected. These actions can also relieve pressure on the healthcare system. According to Veto Violence, in North America alone, ACEs-related illnesses account for more than \$700 billion in financial costs a year.

Access information about violence prevention programs and practices from Veto Violence →

Humana Healthy Horizons® in Ohio

Reference

“Injury Prevention & Control: Division of Violence Prevention,” Centers for Disease Control and Prevention (CDC), accessed Nov. 21, 2022, <https://vetoviolence.cdc.gov/apps/aces-infographic/home>.

Humana Healthy Horizons in Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.