

Adverse Childhood Experiences

Ten categories of childhood trauma, or adverse childhood experiences (ACEs) were identified in a research study conducted by *Kaiser Permanente*, a managed care consortium, and the *Centers for Disease Control and Prevention*, a federal agency of the US Dept. of Health and Human Services:

1. Physical abuse
2. Sexual abuse
3. Emotional abuse
4. Physical neglect
5. Emotional neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Parental Incarceration

The study demonstrated an association of ACEs with problems throughout the lifespan, including:

- Cognitive, social, & emotional impairment
- Adoption of health-risk behaviors
- Disease, disability, & social problems
- Early death



For more about this continuing study, a treasure trove of current data, plus information about the lifelong effects of adverse childhood experiences, visit the Centers for Disease Control and Prevention at: www.cdc.gov/ace.