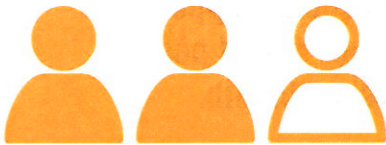


# ADVERSE CHILDHOOD EXPERIENCES

AMONG MICHIGAN ADULTS (2016)

## What Are Adverse Childhood Experiences and How Prevalent Are They?

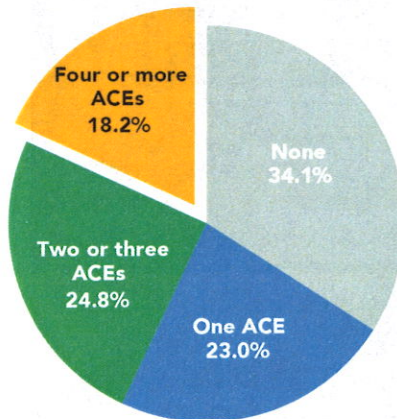
The Centers for Disease Control and Prevention defines adverse childhood experiences (ACEs) as “all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18.” In Michigan, eight specific ACEs are tracked through an annual state-level telephone survey of adults known as the Behavioral Risk Factor Survey. In 2016, two-thirds of Michigan adults (66%) reported having one or more ACEs.



**Two-thirds of Michigan adults (66%) reported having one or more ACEs.**

### ACEs Load Matters.

Generally speaking, the higher a person’s ACEs load (the number of ACEs they have), the greater their likelihood of exhibiting risky health behaviors and experiencing poorer health outcomes. In 2016, nearly a quarter of Michigan adults reported experiencing at least one ACE, a quarter reported experiencing two to three ACEs, and nearly one in five experienced four or more.

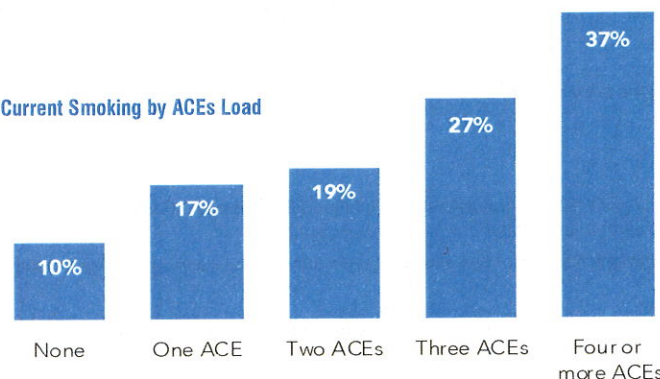


### ACEs Are Strongly Associated with Health Risk Behaviors and Poor Health Outcomes.

In 2016, 44% of Michigan adults with four or more ACEs had been diagnosed with depression, compared to only 12% with no ACEs. This trend was similar for those with chronic obstructive pulmonary disease (COPD), asthma, poor mental health, poor physical health, and poor overall health.

**37% of Michigan adults with four or more ACEs reported currently smoking.**

Current Smoking by ACEs Load



**2.7M**

adults (39%) reported being verbally abused one or more times as a child.

**2.1M**

adults (29%) reported substance abuse in their household.



**1.4M**

adults (20%) reported mental illness in their household.



**1.9M**

adults (27%) reported having separated or divorced parents.

**1.3M**

adults (18%) reported that they were physically abused one or more times as a child.



**1.4M**

adults (19%) reported physical violence between adults in their household.

**1.1M**

adults (16%) reported being sexually abused one or more times as a child.

**0.6M**

adults (9%) reported having an incarcerated household member.

**46%**

greater risk of binge drinking for adults with one or more ACEs compared to those with no ACEs.

**82%**

greater risk of poor mental health for adults with one or more ACEs compared to those with no ACEs.

**83%**



greater risk of diagnosed COPD for adults with one or more ACEs compared to those with no ACEs.

**69%**

greater risk of lifetime asthma for adults with one or more ACEs compared to those with no ACEs.

**57%**

greater risk of current asthma for adults with one or more ACEs compared to those with no ACEs.

**64%**

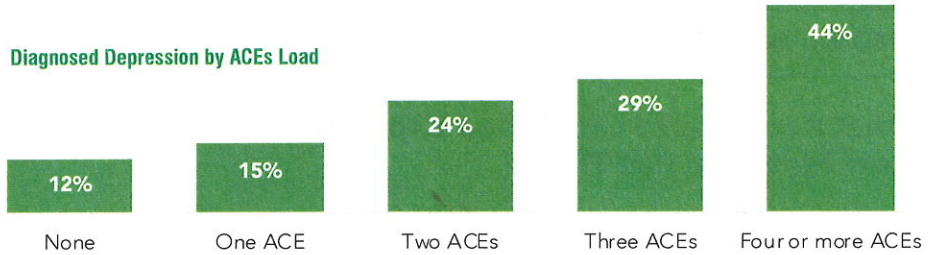


greater risk of fair or poor general health for adults with one or more ACEs compared to those with no ACEs.

**141%**

greater risk of depression for adults with one or more ACEs compared to those with no ACEs.

Diagnosed Depression by ACEs Load



### There Is Hope

Social support from friends, family, and the community can help buffer the negative effects of ACEs. In Michigan, adults with high levels of social support were 7% to 29% less likely to report negative health outcomes compared to those with low social support.

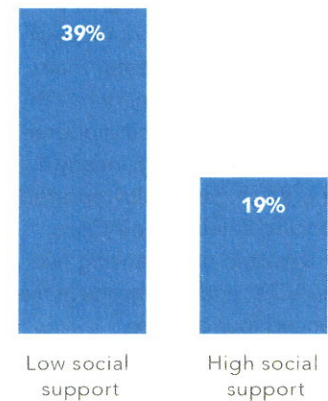
### We Can Overcome ACEs

As a supportive adult, you can help buffer the effects of ACEs by helping to build resilience in others. Resilience means that, in the face of adversity, people can navigate life well and actively participate in preventing ACEs in the next generation.

Find out more at [Michigan.gov/TraumaToxicStress](http://Michigan.gov/TraumaToxicStress)

Michigan adults with four or more ACEs and high social support had a lower risk of poor physical health.

Poor Physical Health by Level of Social Support



Risk was calculated using a ratio comparing the prevalence of the behavior or condition among those with one or more ACE compared to the prevalence among those with zero ACEs.

#### REFERENCES

Centers for Disease Control and Prevention. April 9, 2019. "About Adverse Childhood Experiences." Centers for Disease Control and Prevention. Accessed July 22, 2019. <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/aboutace.html>

Murad, A. and O. Barth. 2016. *Michigan Behavioral Risk Factor Surveillance System Survey Data*. Lansing: Michigan Department of Health and Human Services, Lifecourse Epidemiology and Genomics Division.

Data analysis and infographic design by Public Sector Consultants based on weighted prevalence estimates among Michigan's adult population provided by the Michigan Department of Health and Human Services, Lifecourse Epidemiology and Genomics Division.