

ACEs Prevalence, Scores, and Health Outcomes

Behavioral Risk Factor Surveillance System (BRFSS) 2011 & 2013

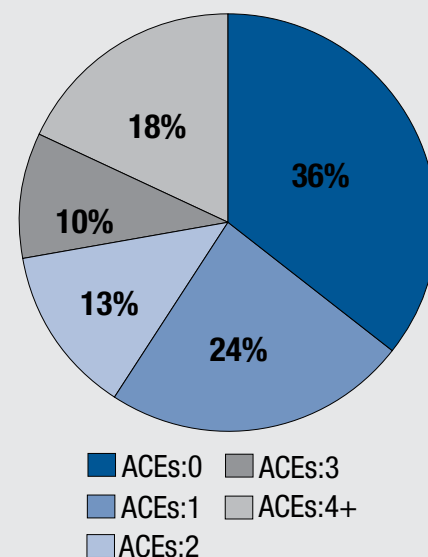
Adverse childhood experiences (ACEs) is a phrase used to describe abuse, violence and distressed family environments of children under the age of eighteen. ACEs include physical, sexual and emotional abuse; household substance abuse; adult mental illness; separated, divorced and/or incarcerated parents; and intimate partner violence.

ACEs are interrelated and common among adults. ACEs are associated with negative health outcomes including depression, obesity, diabetes, cardiovascular disease, asthma and others.

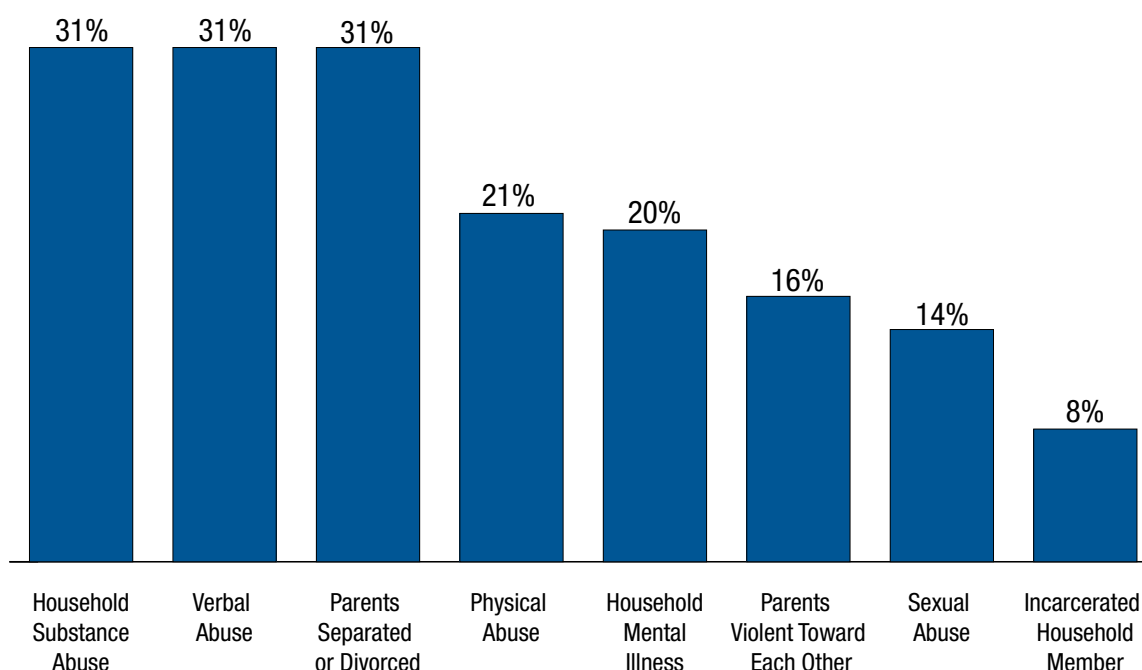
ACEs data were collected in the Oregon 2011 and 2013 Behavioral Risk Factor Surveillance System Survey (BRFSS) and combined for this report. BRFSS is a state-based system of health surveys conducted over the phone. These surveys collect information on demographics, health status, well-being, health behaviors, risks for chronic diseases and injuries, preventive health practices and access to health care and support services.¹

Eleven questions were asked and combined into eight ACEs categories. Analysis showed how many ACEs Oregonians experienced and their association with health outcomes.

How many ACEs do Oregonians experience?



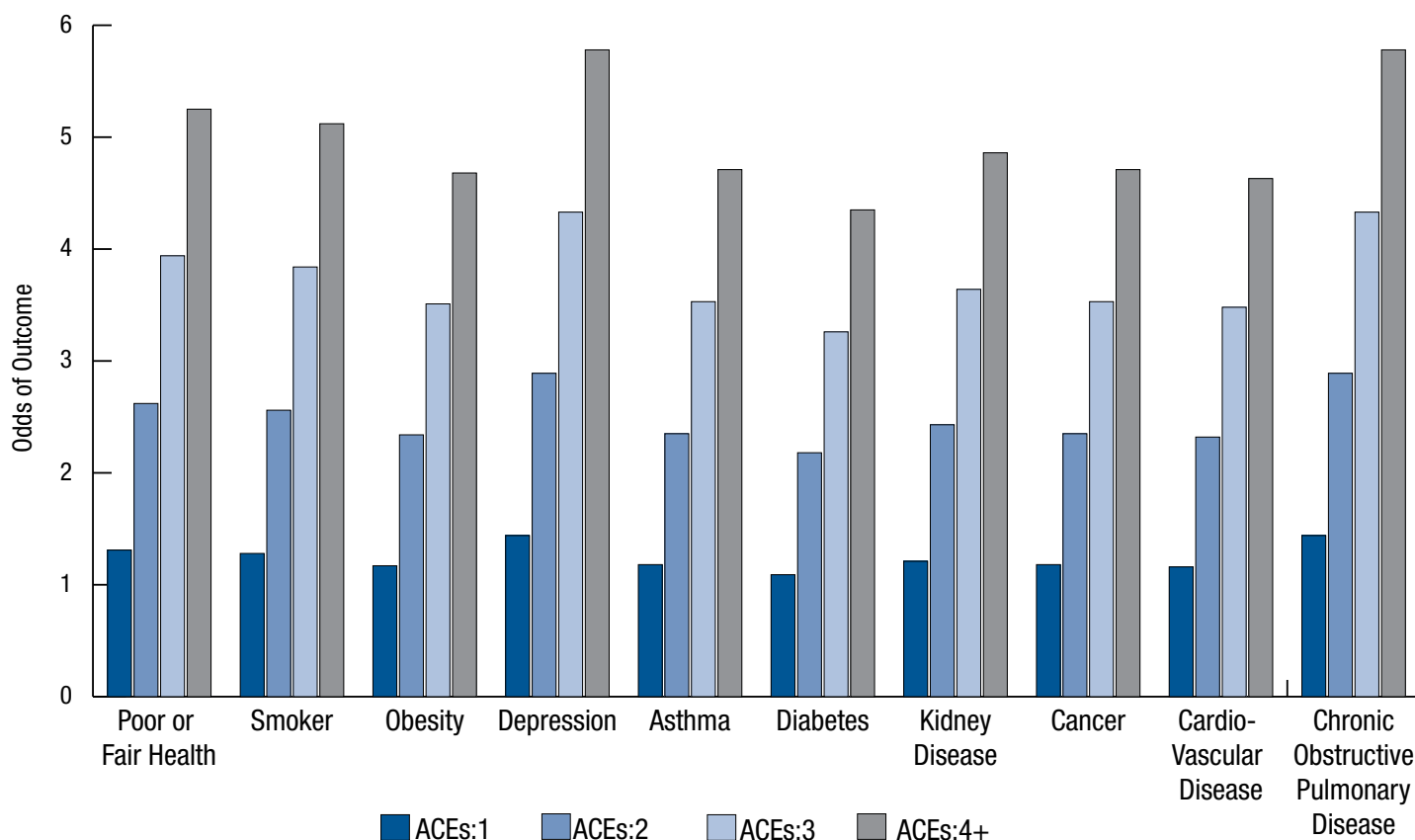
Prevalence of individual ACEs in Oregon, 2011 & 2013



Due to the sensitive nature of these questions, not all survey respondents answered each question. The percentage represents the weighted percent of the positive responses among those who provided a response for that ACE category.

¹ Centers for Disease Control and Prevention. Adverse Childhood Experiences (ACEs) Study. <http://cdc.gov/ace>

The association between ACEs and health outcomes in Oregon, 2011 & 2013



This table highlights the relationship between the number of ACEs experienced and associated health outcomes. This analysis controlled for sociodemographics including age, sex, education, poverty, race and ethnicity, and for smoking for chronic obstructive pulmonary disease and cardiovascular disease.

ACEs patterns in the 2011 & 2013 BRFSS data:

- People who lived in poverty experienced at least one ACE more often than the rest of the population. Half of those who lived in poverty reported experiencing 3 or more ACEs, a rate that was twice as high as the rest of the population. (Poverty was characterized as an annual household income of less than \$11,490 for an individual or \$23,550 for a family of four).
- People with less education experienced a larger number of ACEs than those with more education. People with an 11th grade education or less reported the highest rate of experiencing 4 or more ACEs.

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