

30 YEARS
CDC INJURY CENTER

PROTECTION.
PREVENTION
PROGRESS.



Preventing Adverse Childhood Experiences

Annie E. Casey webinar, January 23rd, 2024

Phyllis Holditch Niolon, PhD

Senior Advisor for Preventing ACEs, Division of Violence Prevention



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Adverse Childhood Experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD CHALLENGES



Mental Illness



Parent Treated Violently



Divorce



Incarcerated Relative

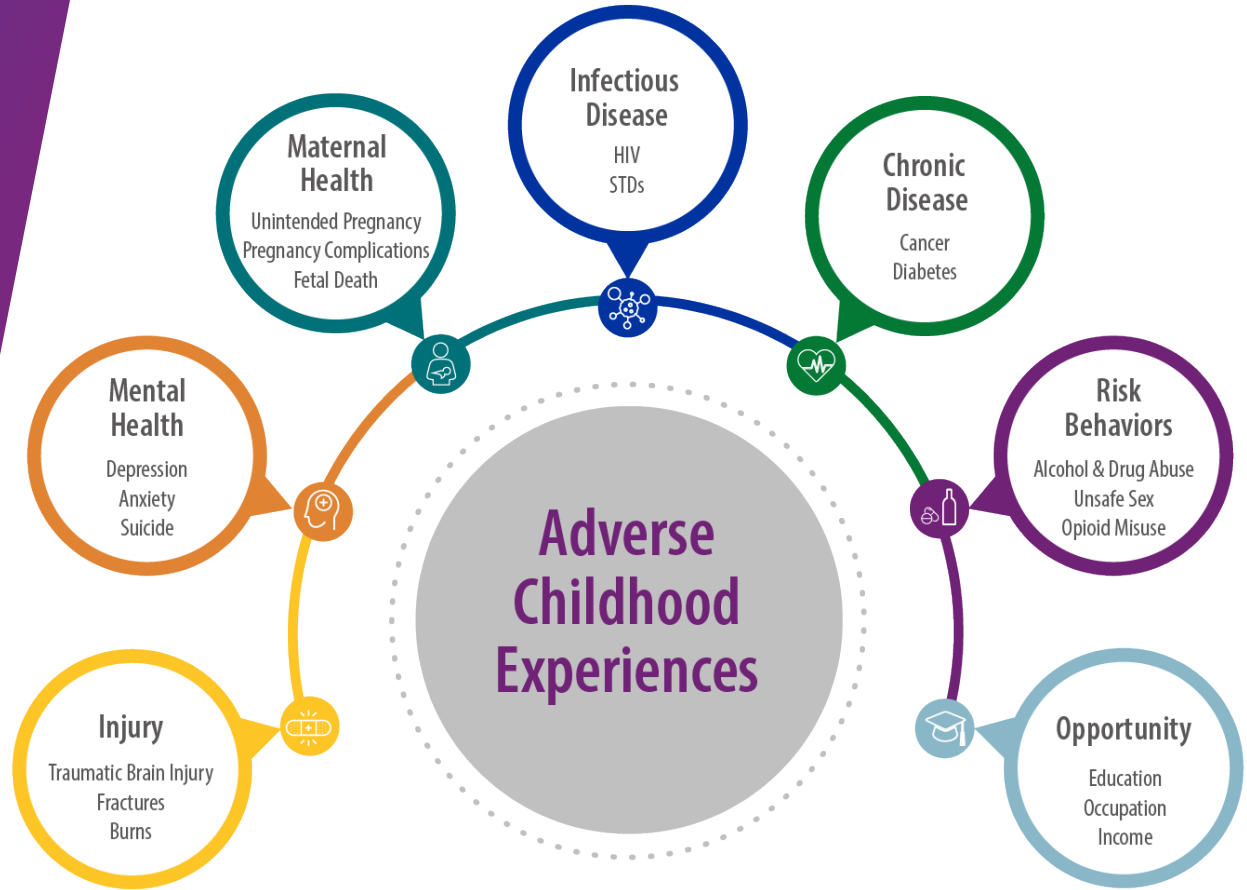


Substance Abuse

POTENTIAL EXPANDED ACEs

- Experiencing discrimination
- Witnessing community violence
- Experiencing bullying or peer violence
- Experiencing teen dating violence
- Housing insecurity or homelessness
- Food insecurity
- Living in extreme poverty
- Death of a parent

Early Adversity has Lasting Impacts Across the Lifespan



The Pair of ACEs

Adverse Childhood Experiences

Maternal Depression

Emotional & Sexual Abuse

Substance Abuse

Domestic Violence

Incarceration

Mental Illness

Divorce

Physical & Emotional Neglect

Adverse Community Environments

Community Disruption

Lack of Opportunity, Economic
Mobility, & Social Capital

Poor Housing Quality and Affordability

Poverty

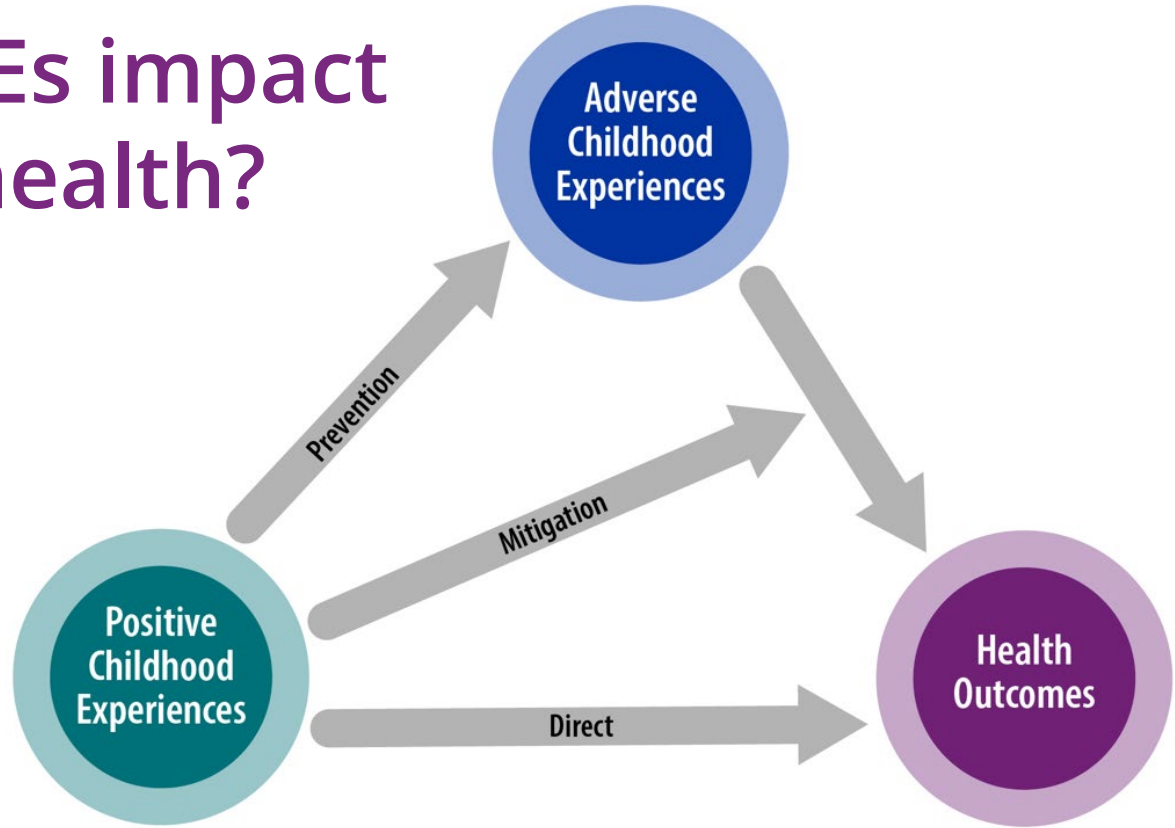
Violence

Discrimination



Positive childhood experiences (PCEs) are experiences in childhood that relate to children's ability to have safe, stable, nurturing, and equitable relationships and environments. PCEs can help children develop a sense of belonging, connectedness, and build resilience.

How do PCEs impact children's health?



Direct Effects of Selected PCEs



Positive parent/caregiver relationships improve emotional regulation, and cognitive function. They also reduce risk for low self-esteem, substance use, and violent behavior.

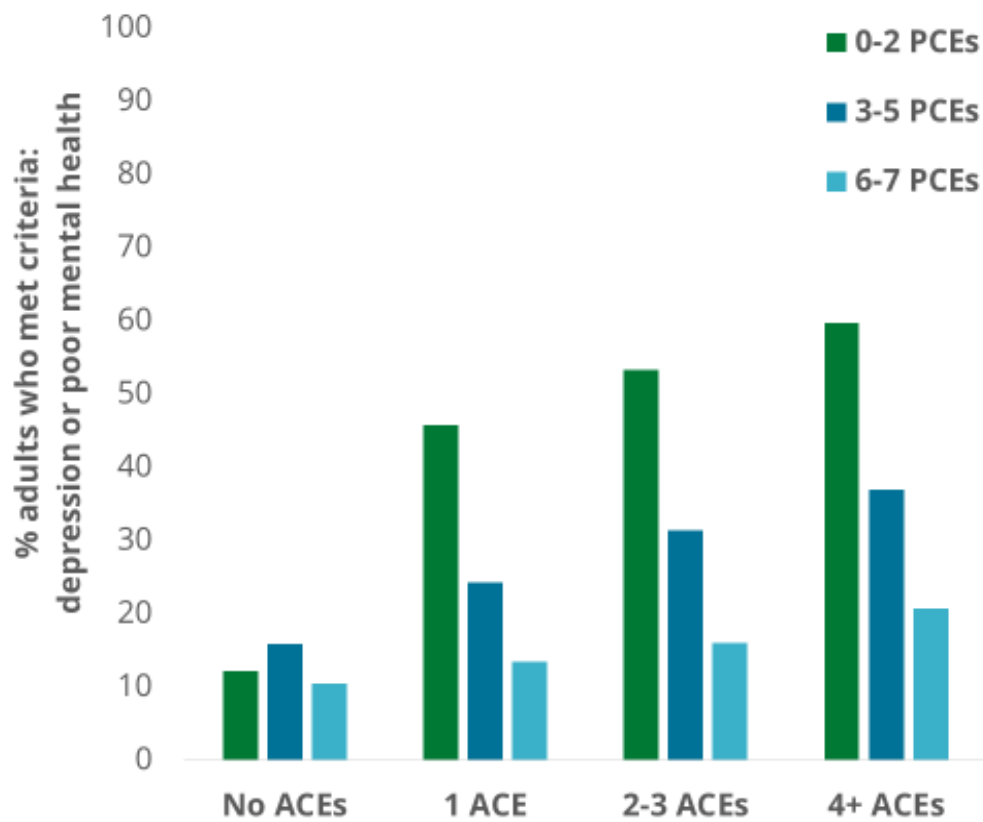


Friendships cultivate belongingness. A sense of belonging at school or in the community is associated with less distress, substance use, suicidality, and violent behavior.



Having a non-familial trusted adult, or a mentor, can have positive impacts on mental health, academic engagement, and reduce substance use.

Mitigation Effect of PCEs on ACEs and Poor Health Outcomes



[Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels | Depressive Disorders | JAMA Pediatrics | JAMA Network](#)



Preventing ACEs is a CDC Priority

ACEs are common and are associated with many health problems

Vitalsigns[™]
Adverse Childhood Experiences (ACEs)
Preventing early trauma to improve adult health

#Vitalsigns
NOV. 2019

Want to learn more?
www.cdc.gov/vitalsigns/aces

1 in 6 1 in 6 adults experienced four or more types of ACEs.

5 of 10 At least 5 of the top 10 leading causes of death are associated with ACEs.


44% Preventing ACEs could reduce the number of adults with depression by as much as 44%.

Overview:

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking, and heavy drinking.
- Improve education and job potential.
- Stop ACEs from being passed from one generation to the next.




PROBLEM:

Adverse Childhood Experiences impact lifelong health and opportunities.

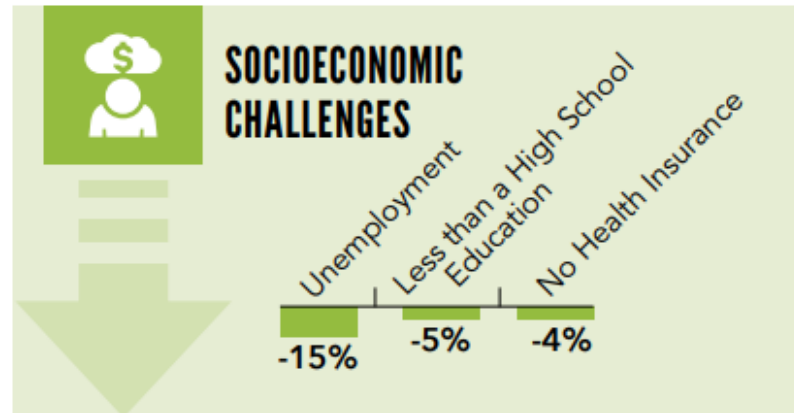
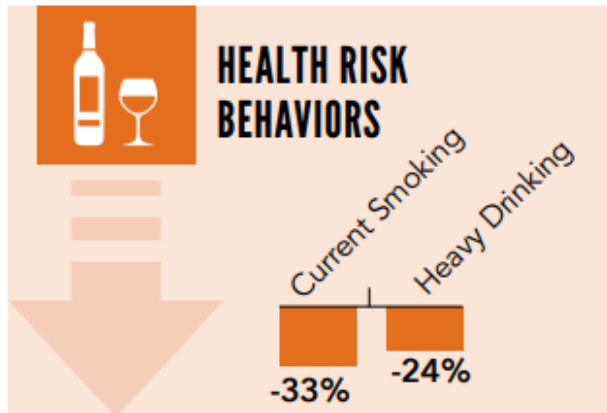
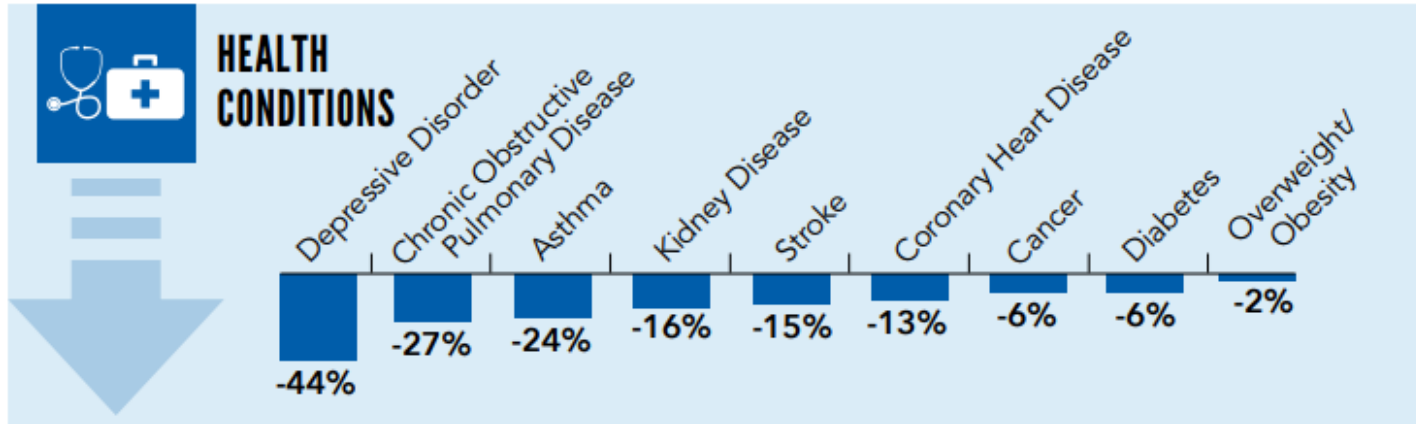
ACEs are common and the effects can add up over time.

- 61% of adults had at least one ACE and 16% had 4 or more types of ACEs.
- Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs.
- Many people do not realize that exposure to ACEs is associated with increased risk for health problems across the lifespan.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Potential Reduction of Negative Outcome in Adulthood



Preventing ACEs could reduce a large number of health conditions.



UP TO

21 MILLION
CASES OF
DEPRESSION



UP TO

1.9 MILLION
CASES OF
HEART DISEASE



UP TO

2.5 MILLION
CASES OF
OVERWEIGHT/OBESITY

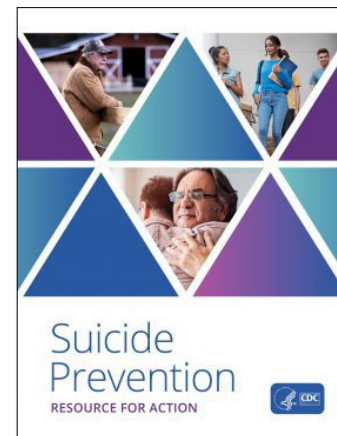
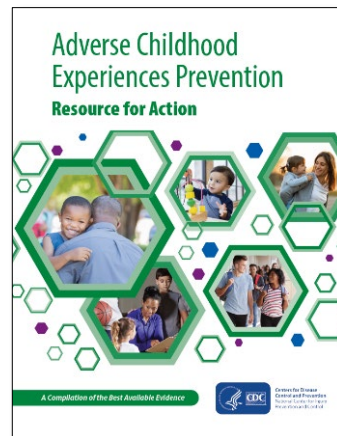
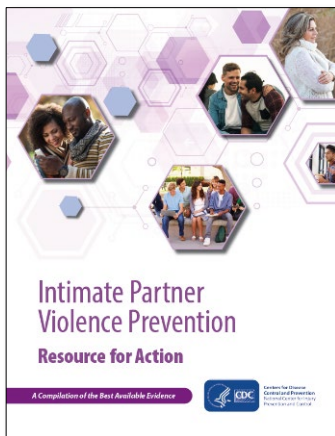
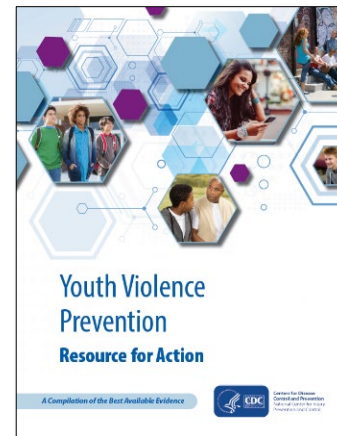
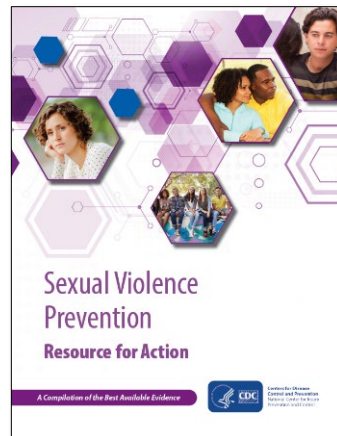
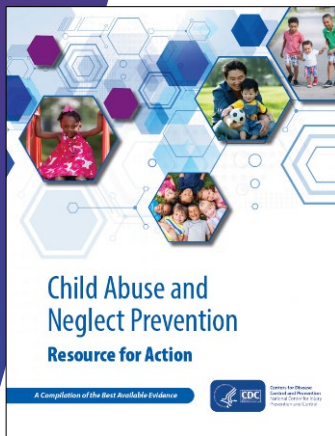
SOURCE: National Estimates based on 2017 BRFSS; Vital Signs, MMWR November 2019.

WHAT WE KNOW about preventing ACES

CDC's *Resources for Action:* Violence and Suicide Prevention



bit.ly/CDC-Tech-Packages



Six Strategies to Prevent ACEs



Strengthen Economic Supports for Families



Promote Social Norms that Protect Against Violence and Adversity



Ensure a Strong Start for Children



Teach Skills



Connect Youth to Caring Adults and Activities



Intervene to Lessen Immediate and Long-term Harms

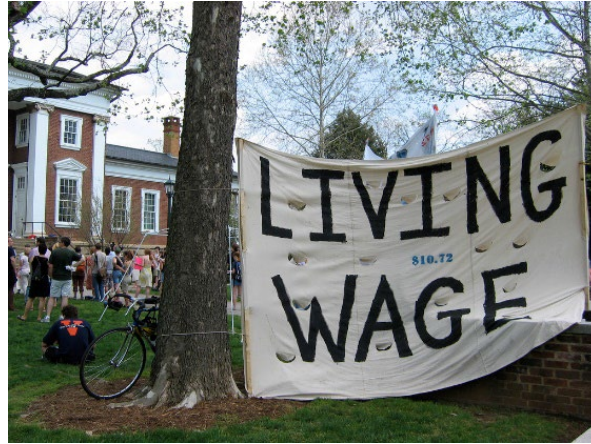
A wooden house frame is shown against a blurred background of warm, golden light. Inside the house, four stacks of coins are arranged in a row, increasing in height from left to right. The text "Strengthen Economic Supports for Families" is overlaid in white on the left side of the image.

Strengthen Economic Supports for Families



Low-income households*

- 4 in 10 children under the age of 18 in the United States live in a low-income household, including more than half of African American and Hispanic Children
- Nearly 1 in 10 children in the U.S. live in deep poverty



Strengthen Household Financial Security

**PAID
LEAVE**



Family-friendly Work Policies

A young girl with curly hair is smiling and clapping her hands next to a boy. The background is a blurred outdoor setting with green foliage and a blue sky. The text is overlaid on the left side of the image.

Promote Social Norms that
Protect Against Violence and
Adversity

IT TAKES A VILAGE TO RAISE A CHILD.
-AFRICAN PROVERB

How YOU Can Help Prevent Adverse Childhood Experiences



Public Education
Campaigns



Legislative approaches to
reduce corporal
punishment



Bystander Approaches

Leveraging the Power of Sports

Guiding Principles of Coaching Boys Into Men

The Power of Sports
Sports have tremendous influence in our culture and in the lives of young people. The principles of teamwork and fair play make sports an ideal platform to teach healthy relationship skills.

Coach as Leader
As influencers and role models, coaches are uniquely poised to teach and model healthy behavior.

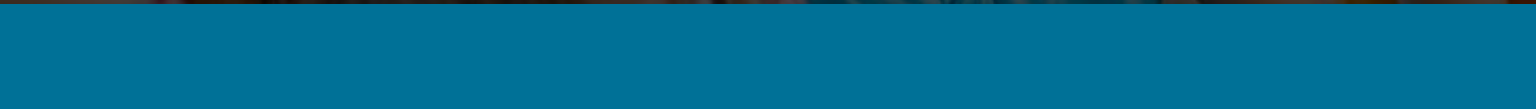
Building Leadership, Transforming Norms
As leaders themselves, athletes are given the tools and vocabulary they need to stand up for respect and influence their school's culture.

[Leveraging the Power of Sports](#)
[Leveraging the Power of Sports](#)

Mobilize men and boys as allies in prevention



Ensure a Strong Start for Children






Early Childhood Home Visitation



High-quality Childcare

Preschool Enrichment with Family Engagement



A blurred background image showing several people's arms raised in a classroom or meeting setting. The focus is on the arms, which are in various positions, suggesting an active discussion or a voting process. The colors are muted, with a mix of skin tones and light-colored clothing.

Teach Skills



INCREASE
school readiness
and social success



DECREASE
problem behaviors



PROMOTE
self-regulation skills
and social-emotional
competence

Social Emotional Learning Approaches

Safe Dating and Healthy Relationship Skill Programs

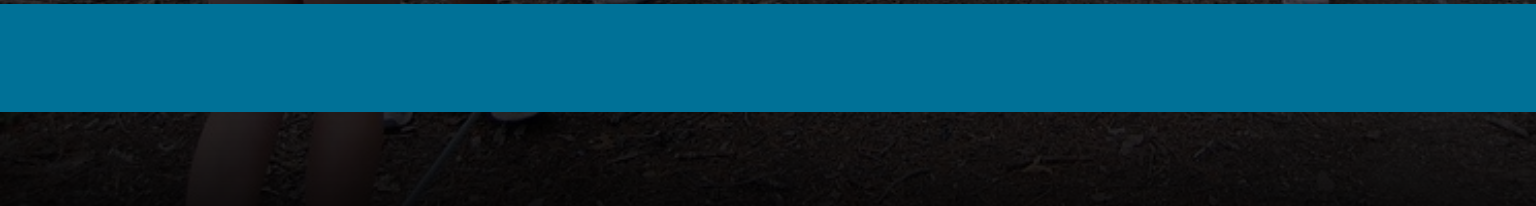



Parenting Skills and Family Relationship Approaches





Connect Youth to Caring Adults and Activities





Little Sister
Novara, 11, and
Big Sister Quiana

Mentoring Programs



After-school Programs

The image features two hands, one from a lighter-skinned person and one from a darker-skinned person, reaching towards each other in a gesture of support or intervention. The background is a soft, out-of-focus mix of warm and cool colors, suggesting a bright light source. The text is overlaid on the lower-left portion of the image.

Intervene to Lessen Immediate
and Long-term Harms



Enhanced Primary Care



Victim-Centered Services

- Crisis intervention
- Hotlines
- Medical and legal advocacy
- Housing support
- Social support
- Access to community services



Treatment to Lessen Harms of Violence Exposures





Treatment to Prevent Problem Behavior and Future Involvement in Violence

Family- centered Treatment Approaches for Substance Use Disorders



Violence Prevention in **PRACTICE**



VetoViolence

VetoViolence.cdc.gov



7 phases in *comprehensive* violence prevention

VetoViolence helps communities use the best-available evidence to prevent violence



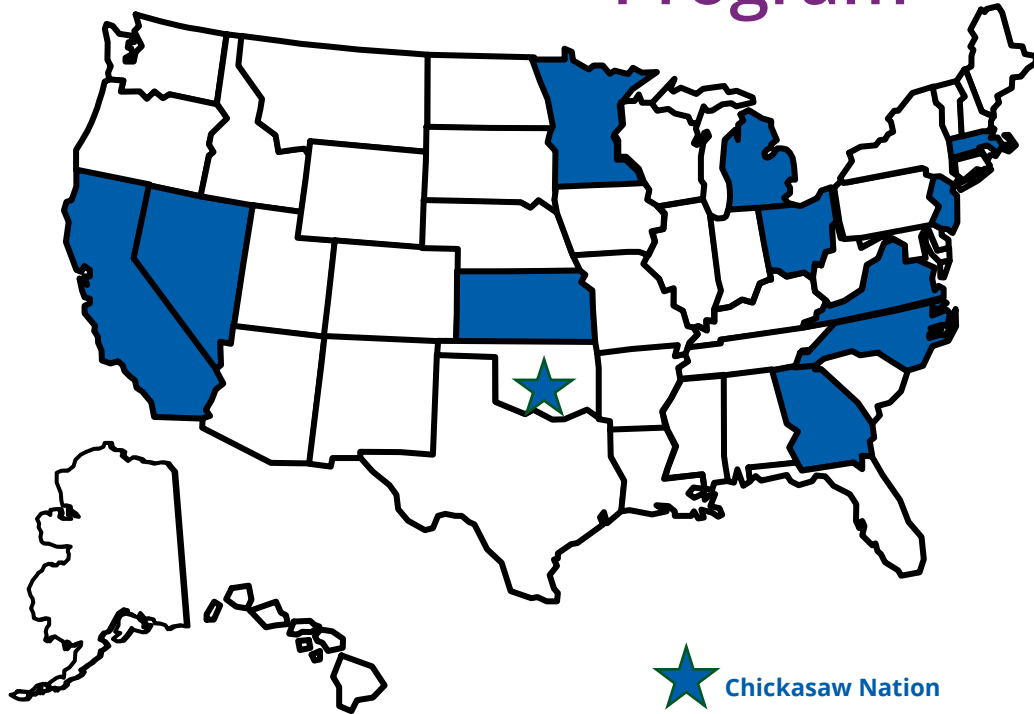


Essentials for Childhood (EfC): Preventing Adverse Childhood Experiences through Data to Action: CDC-RFA-CE23-0005



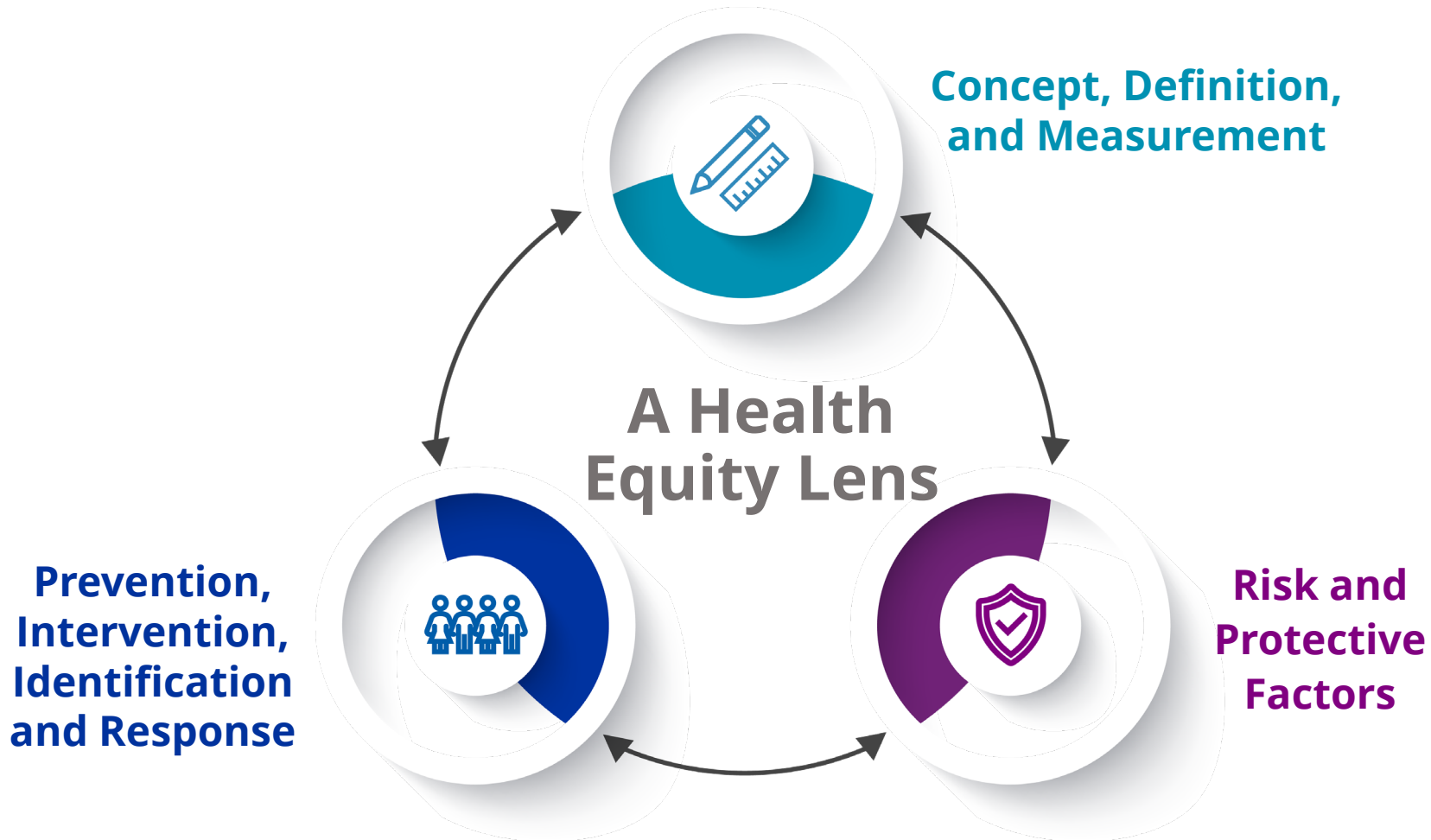
Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Funded Jurisdictions for the Essentials for Childhood: Preventing ACEs through Data to Action Program



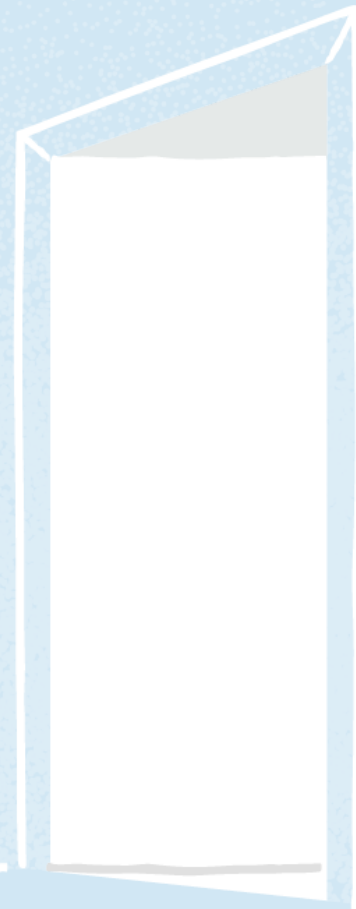
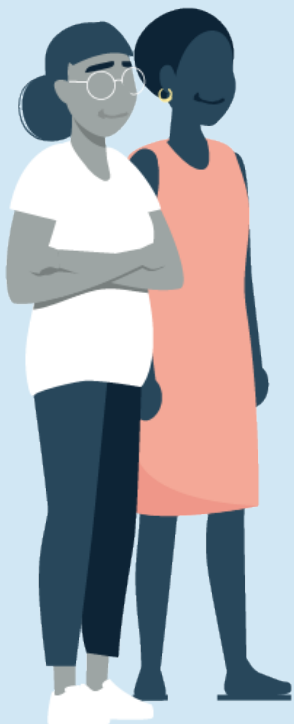
For information about each recipient, please visit CDC's website: <https://www.cdc.gov/violenceprevention/aces/EfC-PACE-datatoaction.html>. Please also note that the Ohio recipient is a children's hospital with locations in Ohio and Colorado; additional statewide activities may occur in the state of Colorado.

**WE STILL HAVE MUCH TO LEARN
about preventing ACES**



Healthy Childhoods Start Now

Working together, we can help create neighborhoods, communities, and a world in which every child can thrive.



30 YEARS

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PROTECTION. PREVENTION. PROGRESS.

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

My Future Could Have Looked Another Way

