



Closing the Health Care Gap with ACEs

Quality of Life

ACEs impact on Adult Quality of Life: (CDC, 2016)

- Smoking
- Obesity
- Physical inactivity
- Depression
- Suicide attempts (12x more likely)
- Alcohol and drug abuse
- Heart Disease
- Cancer
- Stroke
- Chronic Bronchitis
- COPD
- Impacts mortality - die on average 20 years earlier)





ACEs Study

- Stemmed from the work with obese patients
- Graded dose-response relationship between ACEs and poor health outcomes

Demographic Information	Percent (N = 33,764)
Gender	
Female	51.2%
Male	48.8%
Race/Ethnicity	
White	85.1%
Hispanic/Latino	3.7%
Asian/Pacific Islander	3.2%
African-American	4.6%
Other	3.4%
Age (years)	
18-29	13.6%
30-39	20.8%
40-49	21.4%
50-59	18.6%
60 and over	25.6%
Education	
Not High School Graduate	5.6%
High School Graduate	30.5%
Some College	29.8%
College Graduate or higher	33.1%

ACE Category	Women Percent (N = 22,539)	Men Percent (N = 21,245)	Total Percent (N = 33,764)
ABUSE			
Emotional Abuse	34.1%	29.9%	32.0%
Physical Abuse	15.8%	15.9%	15.9%
Sexual Abuse	15.2%	6.4%	10.9%
HOUSEHOLD CHALLENGES			
Intimate Partner Violence	15.6%	14.2%	14.9%
Household Substance Abuse	22.2%	22.3%	22.3%
Household Mental Illness	19.3%	13.3%	16.3%
Parental Separation or Divorce	23.1%	22.5%	22.8%
Incarcerated Household Member	5.2%	6.2%	5.7%

- These unhealthy life choices are rooted in very effective life long coping strategies



Demographic Information	Percent (N = 53,784)
Gender	
Female	51.2%
Male	48.8%
Race/Ethnicity	
White	85.1%
Hispanic/Latino	3.7%
Asian/Pacific Islander	3.2%
African-American	4.6%
Other	3.4%
Age (years)	
18-29	13.6%
30-39	20.8%
40-49	21.4%
50-59	18.6%
60 and over	25.6%
Education	
Not High School Graduate	5.6%
High School Graduate	30.5%
Some College	26.8%
College Graduate or Higher	37.1%

ACE Category
ABUSE
Emotional Abuse
Physical Abuse
Sexual Abuse
HOUSEHOLD CHALLENGE
Intimate Partner Violence
Household Substance Abuse
Household Mental Illness
Parental Separation or Divorce
Incarcerated Household Member

ACE Category	Women	Men	Total
	Percent (N =32,539)	Percent (N =21,245)	Percent (N =53,784)
ABUSE			
Emotional Abuse	34.1%	35.9%	35.0%
Physical Abuse	15.8%	15.9%	15.9%
Sexual Abuse	15.2%	6.4%	10.9%
HOUSEHOLD CHALLENGES			
Intimate Partner Violence	15.6%	14.2%	14.9%
Household Substance Abuse	27.2%	22.9%	25.1%
Household Mental Illness	19.3%	13.3%	16.3%
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ACEs: Physical and Mental Health

ACEs and Mental Health:

- 5+ ACEs increase the likelihood of being diagnosed with a mental illness by 3x. (Anda et al., 2007)
- Risk factor for adult depression (Poole, Dobson, & Pusch, 2017)

ACEs and Physical Health:

- Biological stress processes accumulated over time lead to development of chronic conditions (Logan-Greene et al., 2014, p. 789)
- 81% increase of development chronic physical disease (Al-Shawi, & Lafta, 2015, p.1)
- 4x more likely to use drugs and alcohol as a coping skill (Almuneef, et al., 2016, p.1)



Interventions for ACEs/ Effectiveness Studies:

Two Interventions that address both mental and physical health:

- CBT: most studied, many varieties of interventions
- Mindfulness: less researched, but equally effective for mental health outcomes

Directions for Future Research

- CBT is the most researched and successful mental health intervention
- Mindfulness is equally effective for mental health outcomes
- Mindfulness is equally effective for physical health outcomes





Directions for Future Research:

- CBT is the most researched not necessarily most effective
- Mindfulness merits more investigation
- Add more focus on physical health outcomes for these interventions



Provide Resources and Mental Health Screenings to Adults

- Identifying ACEs in adults will allow health care professionals to provide proper mental and physical care to their patients.
- Providing screenings to all patients will assist in closing the health care gap by addressing what may be causing the body to be under stress
- Increase life expectancy and quality of life for all.