

# Adverse Childhood Experiences

Linn, Benton and Lincoln Counties



**Adverse Childhood Experiences (ACEs)** is a term used to describe all types of neglect, abuse, violence or distressed family environments that children under the age of 18 may experience.

## ACEs Include:

### Abuse



Physical



Sexual



Emotional

### Neglect



Physical



Emotional

### Household Dysfunction



Mental Illness



Incarcerated Relative



Divorce

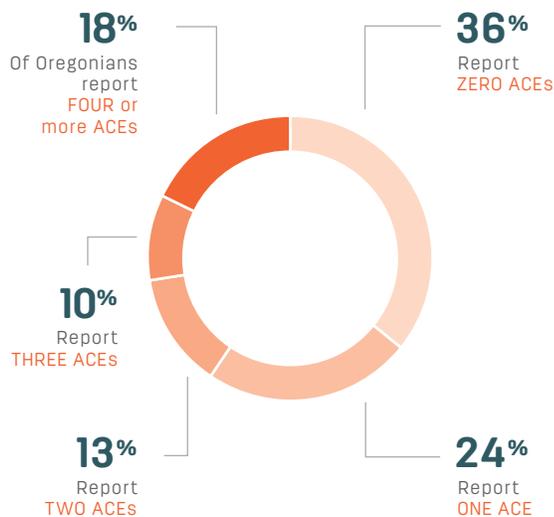


Substance Abuse



Mother Treated Violently

## How Common Are ACEs in Oregon?



## How Do ACEs Affect Our Lives?

Our childhood experiences have a tremendous lifelong impact on our health and the quality of our lives. The ACE study identified links between adverse childhood experiences and future risky behavior, psychological issues, and illness:



### Behavior

Lack of physical activity, smoking, alcoholism, drug use, missed work



### Mental

Depression, suicide attempts



### Physical

Heart disease, cancer, stroke, chronic obstructive pulmonary disease, broken bones, sexually transmitted infections, diabetes



Meaningful social interactions, adequate sleep, basic food security and exercise **impact both mental health conditions and physical health conditions.**\*



In 2014, ACE data was collected in the Oregon Student Wellness Survey. In the Linn, Benton, and Lincoln region slightly more than **one-third** of youth report living with a household member who is/was depressed or mentally ill and about **one-third** report having ever lived with someone who is/was a problem drinker or alcoholic.

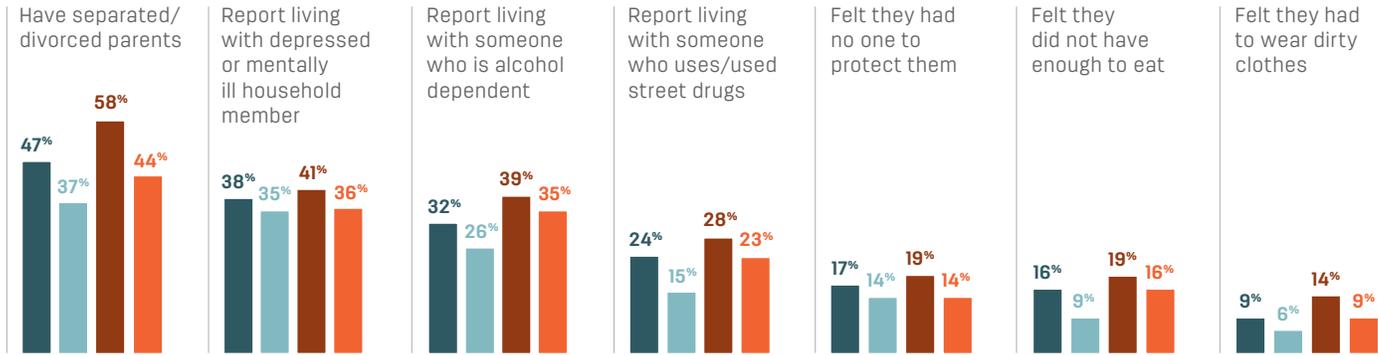


People who have less stress around where they live, what they eat and the health of the environment that they are in day to day are **generally going to be doing better or thriving.**★

## Prevalence of ACEs Amongst 11<sup>th</sup> Graders

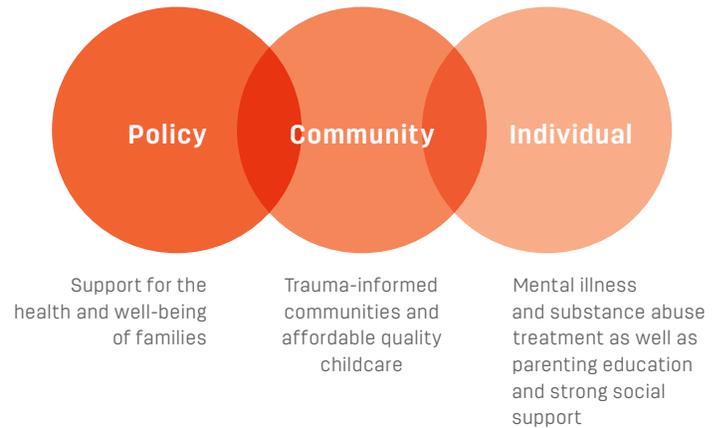
● Linn ● Benton ● Lincoln ● Oregon

### Percent of youth who:



## What Can Be Done About ACEs?

**Safe, stable and nurturing relationships and environments** are essential for the health and well-being of children and families. Healthy relationships serve as protective factors for children and help them learn, grow, make healthy decisions and thrive. These strategies can prevent adverse childhood experiences, limit their impacts and promote resilience.



### More information about mental health promotion & prevention:



541.967.3819



541.766.6247



**Public Health**  
Prevent. Promote. Protect.  
**Lincoln County**

541.265.0405

In partnership with InterCommunity Health Network CCO

### Additional Resources:

**Trauma Informed Oregon**  
[traumainformedoregon.org](http://traumainformedoregon.org)

**The ACE Study**  
[cdc.gov/violenceprevention/acestudy](http://cdc.gov/violenceprevention/acestudy)

### Sources

CDC (2014). Division of Violence Prevention: ACE Study • CDC (2011, 2013). Behavioral Risk Factor Surveillance Survey, Oregon • Felitti, et. al. (1998). The relationship of adult health status to childhood abuse and household dysfunction • American Journal of Preventive Medicine, 14 (4), 245-258 • OHA (2014). Oregon Student Wellness Survey, Benton, Lincoln and Linn counties • RWJF (2015). Adverse Childhood Experiences: Early life events that can damage our adult health • Regional Key Informant Interview Results ★