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.

### Linn, Benton and Lincoln Counties

18% of Oregonians report FOUR or more ACEs

10% report THREE ACEs

13% report TWO ACEs

24% report ONE ACE

36% report ZERO ACEs

### How Common Are ACEs in Oregon?

### ACEs Include:

- **Abuse**
  - Physical
  - Sexual
  - Emotional

- **Neglect**
  - Physical
  - Emotional

- **Household Dysfunction**
  - Mental Illness
  - Incarcerated Relative
  - Divorce
  - Substance Abuse
  - Mother Treated Violently

### 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.

**Prevalence of ACEs Amongst 11th Graders**

<table>
<thead>
<tr>
<th>Percent of youth who:</th>
<th>Linn</th>
<th>Benton</th>
<th>Lincoln</th>
<th>Oregon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have separated/divorced parents</td>
<td>47%</td>
<td>37%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Report living with depressed or mentally ill household member</td>
<td>38%</td>
<td>35%</td>
<td>41%</td>
<td>36%</td>
</tr>
<tr>
<td>Report living with someone who is alcohol dependent</td>
<td>32%</td>
<td>26%</td>
<td>36%</td>
<td>35%</td>
</tr>
<tr>
<td>Report living with someone who uses/used street drugs</td>
<td>24%</td>
<td>15%</td>
<td>28%</td>
<td>23%</td>
</tr>
<tr>
<td>Felt they had no one to protect them</td>
<td>17%</td>
<td>14%</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Felt they did not have enough to eat</td>
<td>16%</td>
<td>9%</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>Felt they had to wear dirty clothes</td>
<td>9%</td>
<td>6%</td>
<td>14%</td>
<td>9%</td>
</tr>
</tbody>
</table>

**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.

**Sources**