

WDG Adverse Childhood Experiences Survey

Key Findings

Adverse Childhood Experiences (ACEs) include all types of abuse or neglect or other potentially traumatic experiences that occur before the age of 18.⁽¹⁾ The WDG Childhood Experience Survey asked residents about their ACEs, resilience, healthcare use, health outcomes and behaviors. It was completed in 2018 by 990 WDG residents.

The purpose of this survey was to understand how early life experiences affect health outcomes of residents living in WDG. The results will help inform future planning of programs and services.

30%

of participants report experiencing 4 or more ACEs before age 18



1

ACEs and resilience scores are **not equal** across socioeconomic levels

Higher ACEs scores and low resilience scores increase as education level and household income decrease



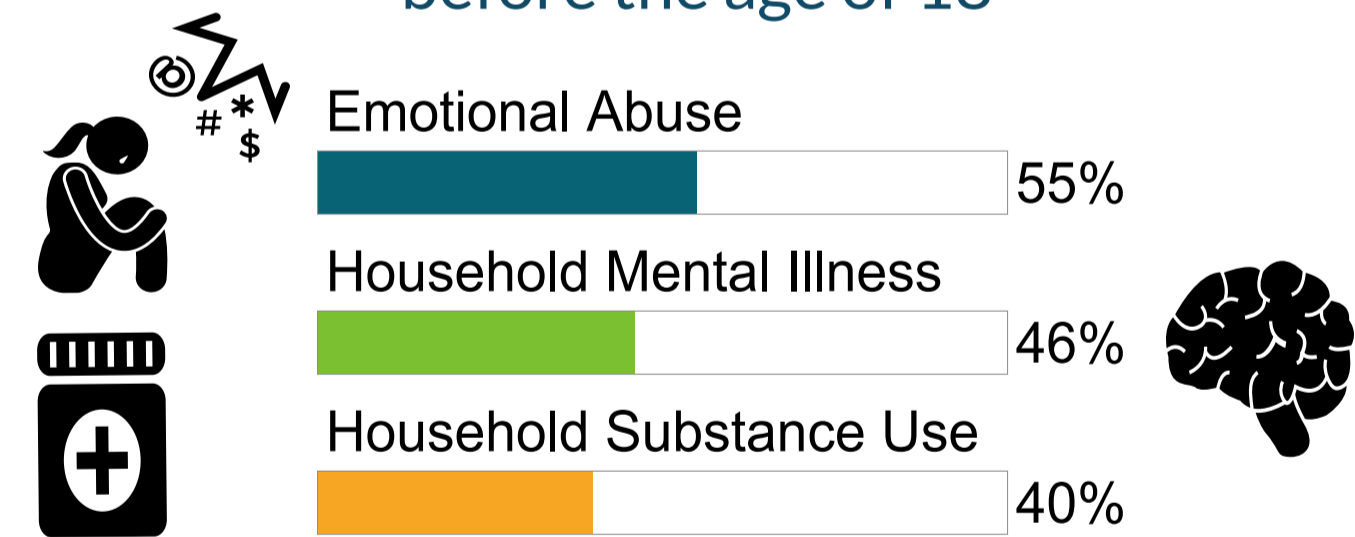
2

Intergenerational impact of ACEs on **mental illness and substance use**

Over 40% of participants experience **emotional abuse, household mental illness or substance abuse** before the age of 18



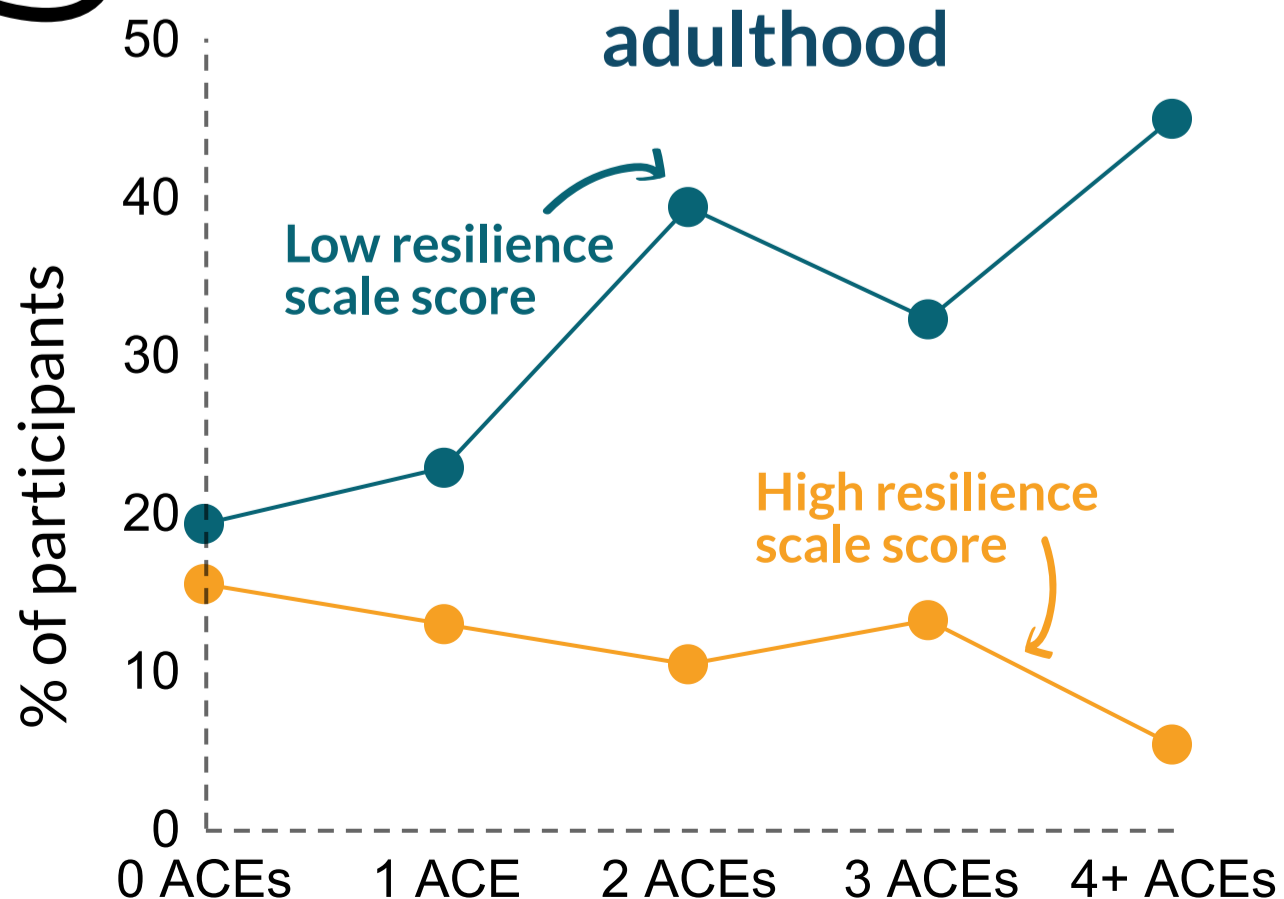
In adulthood, participants who report 4+ ACEs compared to 0 ACEs are...



- 8 times more likely to have a **mood disorder**
- 5 times more likely to have an **anxiety disorder**
- 6 times more likely to **use recreational drugs**
- 4 times more likely to **use prescription drugs**

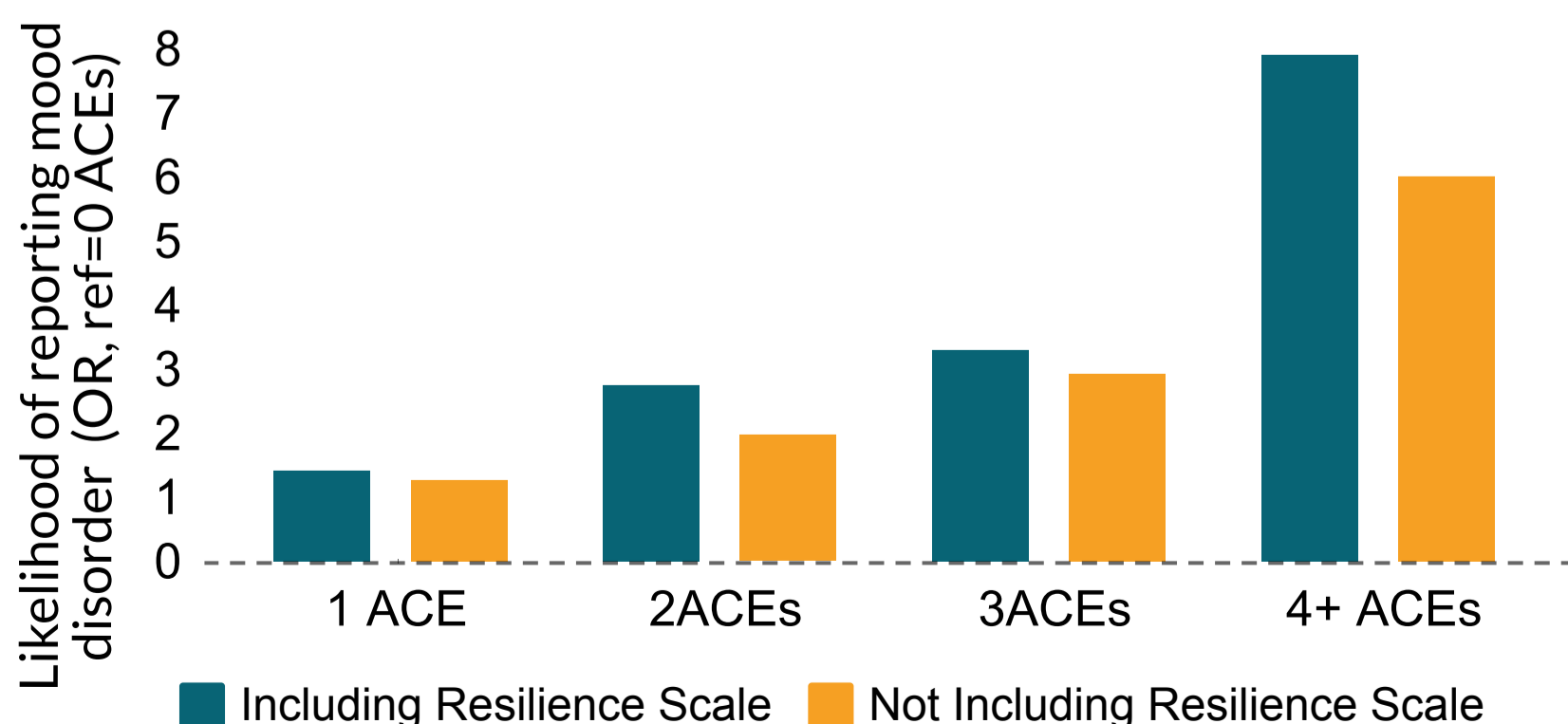
3

A higher ACEs score early in life correlates with **low resilience** in adulthood



4

Resilience protects individuals from later mental illness



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1. Centers for Disease Control and Prevention. Adverse childhood experiences- Looking at how ACEs affect our lives & society. Atlanta, Georgia; 2016 [cited 2019 September 17]. Available from: http://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html