



ADVERSE CHILDHOOD EXPERIENCES + BEHAVIORAL HEALTH

SUMN.org FACT SHEET

2014

Adverse Childhood Experiences (ACEs)

Definition

ACEs are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction. ACEs data included in this fact sheet are from the 2013 Minnesota Student Survey; ACE scores are calculated by adding up the number of adverse experiences reported by each student (from zero to seven):

- Having a parent/guardian who is currently in jail, and/or has been in jail
- Living with someone who drinks too much alcohol
- Living with someone who uses illegal drugs or abuses prescription drugs
- Having been verbally abused by a parent or adult in the household
- Having been physically abused by a parent or adult in the household
- Witnessing domestic abuse of parents/adults in household
- Having been sexually abused by an older or stronger family member and/or and adult or other person outside the family

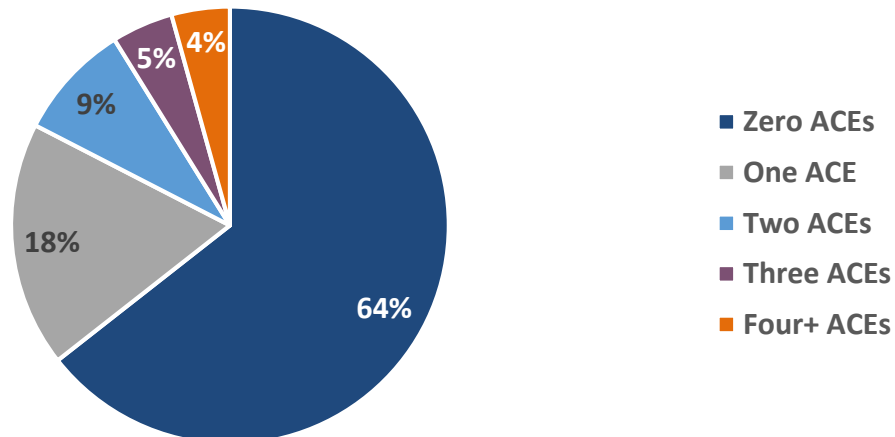
For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

Prevalence + Frequency

According to the 2013 Minnesota Student Survey (MSS):

- Thirty-six percent of Minnesota's 8th, 9th, and 11th graders reported experiencing at least one ACE (see graph)
- Half of adolescents experiencing ACEs report experiencing more than one
- The most frequently reported ACEs are parental incarceration (16%), emotional abuse (14%) and physical abuse (12%); the least frequently reported are sexual abuse (5%) and household drug use (6%).

Number of ACEs Reported by Minnesota 8th, 9th, and 11th Graders, 2013 MSS

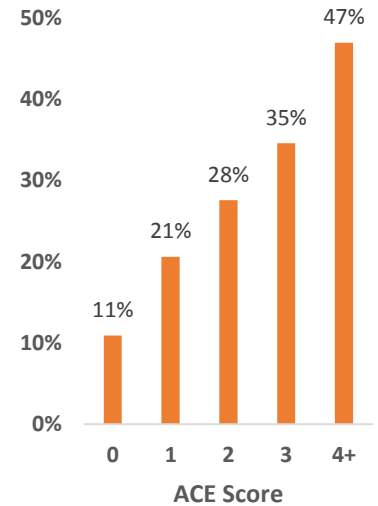


Risk for Behavioral Health Problems

ACEs put individuals at risk for a number of negative outcomes across the lifespan, including: alcohol, tobacco and other drug use; anxiety; hopelessness; depression; and suicidal ideation and attempts.

Substance Use

- Rates of reported past month alcohol use increase with the number of ACEs adolescents are exposed to (see graph); the same patterns appears for past month binge drinking.
- Compared to youth who are not exposed to ACEs, those reporting an ACE score of four or more are: almost 10 times more likely to report past month cigarette smoking; almost 7 times more likely to report past month marijuana use; and almost 12 times more likely to report past month prescription drug misuse.



Past Month Alcohol Use among 8th, 9th and 11th Graders, by ACE Score (MSS 2013)

Mental Health

- Rates of reported past year suicidal ideation and attempts also increase by ACE score. Past year suicidal ideation was reported by 42% of students with an ACE score of four or more, as compared to 5% of students with no ACEs; actual attempts were reported by 21% with an ACE score of four or more, compared to 1% of students with no ACEs.
- Students experiencing four or more ACEs were almost four times more likely to report having significant problems in the past year with feeling very trapped, lonely, sad, blue, depressed, or hopeless about the future as compared to student not exposed to ACEs.

State Epidemiological Outcomes Workgroup

Minnesota's SEOW has been monitoring substance abuse trends since 2007. The Workgroup helps guide prevention planning at the state level, and provides training and technical assistance to communities. In, 2008 the SEOW launched the Substance Use in Minnesota (SUMN) website to ensure quick and easy access to data for prevention professionals.

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: substanceusemn@gmail.com

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org

Funded by the Minnesota Department of Human Services Alcohol and Drug Abuse Division