

THE ACE QUIZ

You ever know anybody you just wish would straighten up, snap out of it or stop getting in trouble? There may be an explanation to some behaviors. There is a study called The Adverse Childhood Experiences by Dr. Robert Anda and Vincent J. Felitti, MD, that links childhood trauma to long term health and social problems. Over 17000 Kaiser patients participated in routine health screening voluntarily answered questions.

The ACE Study is ongoing collaborative research between the Centers for Disease Control and Prevention in Atlanta, GA, and Kaiser Permanente in San Diego, CA.

Dr. Anda has presented in Iowa 2x this fall. The study basically says if you had child hood trauma you could have health, social and financial risks for the rest of your life.

Of the 17,000 people surveyed 63% had at least one category of Child hood trauma. Over 20% experienced 3 or more categories of trauma called adverse childhood experiences. Top 3 forms of trauma were 1. Experiencing physical abuse, 2. Someone in the household using alcohol and or drugs or 3. Losing a parent due to separation or divorce. The rest are: 4. Sexual abuse, 5. grew up with a mentally-ill person in the household. 6. Experience emotional neglect, 7. witnessed their mothers being treated violently, 8. emotional abuse, 9. physical neglect or a 10. household member in jail or prison.

The greater the number of child hood traumas the more likely you are to experience: Alcoholism and alcohol abuse, COPD chronic obstructive pulmonary disease. Depression. Fetal death, poor health-related quality of life, illicit drug use, heart disease, liver disease, risk for intimate partner violence, multiples sexual partners, Sexually transmitted diseases, smoking, obesity, suicide attempts and unintended pregnancies.

Dr. Anda said instead of asking a troubled adult why are you acting this way? We should be asking; what happened to you as a child? This study shows our early life experiences can mold us physically and mentally. To help change our outcomes and our children's outcomes we have to be more self-aware of our childhood events. Recognizing your adverse events and getting help is being Trauma informed.

Below are the questions included in the ACE study. 6 out of 10 people have at least one ACE.

Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often...

Swear at you, insult you, put you down, or humiliate you?

or

Act in a way that made you afraid that you might be physically hurt?

Yes No If yes enter 1 _____

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2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

Yes No If yes enter 1 _____

3. Did an adult or person at least 5 years older than you ever...

Touch or fondle you or have you touch their body in a sexual way?

or

Attempt or actually have oral, anal, or vaginal intercourse with you?

Yes No If yes enter 1 _____

4. Did you often or very often feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

Yes No If yes enter 1 _____

5. Did you often or very often feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

or

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes No If yes enter 1 _____

6. Were your parents ever separated or divorced?

Yes No If yes enter 1 _____

7. Was your mother or stepmother:

Often or very often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

Yes No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No If yes enter 1 _____

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

Yes No If yes enter 1 _____

10. Did a household member go to prison?

Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score.

Each yes is one point.

If you experienced childhood trauma, you're not alone.

Talk with your family health practitioner, counselors, spiritual advisors, friends or self-help group about what happened to you when you were a child, ask for help.

They are still looking at the ACE studies and their results. You can read more about it at ACEs 360. www.iowaaces360.org <http://www.pcaiowa.org/> or call Monroe County Public Health at 641-932-7191.

By:

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