

# The Truth About ACEs

## WHAT ARE THEY?

**ACEs** = Adverse  
Childhood  
Experiences

ACEs is a term given to describe all types of abuse, neglect, and other traumatic childhood experiences.

### ABUSE

Psychological  
Physical  
Sexual

### NEGLECT

Emotional  
Physical

### HOUSEHOLD ISSUES

Domestic Abuse  
Mental Illness  
Imprisonment  
Divorce

Those with higher adverse childhood experiences are at a higher risk for:

Heart, Lung, and  
Liver Disease  
Obesity  
Diabetes  
Depression  
Substance Abuse

### WHAT IMPACT DOES ACES HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes.



The most important thing to remember is that the ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.