



# CHATting ABOUT HEALTH

## Adverse Childhood Experiences

*Did you know that negative experiences in childhood and the teenage years may put children at risk for chronic health problems, mental illness, and substance use in adulthood?*



### Adverse childhood experiences (ACEs)

*are potentially traumatic events that occur in childhood (<18 years).*

- 64% of US adults report having experienced at least one type of ACE in childhood
- Reported rates of ACEs were highest among
  - females
  - non-Hispanic American Indian or Alaska Native adults
  - adults who are unemployed or unable to work
- The estimated cost of ACEs-related health consequences is \$748 billion annually in Bermuda, Canada, and the United States.
- It is estimated that by preventing ACEs, up to 1.9 million heart disease cases and 21 million depression cases could have been avoided.

### Some examples of ACEs

- Experiencing violence, abuse or neglect
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide
- Growing up in a household with
  - substance use problems
  - mental health issues
  - instability due to parental separation or household members being in jail or prison



### ACEs

**and their negative impacts are preventable**

*Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full health and life potential.*

**Learn more about ACEs from CDC**



<https://www.cdc.gov/violenceprevention/aces/index.html>

# It's not luck ...it's planning

Don't rely on luck when it comes to being prepared for disasters and emergencies

**Know what kinds of disasters are likely in your area**

**Establish a family meeting place that is familiar and easy to get to.**

**Sign up for alerts and warnings**

**Build a kit with enough food, water and other supplies (including medications) to last for several days**

**If you have a disability or special needs, build a support network that can help you in a disaster**

**Learn more about preparedness**



[www.ready.gov](http://www.ready.gov)



## FLU AND COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Chatham Health District will be offering flu and COVID-19 vaccines this year.

Visit our website  
[chathamhealth.org](http://chathamhealth.org)  
to see our clinic schedule



[WWW.CHATHAMHEALTH.ORG](http://WWW.CHATHAMHEALTH.ORG)

