

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?

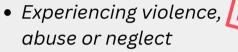


Adverse childhood experiences (ACEs)

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 ACEsrelated 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





- 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
 - o 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/violenceprev ention/aces/inde x.html



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 webite chathamhealth.org to see our clinic schedule



