



ADVERSE CHILDHOOD EXPERIENCES + BEHAVIORAL HEALTH

SUMN.org FACT SHEET

2017

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 2016 Minnesota Student Survey; ACE scores are calculated by adding up the number of the following 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

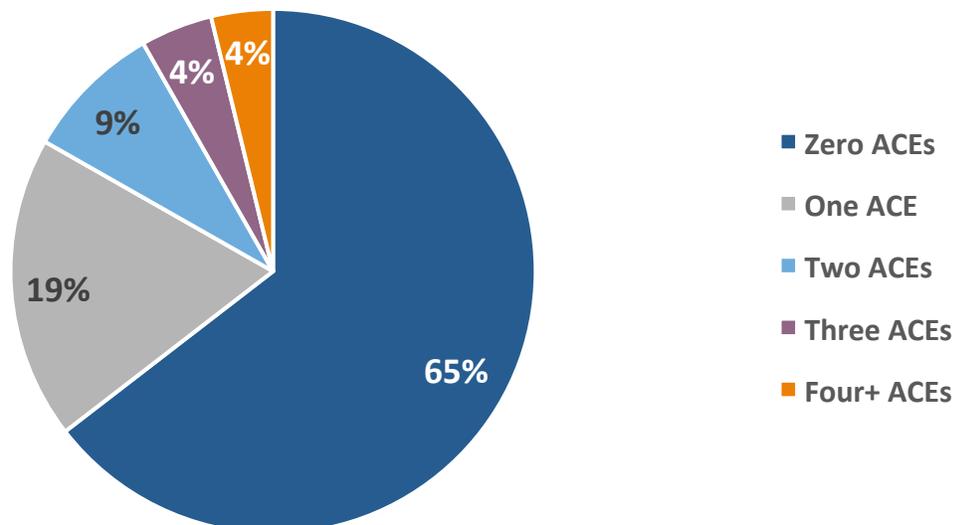
For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

Prevalence + Frequency

According to the 2016 Minnesota Student Survey (MSS):

- Of Minnesota's 8th, 9th, and 11th graders, **35%** reported experiencing at least one ACE (see graph).
- Almost half of adolescents experiencing any ACEs report more than one.
- The most frequently reported ACEs are parental incarceration (17%), emotional abuse (14%) and physical abuse (12%); the least frequently reported are sexual abuse (5%) and household drug use (5%).

Number of ACEs Reported by Minnesota 8th, 9th, and 11th Graders, 2016 MSS

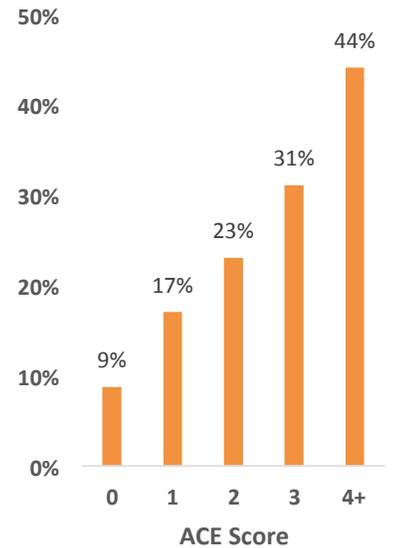


Risk for Behavioral Health Problems

ACEs put individuals at risk for a number of negative outcomes across the lifespan, including alcohol, tobacco and other drug use, as well as depression and suicidal behaviors.

Substance Use

- Rates of reported past-month alcohol use increase with the number of ACEs adolescents are exposed to (see graph); the same pattern appears for past-month binge drinking.
- Compared to youth who are not exposed to ACEs, those reporting an ACE score of 4+ are...
 - **6 times** more likely to report tobacco/nicotine use
 - **8 times** more likely to report marijuana use
 - **11 times** more likely to report prescription drug misuse ...in the past month.



Past-Month Alcohol Use among 8th, 9th, and 11th Graders, by ACE Score (MSS 2016)

Mental Health

- Students with 4+ ACEs are over **5 times** more likely to report feeling down, depressed, or hopeless in the past 2 weeks.
- Rates of reported past-year mental health issues related to suicide also increase by ACE score:
 - Past-year suicidal ideation: **42%** (4+ ACEs) vs. **5%** (0 ACEs).
 - Past-year suicide attempts: **21%** (4+ ACEs) vs. **1%** (0 ACEs).

Protective Factors

Although at increased risk of substance use compared to their peers with no ACEs, students with 4+ ACEs are less likely to engage in substance use if they also...

- ...feel their parents care quite a bit or very much about them.
- ...feel the adults in their communities care about them.
- ...have a good teacher-student relationship (if they feel that school rules are fair, and that teachers care about them and listen to them).

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: info@sumn.org

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