

The Effects of ACEs

Research has demonstrated a strong, graded relationship between ACEs and a variety of substance-related behaviors and behavioral health problems, including:

- Early initiation of alcohol use
- Higher risk of mental and substance use disorders as an older adult (50+ yrs)
- Continued tobacco use during adulthood
- Prescription drug use
- Lifetime illicit drug use, drug dependency, and self-reported addiction
- Suicide Attempts
- Lifetime depressive episodes
- Fetal mortality

ACEs and Prevention

Because ACEs are common and strongly related to a variety of substance misuse and related behavioral health outcomes, preventing ACEs and engaging in early identification of people who have experienced them could have a significant impact on a range of critical health problems. For example:

- 36% of depression diagnoses in Ohio could be prevented
- Ohioans could save over \$1 billion annually in public and private healthcare and related spending if just 10% of the cost attributable to ACEs exposure were avoided
- Improve education and employment potential
- Stop ACEs from being passed from one generation to the next

PAA and ACEs

Prevention Action Alliance supports strategies that focus on changing norms, environments, and behaviors that prevent ACEs from happening in the first place. By addressing the conditions that give rise to ACEs and simultaneously addressing the needs of children and parents, such strategies take a multi-generation approach to prevent ACEs and ensure safe, stable, nurturing relationships and environments.

To become a national leader in child health and well-being, we must align on a comprehensive and strategic approach to preventing ACEs. This requires:

- Promoting protective factors and reducing risk factors for ACEs
- Supporting primary prevention to prevent ACEs from occurring in the first place
- Identifying and funding selective and indicated prevention strategies that will support, strengthen and build resiliency
- Targeting and tailoring interventions to ensure they reach children and families that are most at risk for experiencing adversity and trauma

Dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness.