Childhood Trauma & Lifelong Impact on Health

Kalyn McDonough, Graduate Research Assistant
Partnership for Healthy Communities

Adverse Childhood Experiences and Childhood Trauma

Adverse childhood experiences (ACEs) are stressful or traumatic experiences including:

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Neglect
- Witnessing Violence in the home
- Substance Abuse by a Caretaker
- Parental Divorce
- Incarceration of a Family Member

Lifelong Impact on Health

Childhood ACEs have been found to have a lifelong impact on health, and the higher an individual's ACE "score" the greater the health risk. This includes health risks such as suicide, substance abuse, cancer, heart disease and more (CCHD, 2015).

The experiences and development of children matter, and they play a significant role in their health across a lifetime. We can have a positive impact on the health of youth through:

- preventative measures and early detection of ACEs
- support and protection against the lasting negative impacts of high exposure to trauma

Learn More

To learn more check out the references below or watch the TedMed talk by Dr. Nadine Burke Harris "How childhood trauma affects health across a lifetime."

References

Center Child and Human Development. (2015). Who needs to pay attention to the ACEs study? Retrieved from https://georgetownta.wordpress.com/2015/03/05/who-needs-to-pay-attention-to-the-ace-study/
