

# ACEs do not have to determine a child's outcomes

*Responsive relationships and strong communities can buffer the effects of ACEs*

Research shows adverse childhood experiences (ACEs) have a negative impact on a child's health and well-being later in life. The accumulation of multiple ACEs is associated with a detrimental long-term impact on health and development.

Understanding how many children have experienced ACEs helps to determine what interventions or policy changes are needed. One approach to buffer the impact of ACEs is to promote stable and supportive relationships with caregivers.

IN VIRGINIA

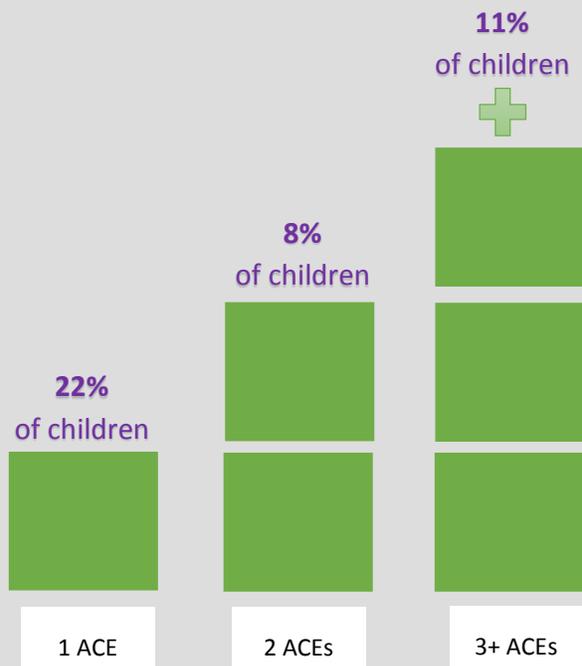
19%

OF CHILDREN HAVE EXPERIENCED TWO OR MORE ACEs

Source: KIDS COUNT Data Center

## WHAT ARE ACEs?

- ❖ Lived with a parent or guardian who became divorced or separated
- ❖ Lived with anyone who was mentally ill or suicidal, or severely depressed
- ❖ Lived with a parent or guardian who was incarcerated
- ❖ Lived with a parent or guardian who died
- ❖ Lived with anyone who had a problem with alcohol or drugs
- ❖ Witnessed an adult in the household behaving violently
- ❖ Been the victim of violence or witnessed any violence in his or her neighborhood
- ❖ Experienced economic hardship



**Data source:** Child Trends. (2018). The prevalence of adverse childhood experiences, nationally, by state, and by race/ethnicity.

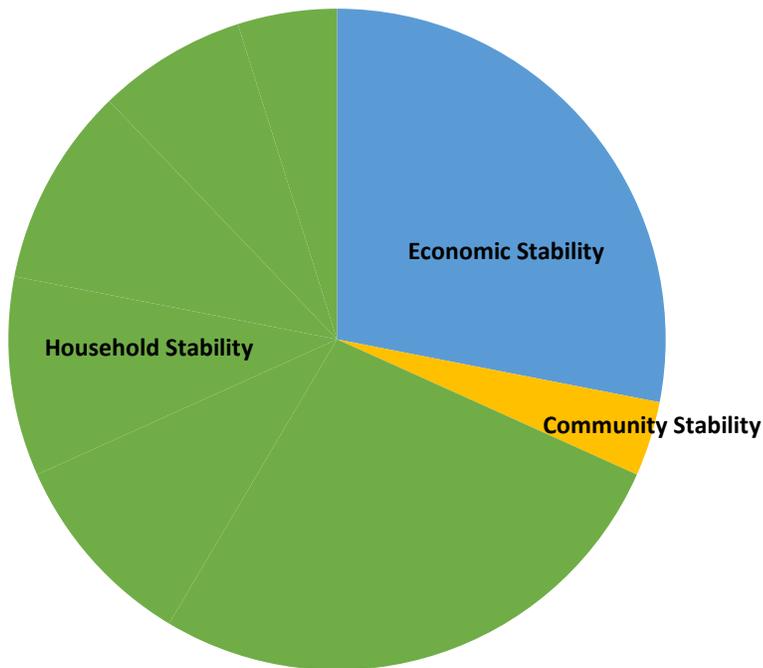
\*There are two approaches to measuring ACEs. One method, Behavioral Risk Factor Surveillance System (BRFSS) asks adults to reflect on their own childhood while the other surveys parents about challenges their family currently faces. The research shown here comes from the second method, a survey administered by Child Trends. This survey contains slightly different questions than the original ACEs study. It does not ask parents to disclose abuse or neglect in their household and instead asks about economic stability. We chose to use this data because the BRFSS has only been administered in VA for 2 years and the Child Trends survey is comparable across states.

41%

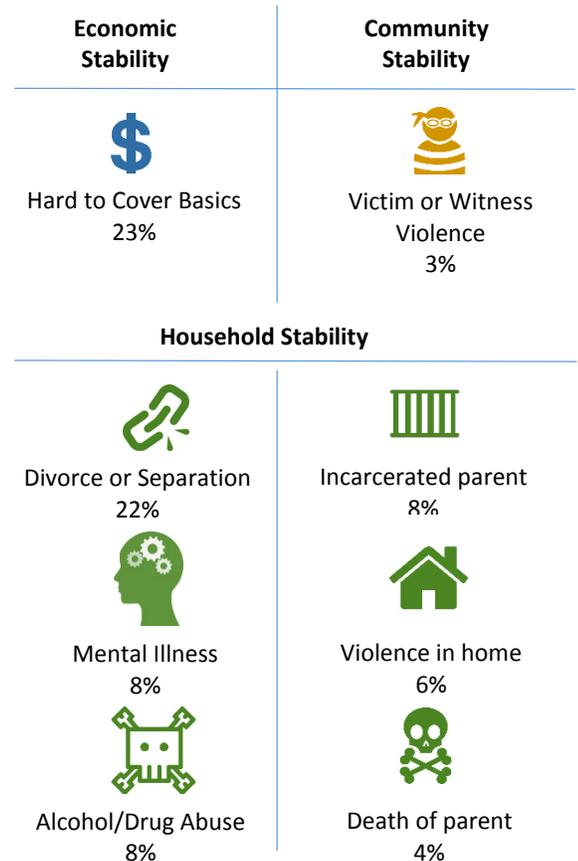
of children in Virginia have had at least one adverse childhood experience

## In Virginia, most children experience ACEs connected to their household stability.

Understanding the different types of ACEs helps determine what interventions are needed.



Prevalence of Individual ACEs



## Children do not share the risk for ACEs equally. Children of color are more likely to experience two or more ACEs.

Understanding how different communities experience ACEs helps to determine where to target resources.

United States		South Atlantic	
Asian	5%	Asian	4%
Black	33%	Black	30%
Latino	21%	Latino	24%
Other	26%	Other	25%
White	19%	White	20%

% children with 2 or more ACEs

