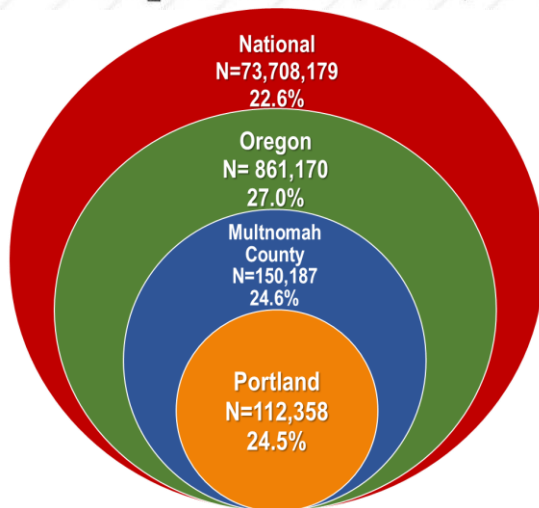


## Adverse Childhood Experiences Among Portland City & Oregon's Children

Adverse childhood experiences (ACEs) have been found to have a direct and synergistic impact on the healthy development and lifelong health of individuals. ACEs evaluated in prominent studies include experiences ranging from extreme poverty, family problems, to experiencing violence, abuse, and discrimination Table 1.<sup>1</sup>

### Children & Youth with 2+ Adverse Childhood Experiences (ACEs)



Exactly one fourth of children in Portland have 2 or more ACEs (n~28,000)

**Table 1. Local and National Level Prevalence of Adverse Childhood Experiences Items Among Children, Age 0-17 yrs.**

Adverse Child or Family Experiences (ACEs) Items	Portland	Oregon	National
Extreme economic hardship	28.0%	28.6%	25.7%
Family disorder leading to divorce/separation	21.3%	22.9%	20.1%
Has lived with someone who had an alcohol/drug problem	13.9%	16.9%	10.7%
Has been a victim/witness of neighborhood violence	8.6%	8.3%	8.6%
Has lived with someone who was mentally ill/suicidal	10.4%	13.5%	8.6%
Witnessed domestic violence in the home	7.6%	7.4%	7.3%
Parent served time in jail	8.7%	7.8%	6.9%
Treated or judged unfairly due to race/ethnicity	4.8%	3.8%	4.1%
Death of parent	2.8%	2.7%	3.1%
<b>Child had ≥1 ACEs (1/more of above items)</b>	<b>50.2%</b>	<b>48.1%</b>	<b>47.9%</b>

**Even decades after ACEs have occurred**, studies demonstrate a strong dose-response effect between the experience of ACEs and adult health.<sup>2</sup> Burgeoning neuroscience, biologic, epigenetic and social psychology studies reveal potential mechanisms for this enduring impact.<sup>3</sup> Promising methods to promote resilience and prevent or ameliorate the impact of ACEs are also evolving rapidly and focus on developing resilience and safe, stable, nurturing relationships in the home and community.<sup>4</sup>

Many studies on ACEs have been retrospective in nature, asking adults to recall their childhood experiences and then examining the prevalence of various chronic conditions and economic outcomes. The recent 2011/12 National Survey of Children's Health (NSCH) now provides a first ever profile of ACEs among US children ages 0-17 years (Table 1).

<sup>1</sup> The Child and Adolescent Health Measurement Initiative: Data Brief on Adverse Childhood Events Among California's Children. Accessed on April 2, 2014. www.cahmi.org

<sup>2</sup> Felitti VJ (2009). Adverse Childhood Experiences and Adult Health. Academic Pediatrics. May-June; 9(3):131-132.

<sup>3</sup> Hertzman C, Boyce T (2010). How experience gets under the skin to create gradients in developmental health. Annu Rev Public Health; 31:329-47.

<sup>4</sup> Sege, R, Linkenbach, J. Essentials for Childhood: Promoting Healthy Outcomes From Positive Experiences; June 1, 2014. Pediatrics v133,n6.

Note: Adverse Childhood Experiences (ACEs) is a composite measure that includes items listed in Table 1.

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