Adverse Childhood Experiences (ACEs) are stressful and traumatic events that occur during childhood that can have lasting effects into adulthood.

### Florida Adults Exposed to Adverse Childhood Experiences

- **Intimate Partner Violence**: 33.8%
- **Alcohol Abuse**: 22.7%
- **Parental Separation or Divorce**: 17.6%
- **Mental Illness**: 16.4%
- **Drug Abuse**: 10.9%
- **Incarcerated Family Member**: 9.7%

### Florida Adults Exposed to Direct ACEs

- **Emotional Abuse**: 32.2%
- **Physical Abuse**: 27.4%
- **Sexual Abuse**: 13.9%

### Florida Adults Have Experienced

- **0 ACEs**: 45.2%
- **1 to 3 ACEs**: 34.8%
- **4 or more ACEs**: 20.1%

Source: 2019 Florida Behavioral Risk Factor Surveillance System (BRFSS) Adverse Childhood Experiences (ACE) Module

https://www.flhealth.gov/BRFSS

http://www.flhealthcharts.gov

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Adverse Childhood Experiences and their Impact on Adulthood

- Increase the risk of heart disease, diabetes and more
- Problems with mental health and building healthy relationships
- Increase alcohol and drug abuse
- Financial and career seeking struggles
- Infectious disease through risky sex behaviors
- Risky sex behaviors causing unwanted pregnancy and complications
- Toxic stress leading to traumatic brain injury

Impact of ACEs

Raising Awareness and Preventing ACEs can...

- Improve education and employment potential
- Lower risk of chronic health conditions
- Acknowledge the link to childhood and adulthood effects
- Promote safe, stable, and nurturing environments for children
- Reduce stigma for receiving help with parental challenges
- Change focus from individual to community responsibility

Source: 2019 Florida Behavioral Risk Factor Surveillance System (BRFSS) Adverse Childhood Experiences (ACE) Module

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