Adverse Childhood Experiences (ACEs) in Kentucky

Quick Facts About Adverse Childhood Experiences (ACEs):

- ACEs are common. 1 in 5 Kentucky children have already experienced at least two ACEs.¹
- ACEs have lifelong effects on health and overall success and well-being.
- There are steps we can take to reduce the impact of ACEs so that Kentuckians grow up healthy and hopeful.

Examples of ACEs

• Physical abuse/neglect
• Emotional abuse/neglect
• Sexual abuse
• Mental illness in the home
• Domestic violence
• Parental incarceration
• Divorce or parental separation
• Substance abuse

The Pair of Aces

We must address Adverse Community Environments in order to address Adverse Childhood Experiences. Environments that include poverty, discrimination, and other challenges create a negative cycle of ever worsening “soil” for a child’s “tree” of experiences.

ACEs by the Numbers

- 64% of adults have at least one ACE.
- Increased number of ACEs leads to greater risk for chronic disease, mental illness, violence and being a victim of violence.
- Adults with the highest level of ACEs had a life expectancy 20 years less than those without high levels of ACEs.²

Adverse Childhood Experiences