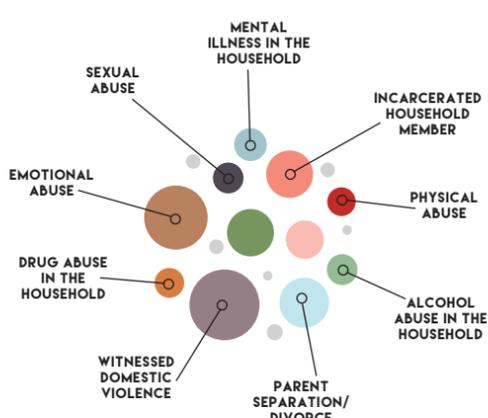


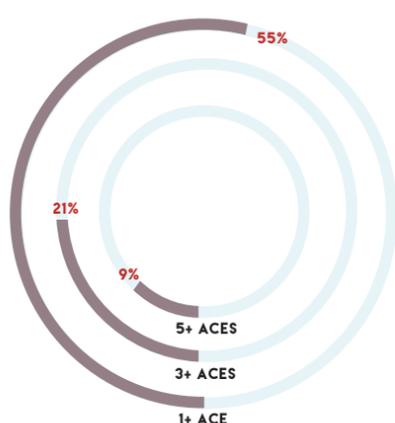
REDUCE CHILDHOOD ADVERSITY CHANGE THE OUTCOME

ADVERSE CHILDHOOD EXPERIENCES

Adverse childhood experiences (ACEs) are incidents during childhood that threaten healthy development.



The nine ACEs studied in Iowa.



Share of Iowa adults who experienced ACEs as children.

HOW ACEs AFFECT ADULTS

Those experiencing four or more ACEs, compared to those with zero are:



2.3 X
more likely to
**REPORT POOR
HEALTH**



5 X
more likely to
**HAVE CLINICAL
DEPRESSION**



1.5 X
more likely to
**SMOKE
CIGARETTES**



3 X
more likely to
**HAVE HEART
DISEASE**



2 X
more likely to
HAVE DIABETES

The experiences children have early in life, and the environments in which they live, shape their developing brains and strongly affect whether they grow up to be healthy, productive members of society.

IOWA'S CHILDREN TODAY

Without intervention the outcomes won't change:



16%

Live births to women who did not start prenatal care until after the first trimesters



19%

Births to women with a HS diploma, GED or less



21%

Children 4 months to 5 years of age at moderate to high risk of developmental, behavioral or social delays



19%

Young children living in households below 100 percent of poverty



13%

School-aged children living in households below 100 percent of poverty



25%

4th graders not proficient in reading



27%

8th graders not proficient in math



10%

Youth who disagree with the statement "I have a happy home"



11%

Youth who disagree with the statement "There is at least one adult at school I could go to for help with a problem"



23%

Youth who have had a full drink of alcohol



10%

Students who do not graduate from high school on time

CHANGE THE OUTCOME

We can reduce childhood adversity now to improve the health and well-being of the next generation. Advocate for policies and programs that:



- ✓ Take a two-generation approach, giving children and their parents the tools needed to thrive
- ✓ Help families manage day-to-day challenges contributing to family stress
- ✓ Focus on prevention
- ✓ Offer different levels of support to families based on levels of need
- ✓ Engage stakeholders at state and local levels and across sectors