ACEs Can Echo Across Generations

The effects of ACEs can add up over time and affect a person throughout their life. Toxic stress that occurs early in life can limit a person's ability to process information, make decisions, interact with others, and disrupt brain development, potentially leading to long-term harms.

Many People Report ACEs

Multiple studies show that people who experience ACEs are more likely to report a host of issues in adulthood, including trauma, depression, and chronic health conditions such as asthma, heart disease, and diabetes.

We Can Prevent ACEs

Stop ACEs before they start — would benefit the economy and the health of those affected. ACEs can negatively impact physical, mental, or mental health problems.

We Can Create Healthy Childhoods

Healthy childhoods can help the economy and improve people's lives throughout their lives. The science of ACEs also reveals opportunities for prevention and intervention.

What could happen if we prevent ACEs?

• 44% REDUCTION IN ACES
• 16% REDUCTION IN KIDNEY DISEASE
• 4% REDUCTION IN DIABETES
• 15% REDUCTION IN DEPRESSION
• 24-27% REDUCTION IN TOOBING OR OBESITY
• 10% REDUCTION IN SMOKE
• 33% REDUCTION IN ALCOHOLISM

This infographic shows how many of the leading causes of death like heart disease and cancer could equate to an annual savings of $56 billion for Poor Social Outcomes, Disease, and Death.

We Can Improve People's Lives and Help Them Thrive

Working together, we can help create neighborhoods, relationships, and systemic racism or living in poverty for Poor Social Outcomes, Disease, and Death.

The primary prevention of ACEs — stopping ACEs before they start — would benefit the economy and the health of those affected.

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