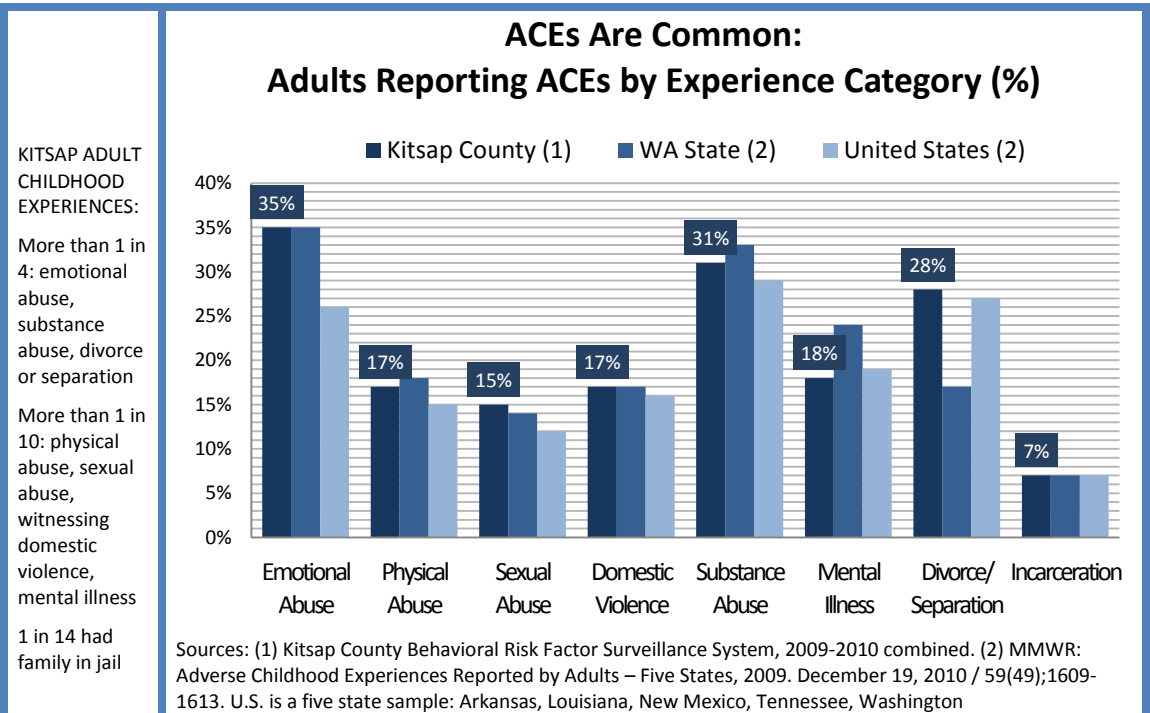


# ADVERSE CHILDHOOD EXPERIENCES (ACEs) IN KITSAP COUNTY ARE COMMON

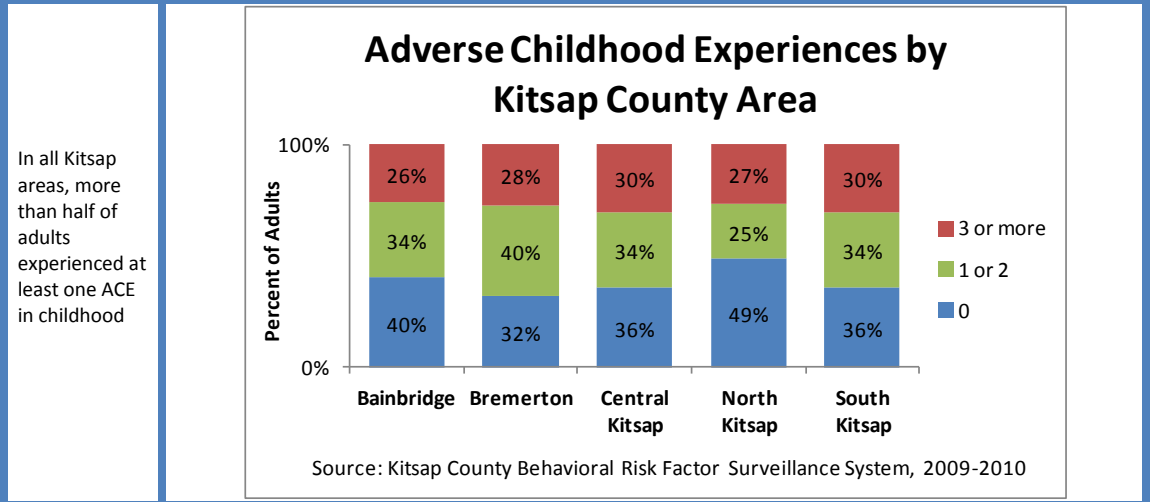
Adverse Childhood Experiences (ACEs) are ten experiences children may have during their first 18 years of life: physical, emotional, or sexual abuse; physical or emotional neglect; exposure to traumatic stressors in the home (substance abuse, mental illness, domestic violence, incarceration of a household member, parental separation or divorce).

ACEs are linked to greater risk for an array of poor physical, mental and behavioral health outcomes throughout life. Knowing about ACEs can help to prevent future ACEs. Individual assets and resilience and a compassionate community support coping and managing the risks of ACEs.



**KITSAP ADULT CHILDHOOD EXPERIENCES:**

- More than 1 in 4: emotional abuse, substance abuse, divorce or separation
- More than 1 in 10: physical abuse, sexual abuse, witnessing domestic violence, mental illness
- 1 in 14 had family in jail



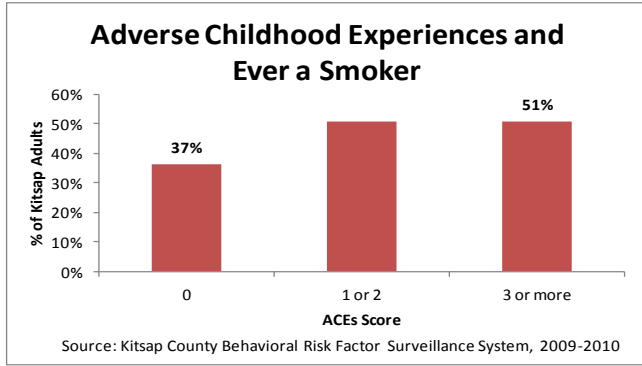
In all Kitsap areas, more than half of adults experienced at least one ACE in childhood

# ACEs IN KITSAP COUNTY

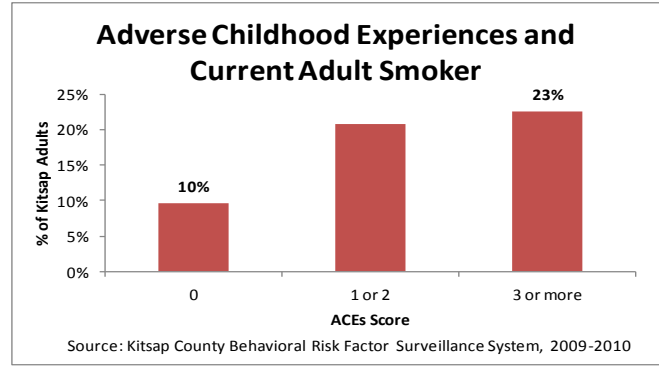
Page 2

The greater the number of ACEs an individual has, the greater their risk for poor physical, mental and behavioral health outcomes.

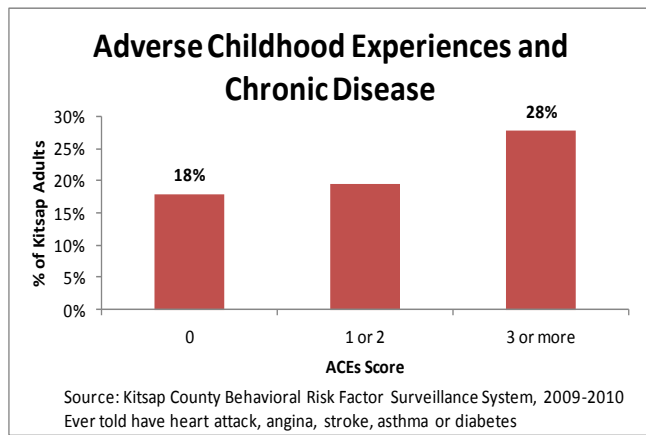
## Smoked at least 100 cigarettes in lifetime



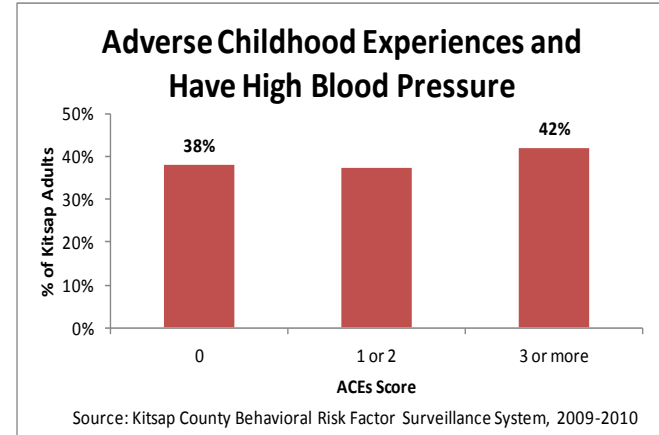
## Currently smoke every day or some days



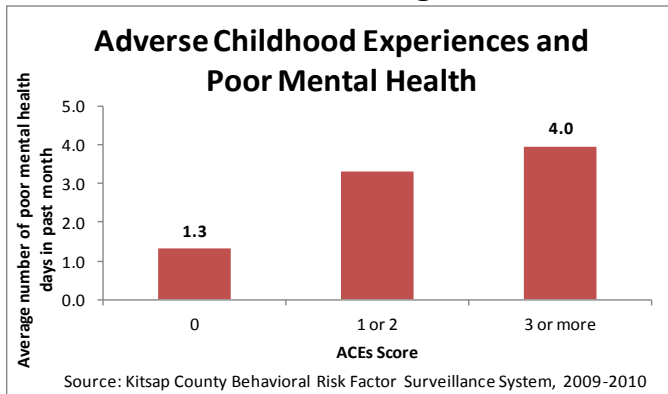
## Ever told have heart attack, angina, stroke, asthma, or diabetes



## Ever told have high blood pressure



## Number of days in past month mental health was not good



## Sometimes, rarely, never get needed social/emotional support

