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## Adverse Childhood Experiences and Health and Well-Being Over the Lifespan

This chart shows the sequence of events that unaddressed childhood abuse and other early traumatic experiences set in motion. Without intervention, adverse childhood events (ACES) result in long-term disease, disability, chronic social problems and early death. Importantly, intergenerational transmission that perpetuates ACES will continue without implementation of interventions to interrupt the cycle.

## Adverse Impact of Trauma and Long-Term Childhood Adoption of Health Consequences of Experiences Risk Behaviors to Unaddressed Ease Pain of Trauma Trauma Abuse of Child Neurobiologic Effects Disease and of Trauma Disability Psychological abuse Disrupted neuro-· Ischemic heart Physical abuse development disease Sexual abuse Difficulty controlling Cancer anger Chronic lung Trauma in Child's Hallucinations disease Household Depression Chronic Environment emphysema Panic reactions Substance abuse Asthma Anxiety Parental separation Liver disease Multiple (6+) somatic and/or divorce problems Skeletal fractures Mentally ill or suicidal Sleep problems Poor self rated household member health Impaired memory · Violence to mother HIV/AIDS Flashbacks Imprisoned household member Social Problems Health Risk Behaviors Homelessness Neglect of Child Smoking Prostitution Abandonment Severe obesity Delinquency. Child's basic physical Physical inactivity and/or emotional violence and Suicide attempts criminal behavior needs\_unmet Alcoholism Inability to sustain employment - Drug abuse welfare recipient 50+ sex partners Re-victimization: Sexually transmitted rape; domestic disease violence Repetition of original Inability to parent trauma Inter-generational Self-injury transmission of abuse · Eating disorders Long-term use of health behavioral Dissociation health, correctional, Perpetrate domestic and social services violence

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