Timeline Tuesday
Data Snapshot:
Adverse Childhood Experiences (ACEs)

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Data Overview
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Community Perspective Panelists
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The State Epidemiological Outcomes Workgroup (SEOW)

4 Goals of the SEOW

Identify, Analyze, and Share Data

Create Data Products

Train Communities in Understanding and Using Data

Build State and Local Level Monitoring Systems
25 YEARS OF COUNTING DELAWARE KIDS

ADVERSE CHILDHOOD EXPERIENCES TIMELINE

1998

RISKS
The CDC’s Adverse Childhood Experience Study reveals that experiencing multiple types of adversity during childhood is associated with higher risk of both physical and mental health issues.

2011/12

SURVEY
The National Survey of Children’s Health asks adults about adverse experiences of children currently in their household.

2013

TRAUMA MATTERS
Trauma Matters Delaware hosts first annual Delaware Trauma Matters conference.

2015

SURVEY
The Delaware Household Survey asks adults about their own adverse experiences as a child.

2018

INFORMED
Delaware becomes a Trauma-Informed State by executive order.

next

POLICIES
Advance trauma-informed policies and resilience building practices throughout Delaware’s child serving community.

Biden School of Public Policy & Administration
www.bidenschool.udel.edu
Executive Order 24, Progress Report and Action Plan


What are ACEs?

Original Kaiser study included 10 adverse childhood experiences including abuse, neglect, and household/family dysfunction.

Broader issues such as poverty, racism, and exposure to community violence are now considered ACEs.

ACEs create toxic stress which can lead to changes in brain structure and function, and poorer health and social outcomes throughout the lifespan – the more ACEs experienced, the greater the impact.
How Prevalent are ACEs?

Findings from 25 states asking ACE questions in the CDC Behavioral Risk Factor Surveillance System (BRFSS, 2015-2017):

• Almost 2 in 3 adults report at least 1 ACE
• Nearly 16% of adults report 4 or more ACEs
• Higher rates of being overweight and obese, heavy drinking, COPD, and depression are associated with higher numbers of reported ACEs
• Among these respondents, greater ACE scores are also associated with greater socio-economic challenges

(Merrick et al., 2019)
How Prevalent are ACEs in Delaware?

- 44% have 4 or more ACEs
- 23% have 2-3 ACEs
- 19% have 1 ACE
- 14% have 0 ACEs

Source: Delaware Household Health Survey, 2015
National Survey of Children’s Health

NSCH 2016-2018 – ACEs and Poverty

Unexposed

- 0-199% FPL: 40.3%
- 200-299% FPL: 46.8%
- 300-399% FPL: 59.4%
- 400% FPL or more: 76.6%

One adverse childhood experience

- 0-199% FPL: 25.4%
- 200-299% FPL: 29.4%
- 300-399% FPL: 24.9%
- 400% FPL or more: 17.7%

Two or more adverse childhood experiences

- 0-199% FPL: 34.3%
- 200-299% FPL: 23.8%
- 300-399% FPL: 15.7%
- 400% FPL or more: 5.7%

NSCH 2016-2018 – ACEs and Race

NSCH 2016-2018 ACEs and Parent Place of Birth

- All parents born in the US (3rd or higher generation HH)
- Any parent born outside of the US (1st and 2nd generation HH)
- Other (child born in United States, parents are not listed)

NSCH 2016-2018 - ACEs in Special Health Needs

2019 Delaware High School Youth Risk Behavior Survey (YRBS) – ACE Indicators (%)

- Been in a fight: 20%
- Bullied at school: 15%
- Emotional Dating Violence: 14%
- Forced sexual contact or intercourse in past year: 8%
- Incarcerated Parent: 8%
- Raped in lifetime: 7%
- Sexual Dating Violence: 6%
- Physical Dating Violence: 5%
- Threatened with a weapon: 5%
- Homeless: 4%

2019 Delaware High School YRBS
Prevalence of ACEs (%)

### 2019 Delaware High School YRBS ACEs and Gender* (%)

<table>
<thead>
<tr>
<th></th>
<th>0 ACES</th>
<th>1 ACE</th>
<th>2+ ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>58</td>
<td>25</td>
<td>17</td>
</tr>
<tr>
<td>Female</td>
<td>54</td>
<td>22</td>
<td>24</td>
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</tbody>
</table>

2019 Delaware High School YRBS
ACEs and Race and Ethnicity (%)

## 2019 Delaware High School YRBS
ACEs and Substance Use (past month, %)

<table>
<thead>
<tr>
<th>Substance</th>
<th>0 ACEs</th>
<th>1 ACE</th>
<th>2+ ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>17</td>
<td>26</td>
<td>46</td>
</tr>
<tr>
<td>Binge drinking</td>
<td>8</td>
<td>14</td>
<td>25</td>
</tr>
<tr>
<td>Marijuana</td>
<td>15</td>
<td>29</td>
<td>44</td>
</tr>
<tr>
<td>Vaping</td>
<td>18</td>
<td>35</td>
<td>48</td>
</tr>
</tbody>
</table>

2019 Delaware High School YRBS
ACEs and Mental Health (past year, %)

Protective factors at the family, school, community, and societal levels can help to prevent ACEs and reduce their impact.

Protective Factors for Delaware Youth

Support and Encouragement

Almost three out of every four surveyed high school students say that their parents give them a lot of support and encouragement.

Help with Serious Problems

However, 25% of surveyed Delaware high school students report they would most likely talk to no one if they had a serious personal problem.

Rules at Home

Students who agree that their parents have clear rules and consequences at home report binge drinking at half the rate of students who do not have clear rules at home.

- Parents are proud
- Parents take an interest
- Parents listen

Students who say that their parents are always or almost always proud of them, take an interest, and listen to them report attempting suicide at significantly lower rates than students who do not experience this kind of support from their parents.

Source(s):

2020 Delaware State Epidemiological Profile Report. Funding for this project (SP02794) has been provided by the Department of Health and Human Services, Division of Substance Abuse and Mental Health - State of Delaware through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).
Data highlights are from the 2020 Delaware State Epidemiological Profile, a product of the State Epidemiological Outcomes Workgroup (SEOW) which is supported by the Delaware Department of Health and Social Services, Division of Substance Abuse and Mental Health. To access the report and infographics on this and related prevention topics, visit: https://www.cdhs.udel.edu/seow/reports-and-products.

The SEOW is grateful for Dr. Khaleel Hussaini for the preliminary analysis of the National Survey of Children’s Health data.

For more on the Delaware Youth Risk Behavior Survey, please visit the UD Center of Drug and Health Studies at: https://www.cdhs.udel.edu/seow/school-surveys.


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