

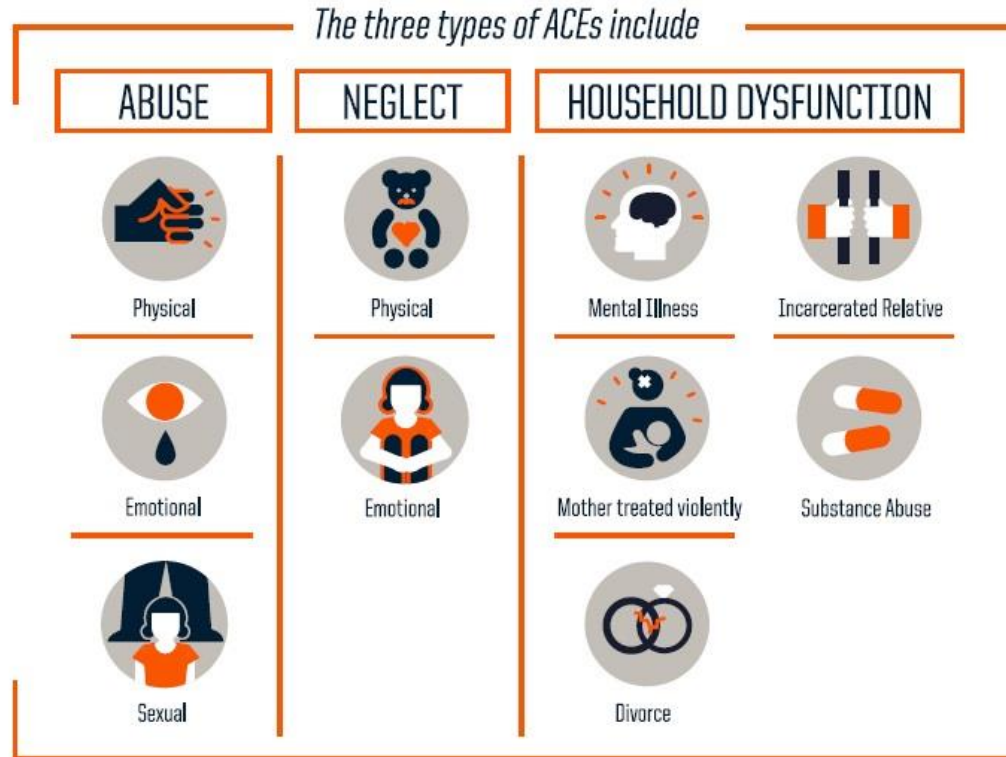


CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

Adverse Childhood Experiences (ACEs) with a focus on Violence in the Home

Colleen M. Bridger, MPH, PhD, Director
September 5, 2018

What are ACEs?



What is IPV?

IPV Defined

"Intimate Partner Violence" describes physical violence, sexual violence, stalking and psychological aggression (including coercive acts) by a current or former intimate partner.

Historically called "**domestic violence**," this type of violence can occur among heterosexual or same-sex couples.



Go Purple

KNOW. PREDICT. PREVENT.

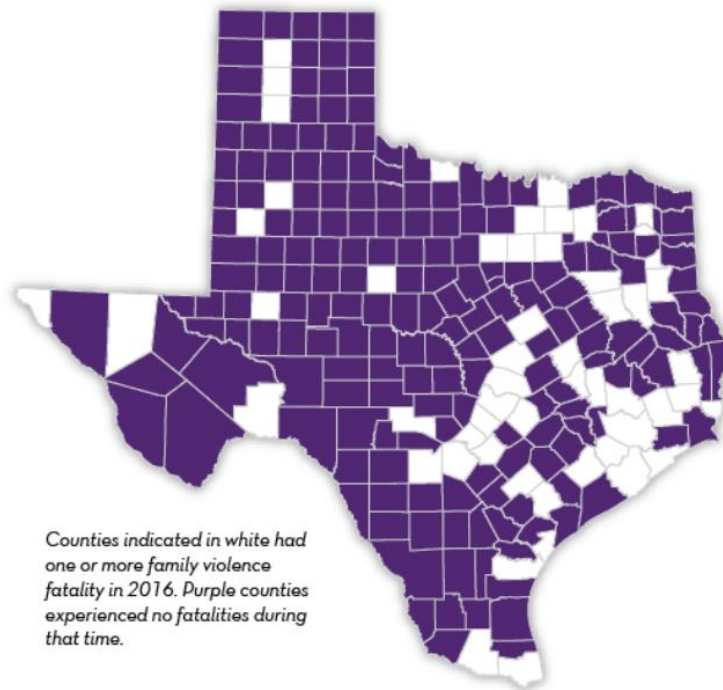
146 women were killed by a male intimate partner in Texas in 2016.



68%
of perpetrators
used a firearm to
murder their
female partner.

Leaving does not
equal safety.

40% of women killed in 2016
had ended the relationship or
were in the process of leaving
when they were murdered.





39% of victims are turned away from shelter due solely to lack of space.

More than **5 million Texans** have experienced domestic violence in their lifetime.

1 in 3 Texas women will experience domestic violence.

[TCFV.org/GoPurple](https://www.tcfv.org/GoPurple)

Texas Council On
FAMILY VIOLENCE 



Intimate Partner Violence

Risk Factors for IPV

Low Income*

Unemployment*

Less than a High School Diploma or GED*

Current drug use

Relationship conflict

History of perpetrating teen dating violence

History of school conduct problems

History of child abuse (physical and sexual)

**

History of IPV in childhood home**

**Used in this analysis*

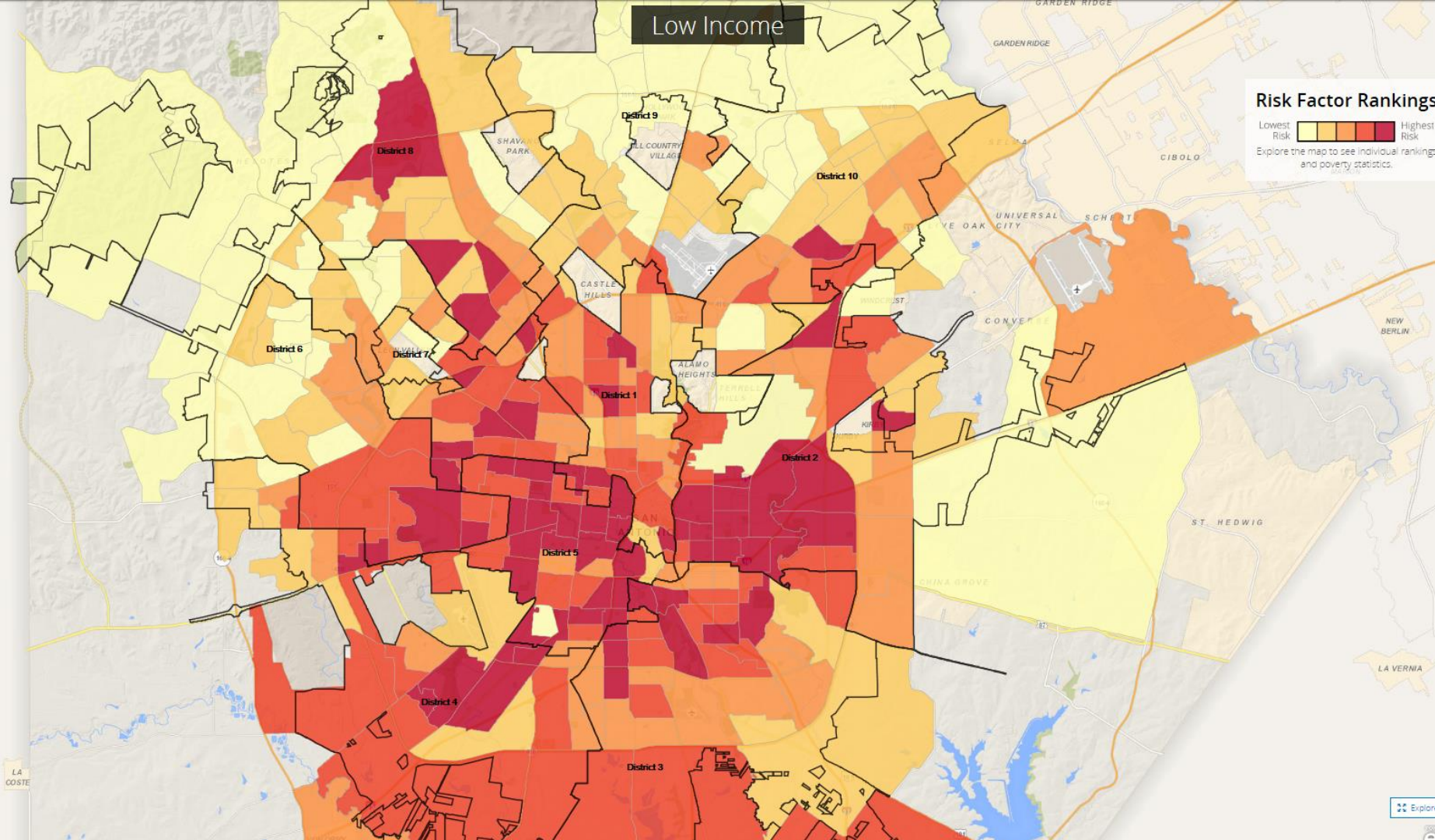
***Proxy indicators used*

Low Income

Risk Factor Rankings

Lowest Risk  Highest Risk

Explore the map to see individual rankings and poverty statistics.

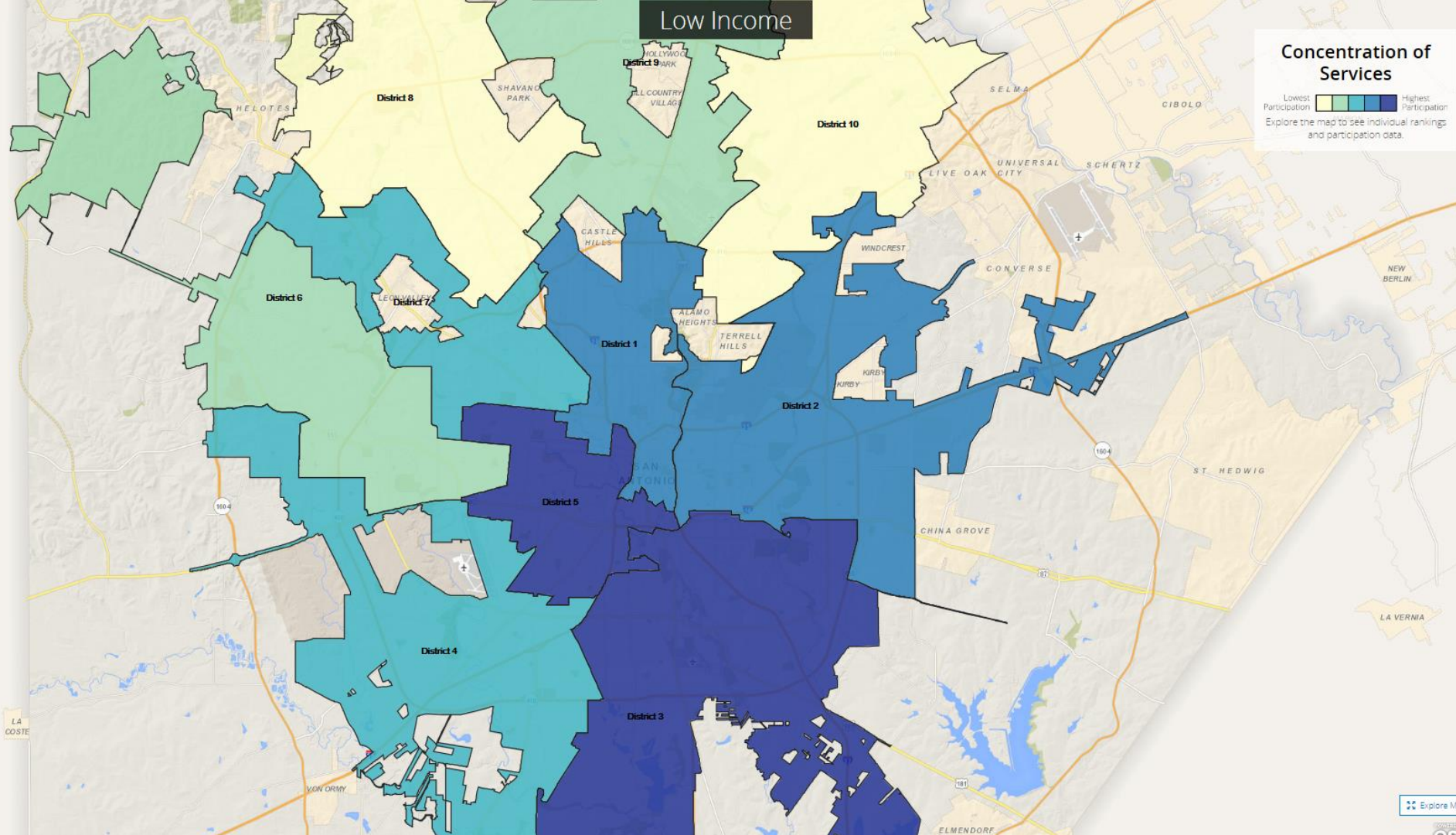


Low Income

Concentration of Services

Lowest Participation  Highest Participation

Explore the map to see individual rankings and participation data.

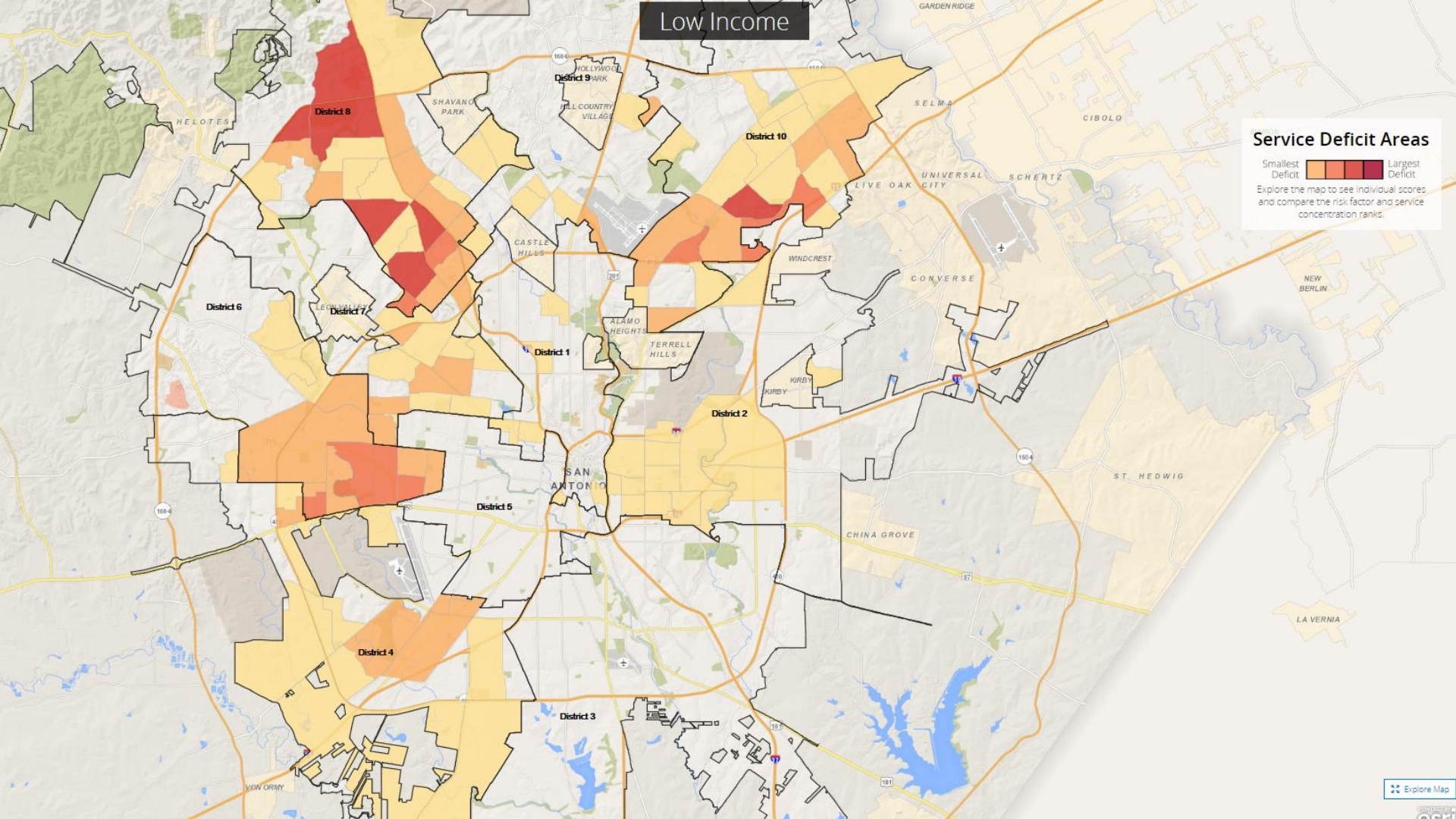


Low Income

Service Deficit Areas

Smallest Deficit  Largest Deficit

Explore the map to see individual scores and compare the risk factor and service concentration rank.

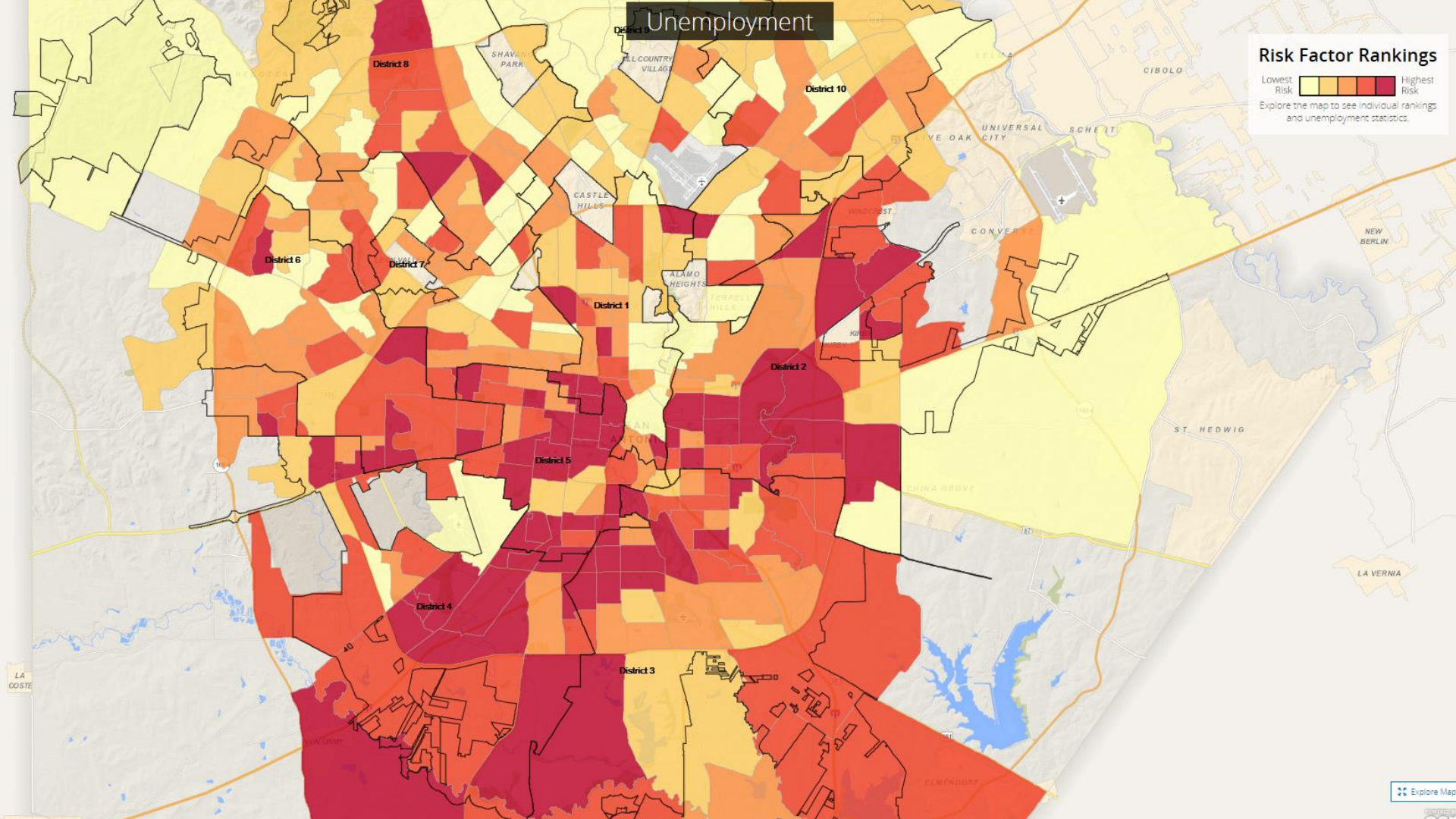


Unemployment

Risk Factor Rankings

Lowest Risk  Highest Risk

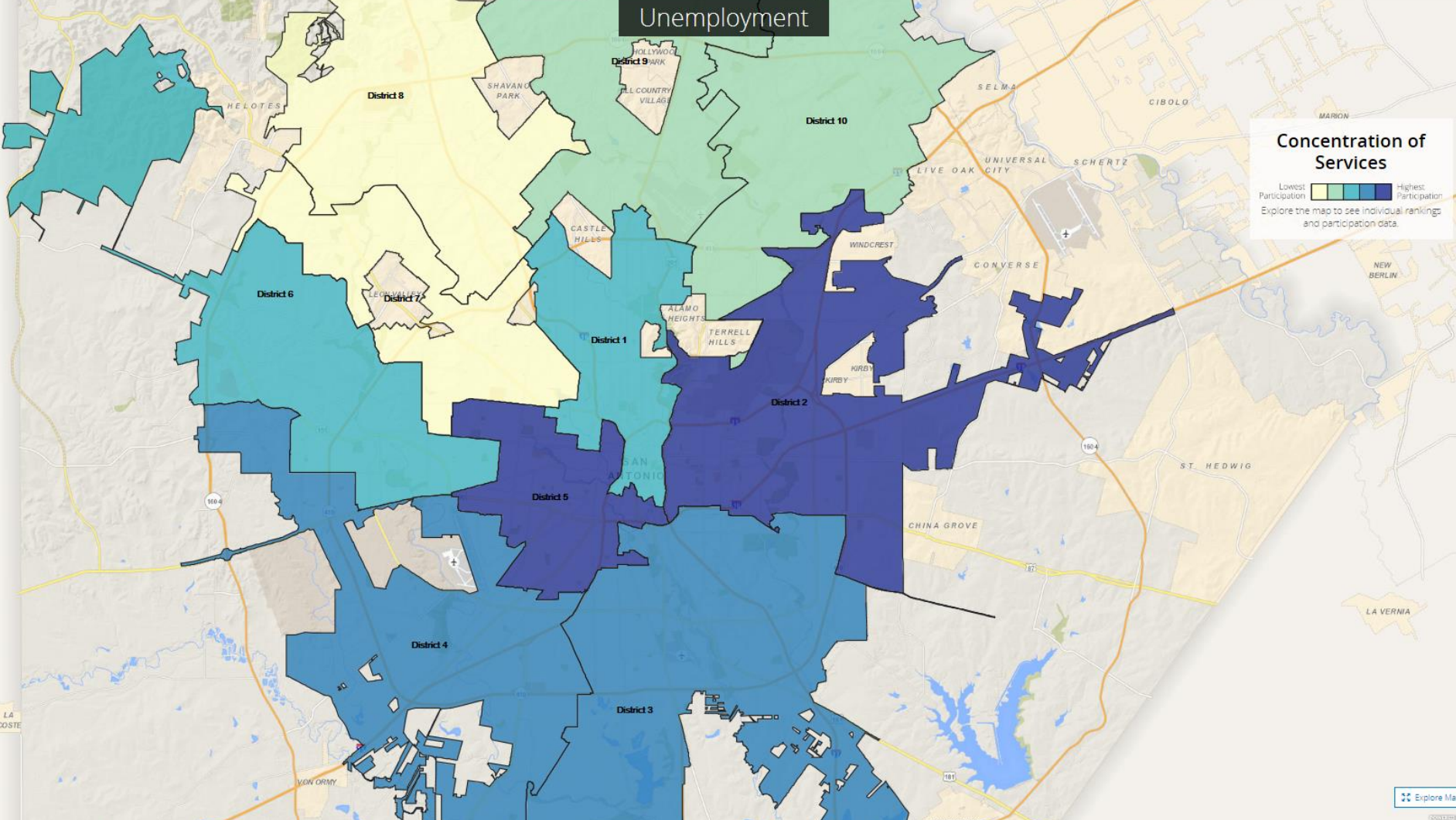
Explore the map to see individual rankings and unemployment statistics.



Unemployment

Concentration of Services

Lowest Participation Highest Participation
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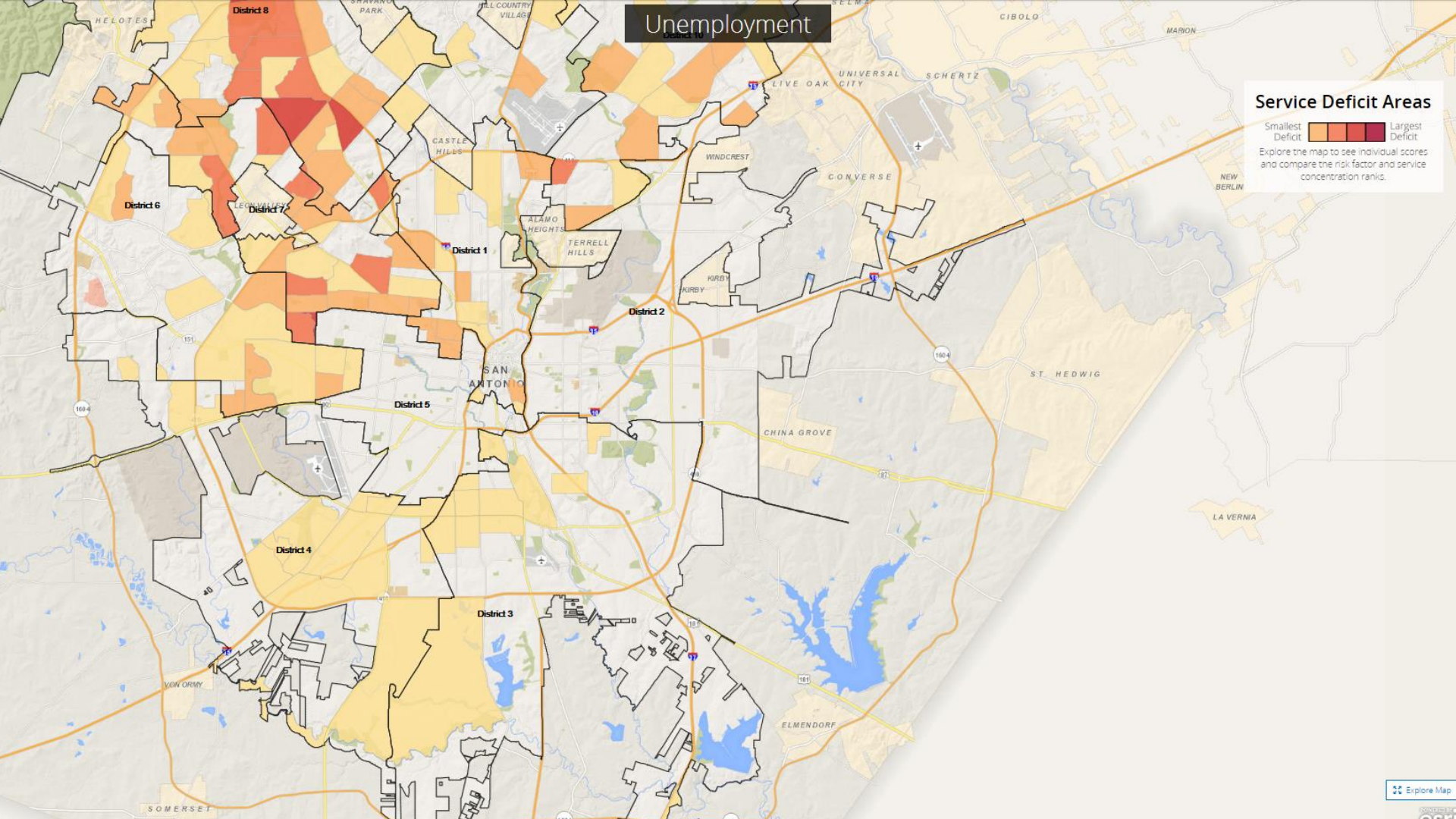


Unemployment

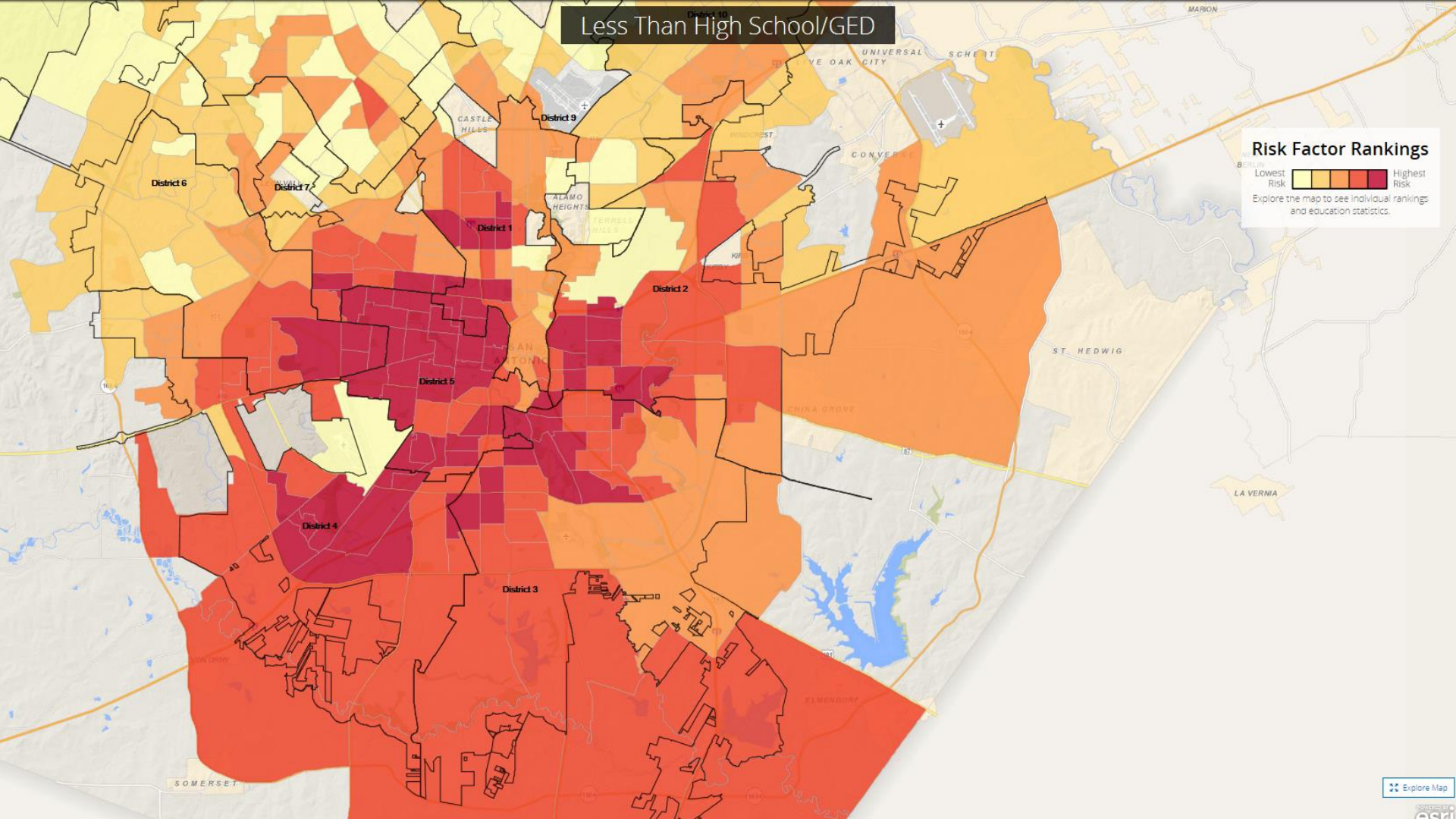
Service Deficit Areas

Smallest Deficit  Largest Deficit

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Less Than High School/GED

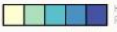


Risk Factor Rankings

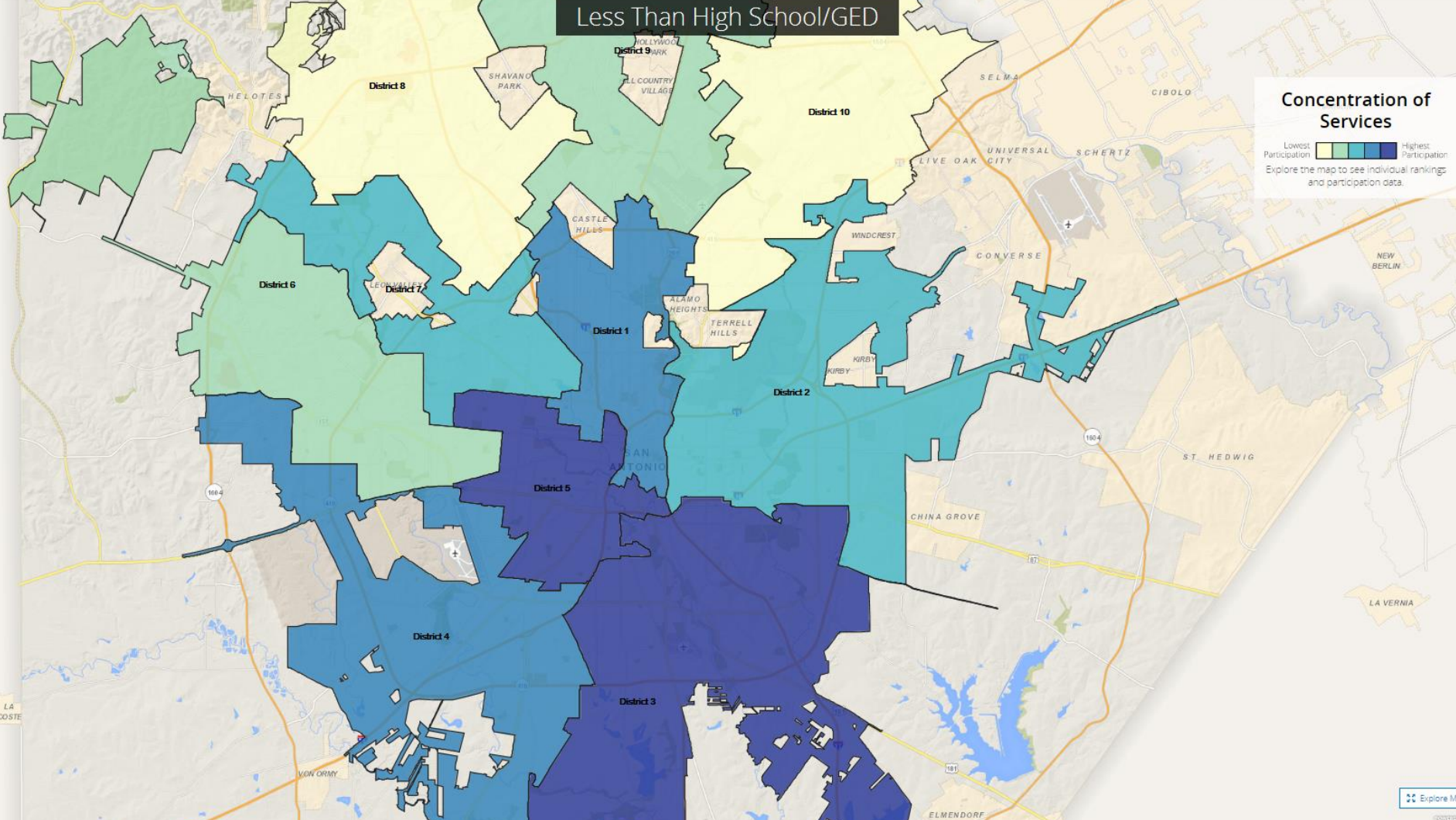
Lowest Risk Highest Risk
Explore the map to see individual rankings and education statistics.

Less Than High School/GED

Concentration of Services

Lowest Participation  Highest Participation

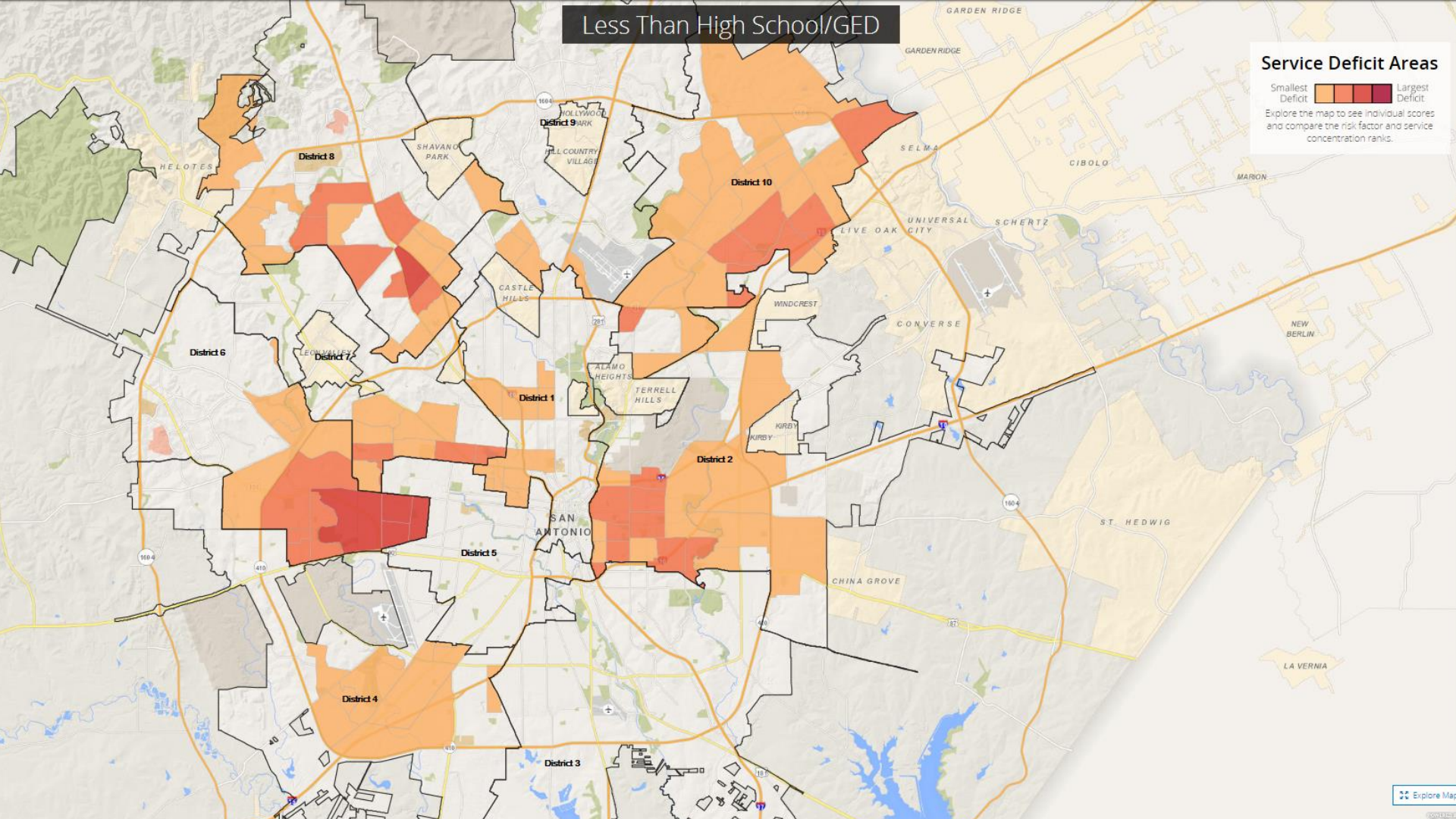
Explore the map to see individual rankings and participation data.



Less Than High School/GED

Service Deficit Areas

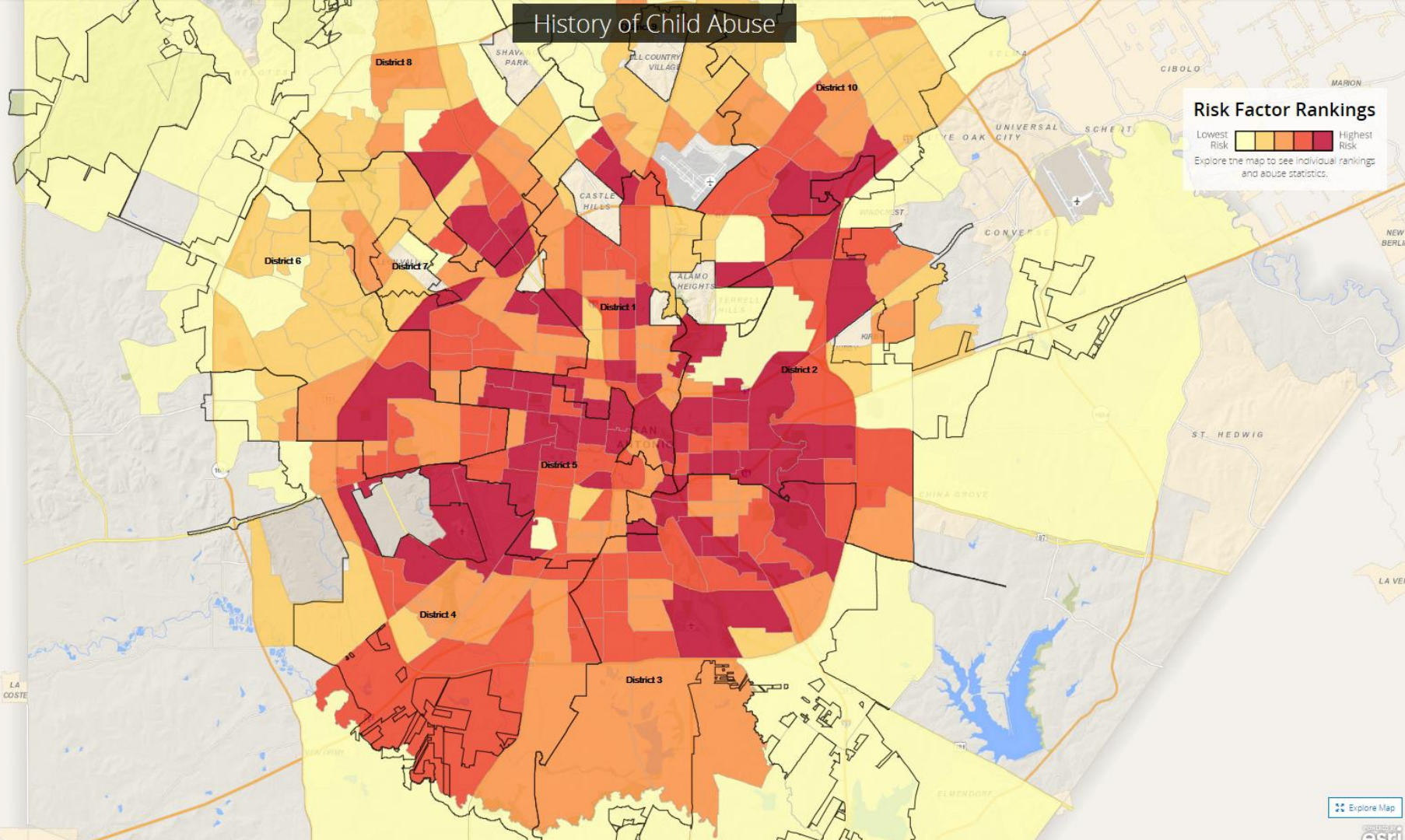
Smallest Deficit  Largest Deficit
Explore the map to see individual scores and compare the risk factor and service concentration ranks.



History of Child Abuse

Risk Factor Rankings

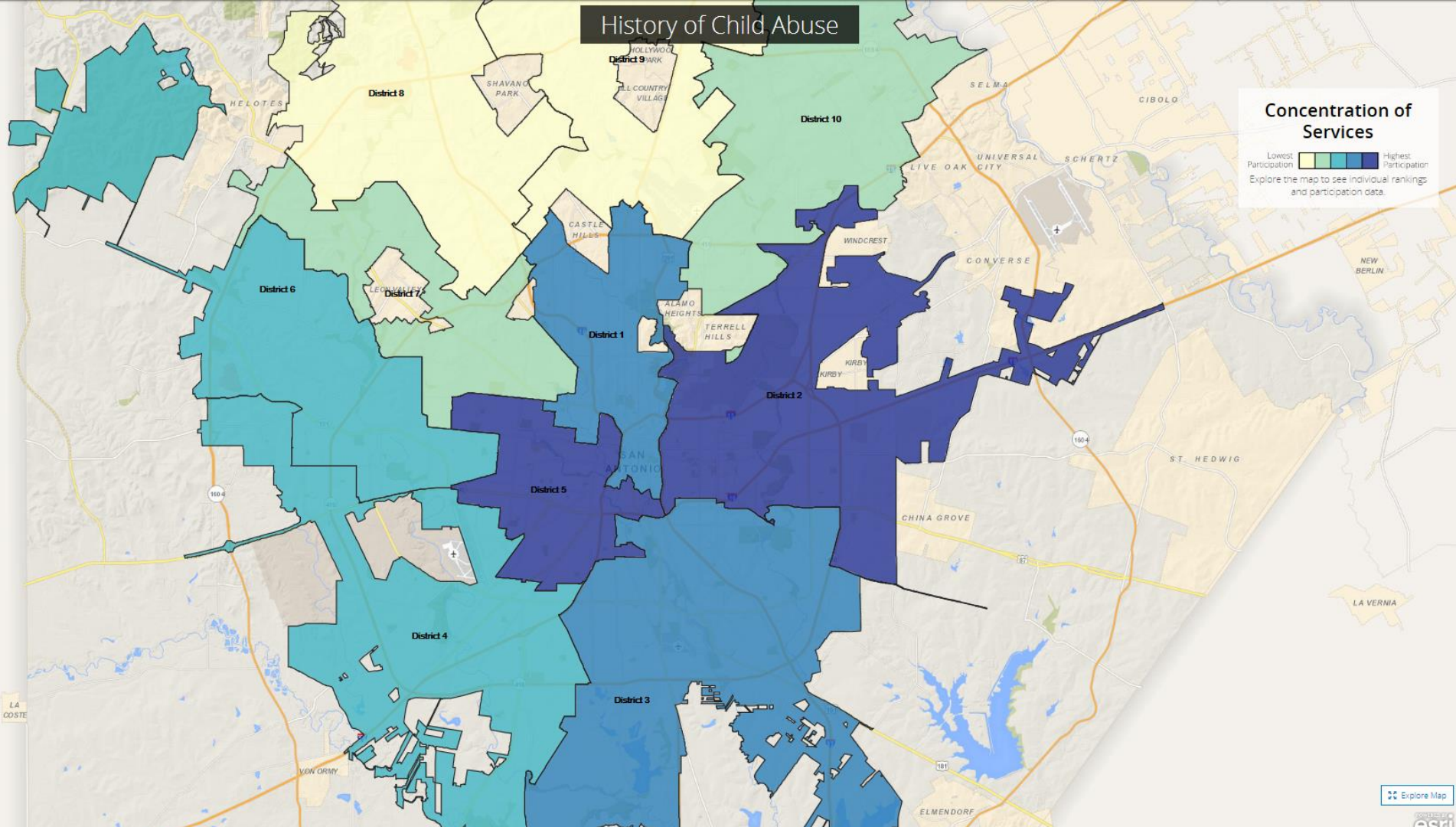
Lowest Risk  Highest Risk
Explore the map to see individual rankings and abuse statistics.



History of Child Abuse

Concentration of Services

Lowest Participation  Highest Participation
Explore the map to see individual rankings and participation data.



Explore Map

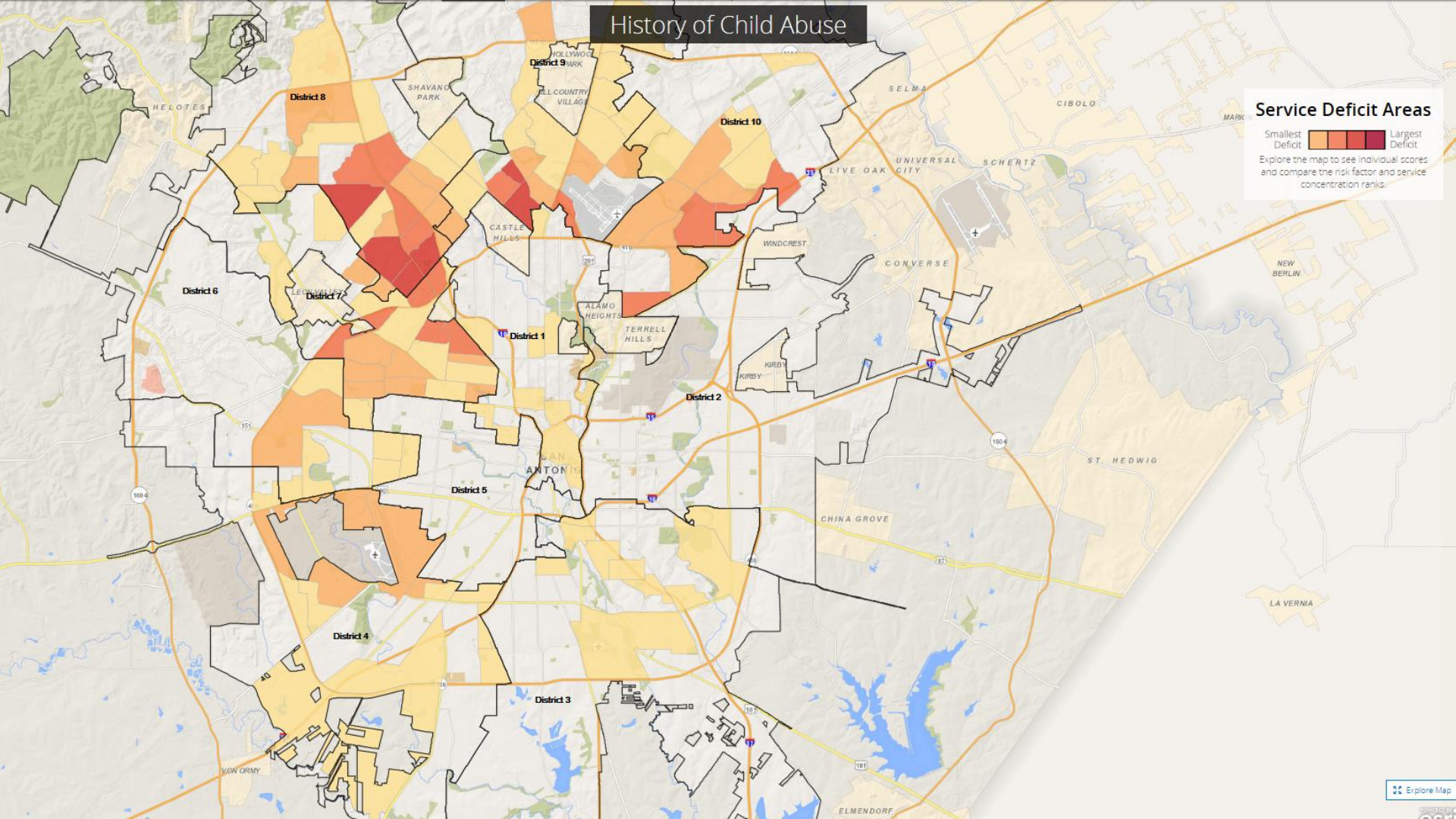


History of Child Abuse

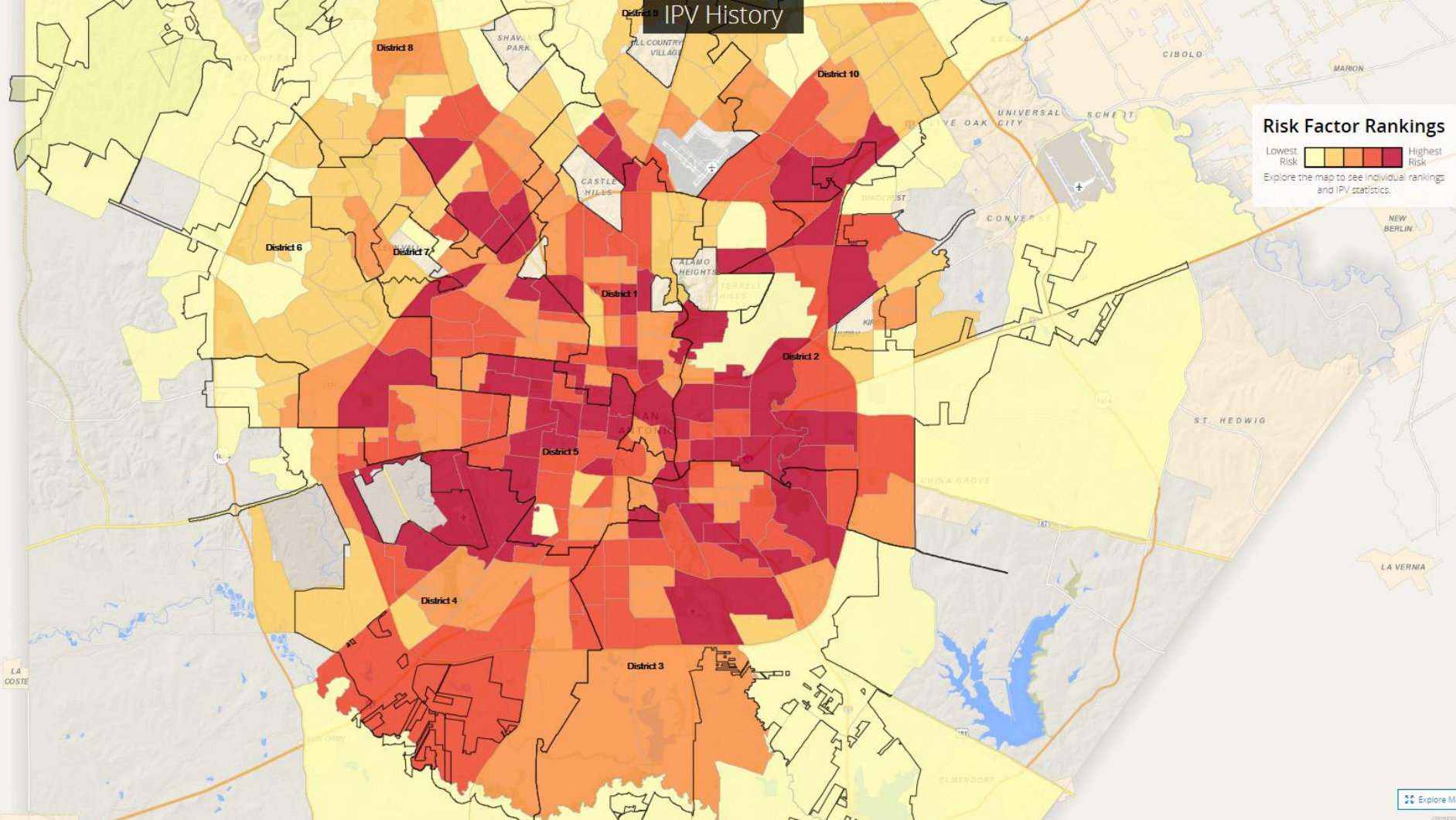
Service Deficit Areas

Smallest Deficit  Largest Deficit

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IPV History




Risk Factor Rankings

Lowest Risk Highest Risk

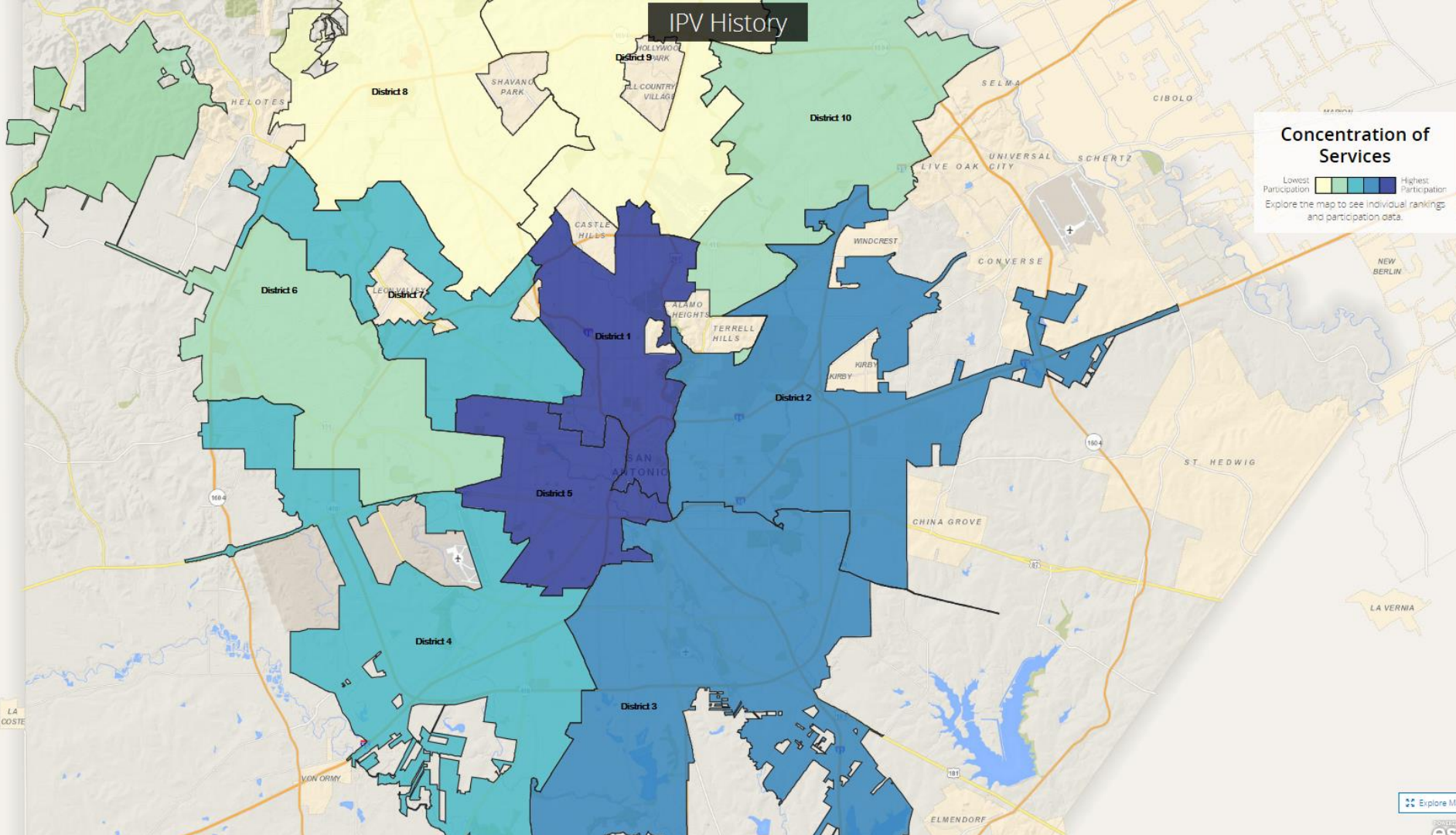
Explore the map to see individual rankings and IPV statistics.

IPV History

Concentration of Services

Lowest Participation  Highest Participation

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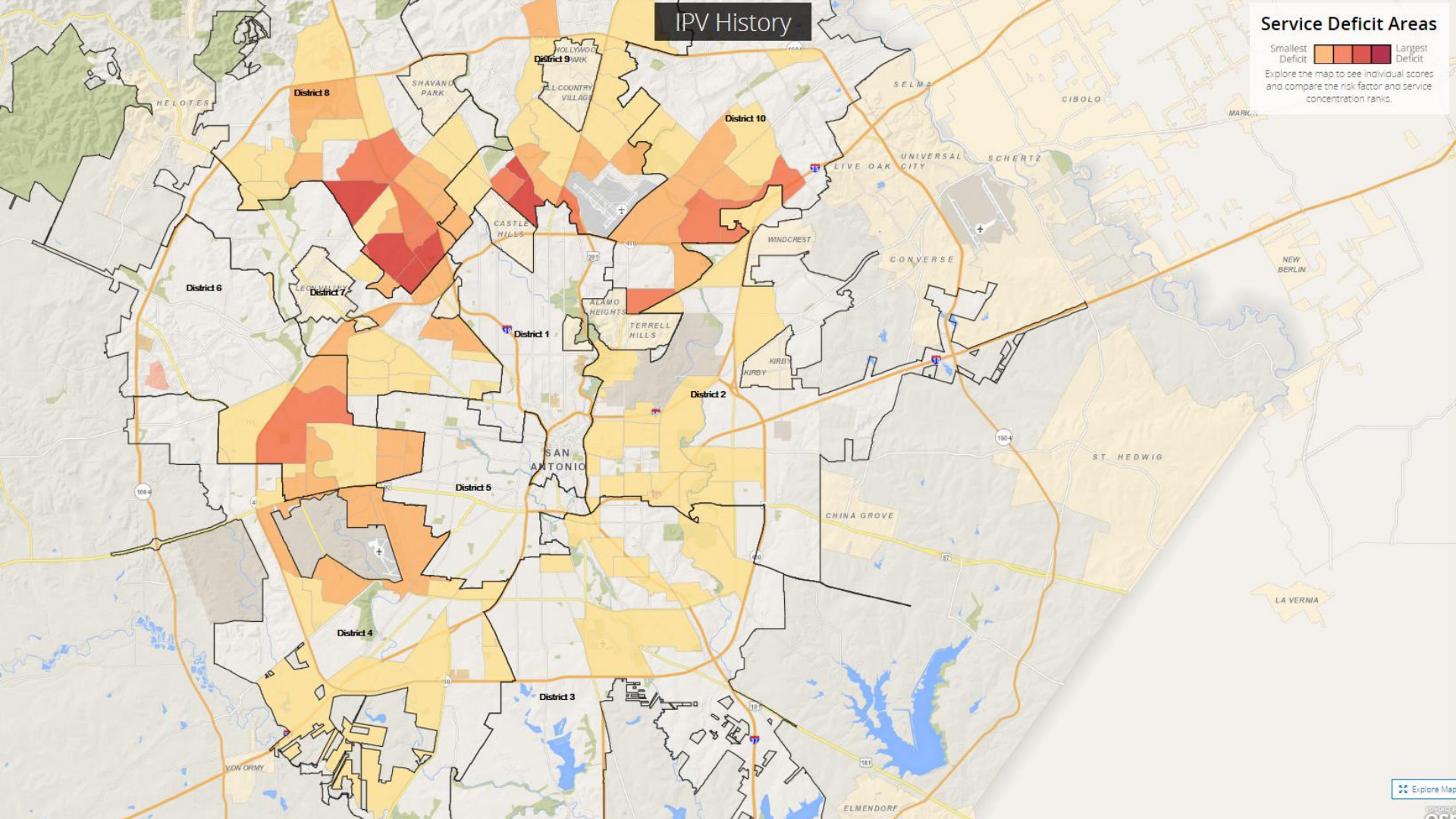


IPV History

Service Deficit Areas

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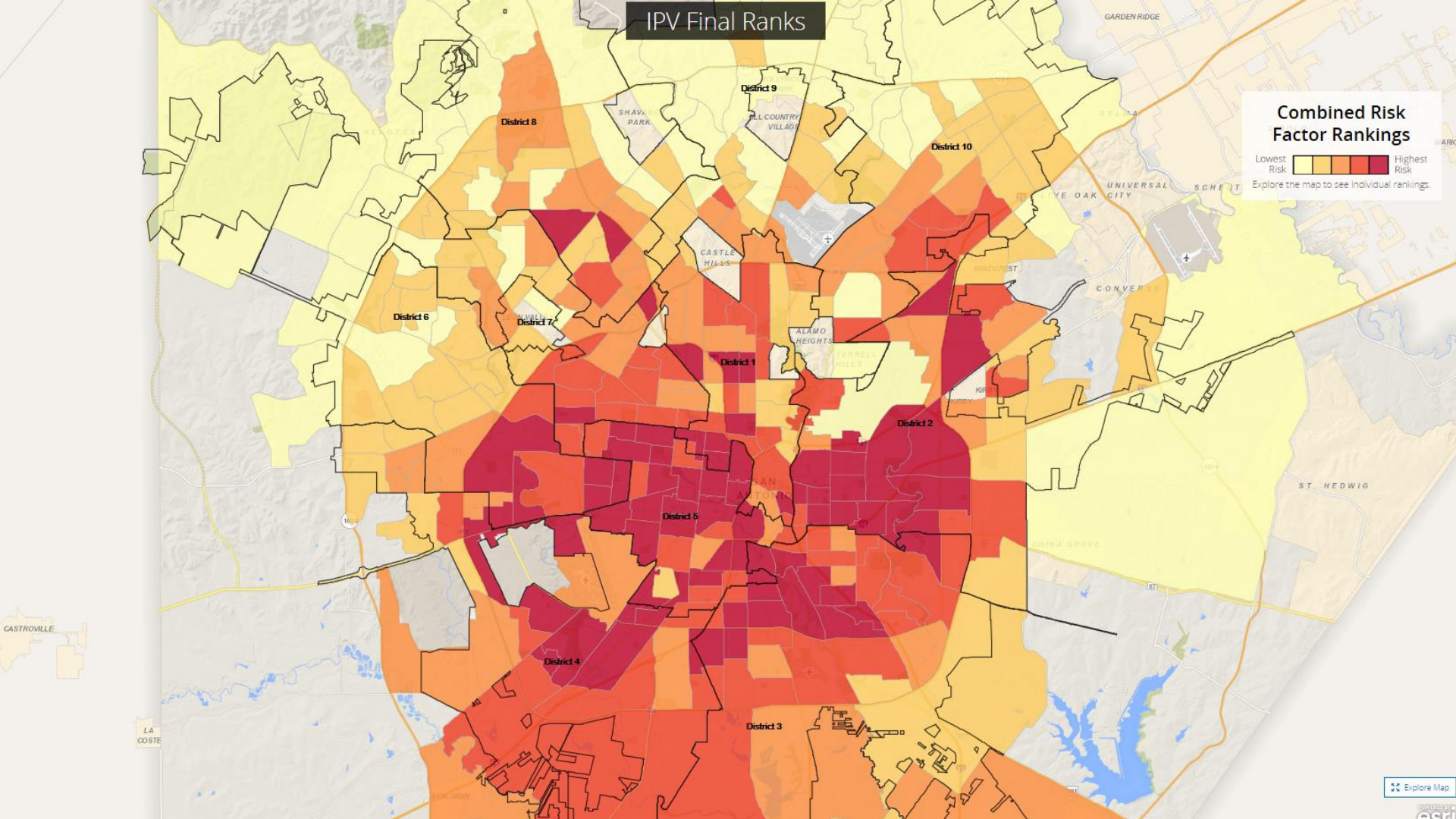


IPV Final Ranks

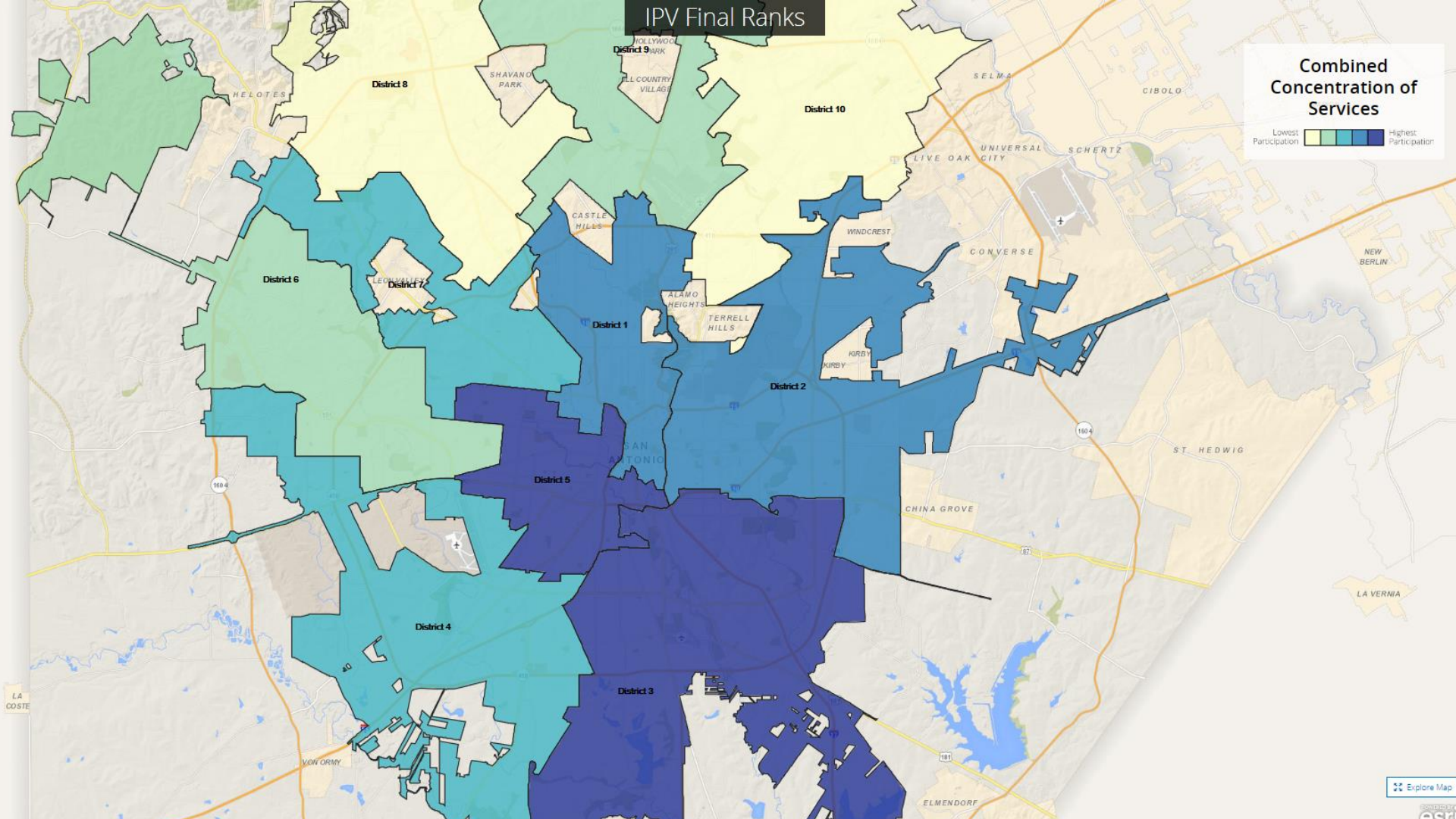
Combined Risk Factor Rankings

Lowest Risk  Highest Risk

Explore the map to see individual rankings.



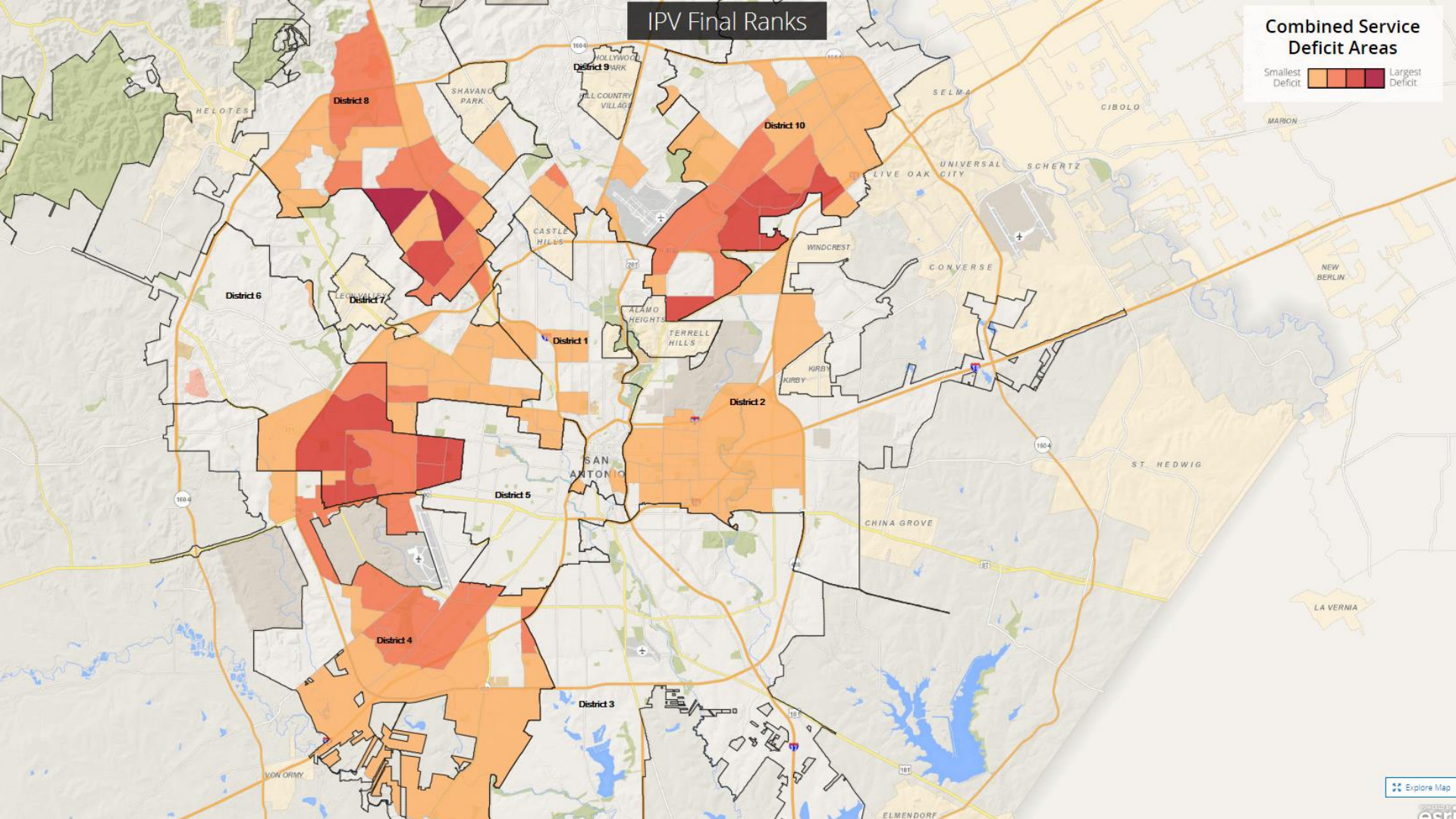
IPV Final Ranks



IPV Final Ranks

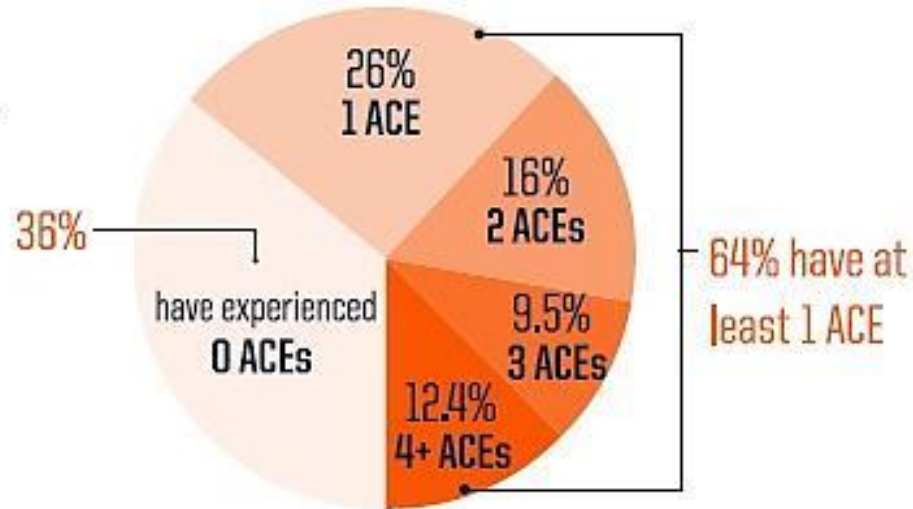
Combined Service Deficit Areas

Smallest Deficit  Largest Deficit



ACEs are common

*Of 17,000 ACE
study participants:*



Graphic: Robert Wood Johnson Foundation, rwjf.org/aces

ACEs cause toxic stress

Positive Stress

(ex. getting a shot)
Brief. Part of healthy development.



Tolerable Stress

(ex. death in family)
More severe.
Buffered by adult support



Toxic Stress

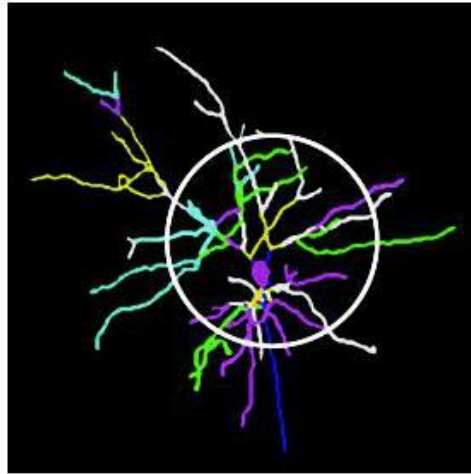
(ex. chronic neglect)
Strong, frequent and/or prolonged adversity, without enough adult support



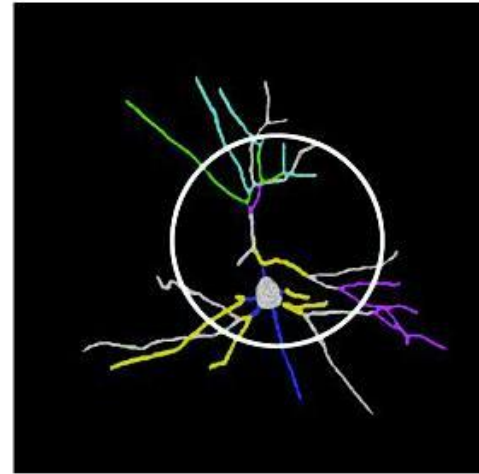
Graphic: kaboom.org

Toxic stress harms brain architecture

- Children's brains that are constantly bathed in "fight or flight" hormones start to wire differently
- Neutral facial expressions may be interpreted as threatening
- Fewer connections grow in "reasoning" section of brain
- Weaker impulse control, shorter attention spans



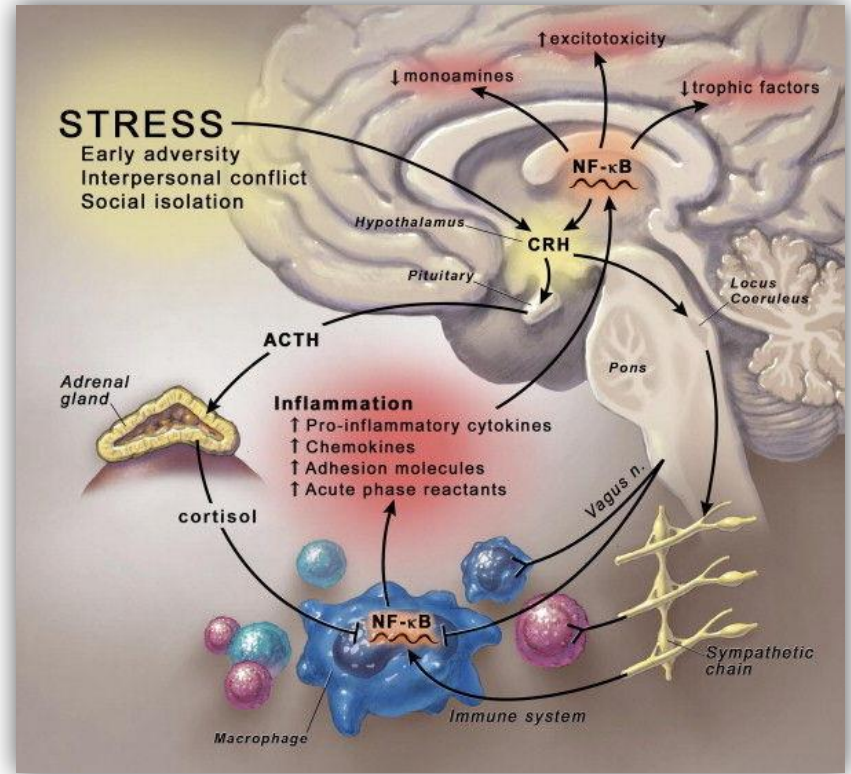
Typical neuron:
many connections



Neuron damaged by toxic stress:
fewer connections

...and the rest of the body too

- Chronic stress sends white blood cells into overdrive (chronic inflammation)
- Common unhealthy responses to toxic stress: smoking and alcohol abuse



This has broad impacts

ACES can have lasting effects on....



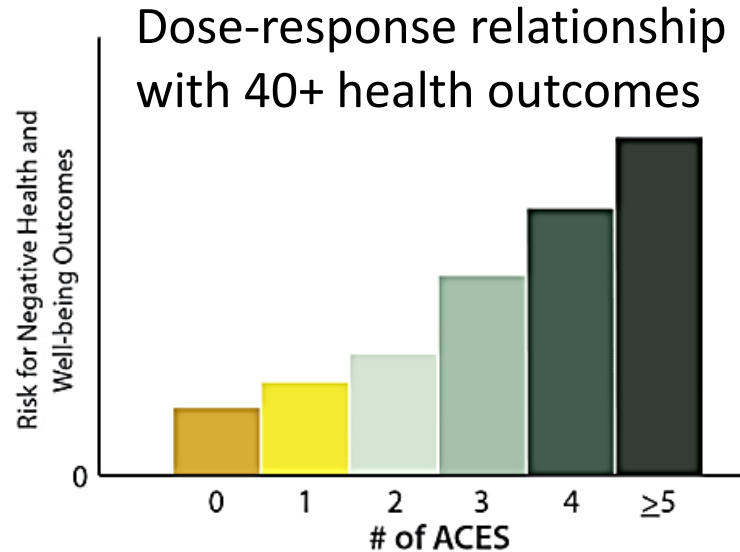
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

ACEs dramatically increase risk for 7 out of 10 leading causes of death

	Leading Cause of Death	Odds Ratio
1	Heart disease	2.2
2	Cancer	1.9
3	Chronic lower respiratory diseases	3.9
4	Accident	
5	Stroke	2.4
6	Alzheimer's	4.2
7	Diabetes	
8	Influenza and Pneumonia	
9	Kidney disease	
10	Suicide	12.2

Odds Ratios associated with 4 ACEs (CDC 2015, Felitti 1998)

We can overcome ACEs

- **Good news:** Trauma-induced changes (including epigenetic changes) are reversible
- The brain is plastic, and the body wants to heal

*“Trauma-informed care shifts the focus from:
‘What’s wrong with you?’ to
‘What happened to you?’”*

How to create resilience

- Reducing adversity
- Safe, stable and nurturing relationships and environments
- Sleep
- Exercise
- Nutrition
- Mindfulness
- Mental health



How Brains are Built



<https://www.youtube.com/watch?v=LmVWOe1ky8s>

How communities can help

- Raise awareness about ACEs
- If you work with children, screen for ACEs
 - Early detection allows prompt intervention
- Reduce adversity and support caretakers
 - Home visiting programs
 - Mental healthcare
 - Two-generation interventions
 - Social work
- Create safe and connected communities

Resources

- [VetoViolence.cdc.gov](https://www.vetoviolence.cdc.gov)
- [AcesTooHigh.com](https://www.aces-to-high.com)
- [CommunityResilienceCookbook.org](https://www.communityresiliencecookbook.org)
- Mobile-friendly [ACE quiz](#) on NPR.org website

Thank you!



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