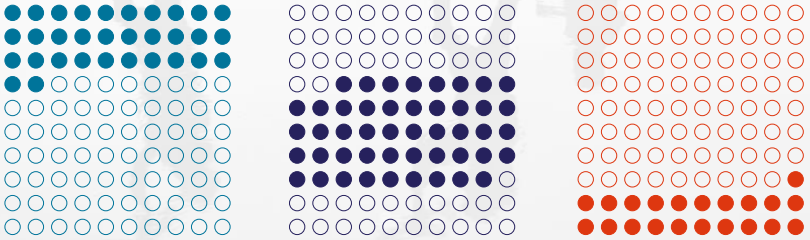
Adverse Childhood Experiences

Among Adults in **Michigan**

Adverse Childhood Experiences (ACEs) are potentially traumatic experiences that occur before the age of 18. ACEs can include violence, abuse and growing up in a family with mental health or substance use disorders. ACEs are common in Michigan, which puts our population at risk for many poor health and social outcomes. Since 2013, the number of adults who have experienced ACEs and the impact of those ACEs remains about the same. Over time and as the surveyed population includes younger generations aging, we hope to see fewer adults reporting ACEs.

How common are ACEs in Michigan?



32% of adults have **0 ACEs**

47% of adults have **1-3 ACEs**

21% of adults have **4+ ACEs**

Eight specific ACEs are tracked through the Michigan Behavioral Risk Factor Survey. These ACEs are highlighted in the charts at the bottom of the page. According to 2019 and 2024 two-year data, 68% or nearly

7 out of 10

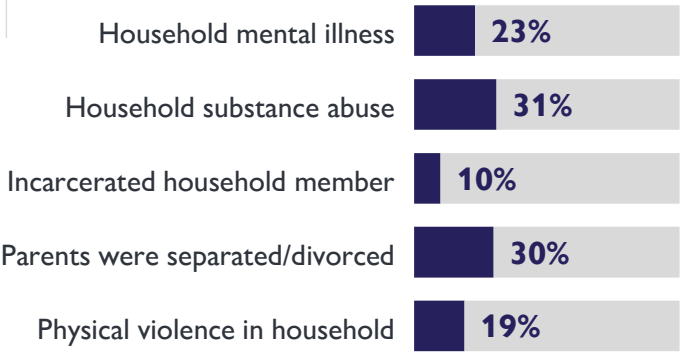


adults reported having one or more ACEs.

Which ACEs are most common?

% of adults in Michigan that have lived through each potentially traumatic experience in their childhood.

Household Dysfunction



Abuse

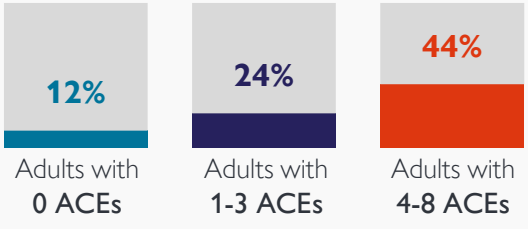


Why do ACEs matter?

Research shows that the higher a person's ACE score (the number of ACEs they have experienced), the more likely they are to take part in risky health behaviors and experience chronic diseases like cancer, diabetes, stroke, heart disease and depression. For example, data shows that as ACE scores increase, so does the rate of depression among Michigan adults:

Depression in Adults

% ever diagnosed with depression



Why? When a child experiences severe ongoing stress, it can cause their body's stress response systems to get stuck "on" and disrupt their brains, their bodies and their genes. These disruptions can affect them in childhood and have ripple effects throughout their lives.

What impact do ACEs have on health?

Digging deeper into the relationship between the ACE score and negative health outcomes (including risky health behaviors), we can identify many areas where those with one or more ACEs are at greater risk than those with no ACEs for taking part in that risky health behavior or experiencing that negative health outcome.

Adults with **0 ACEs**		Adults with **1+ ACEs**	**Risk Level** among adults with 1+ ACE
15%	Poor General Health	22%	**0.5x** greater risk
13%	Poor Physical Health	16%	**0.2x** greater risk
12%	Poor Mental Health	17%	**0.4x** greater risk
12%	Depression	30%	**1.5x** greater risk
10%	Smoking	19%	**0.9x** greater risk
8%	Current Asthma	14%	**0.8x** greater risk
7%	COPD	9%	**0.3x** greater risk
13%	Binge Drinking	19%	**0.5x** greater risk

What can we do?

Increase awareness about ACEs.

When individuals and communities understand the impact of ACEs, they can work together to create solutions. Visit the Michigan ACE Initiative (miace.org) for information and resources.

Honor the value of positive childhood experiences.

New research shows that positive childhood experiences promote long-term health and well-being for children and buffer the negative effects of ACEs. Learn more at positiveexperience.org.

Foster resilient communities.

People do best when they live in thriving families and communities. In Michigan, adults with more than four ACEs and high levels of social support are less likely to report negative health outcomes compared to those with low social support. Go to michigan.gov/TraumaToxicStress for more information and resources.

Children Trust MICHIGAN
Strength Through Abuse Prevention

This important publication on Adverse Childhood Experiences (ACEs) — made possible through Children Trust Michigan's annual Signature Auction and generous community-based contributions — serves as a vital resource for understanding and addressing the needs of Michigan's children. This data-driven report reflects the collective commitment of individuals and organizations who support the Trust's mission to build strong families and protect children across the state.

MDHHS
Michigan Department of Health & Human Services

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Infographic design by Michigan Public Health Institute based on weighted prevalence estimates among Michigan's adult population provided by the Michigan Department of Health and Human Services, Lifecourse Epidemiology and Genomics Division. For more information about the data source, please visit the Michigan Behavioral Risk Factor Surveillance System website Michigan.gov/BRFS.

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