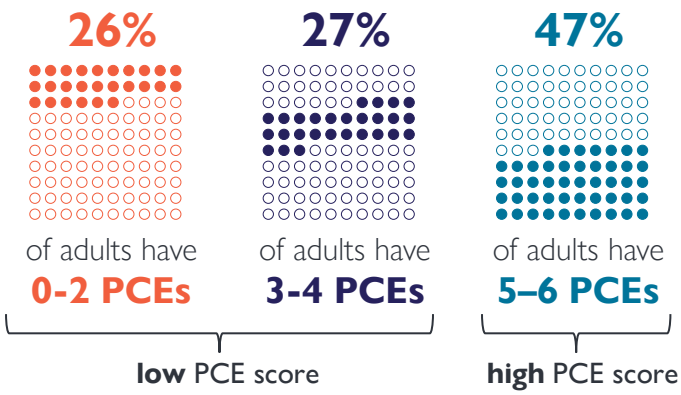
# Connection is Prevention

## How Positive Childhood Experiences Shape Michigan's Future

Positive childhood experiences (PCEs) are the everyday moments and relationships that help children feel safe, supported and connected. These experiences support emotional growth, build resilience and help children develop strong relationships and life skills. Because children's brains develop in response to their experiences — both positive and harmful — PCEs play a critical role in shaping healthy development. Research shows that PCEs not only buffer the effects of adverse childhood experiences (ACEs) but also have a cumulative impact: the more positive experiences a person has in childhood, the better their health outcomes in adulthood.

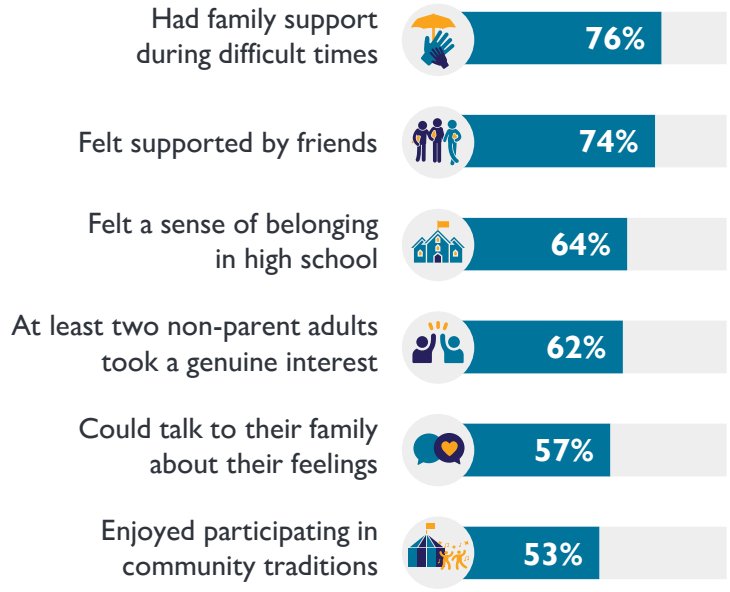
In 2024, Michigan collected data on PCEs through the Michigan Behavioral Risk Factor Survey (MiBRFS). The data found that PCEs are common and lay the foundation for lifelong well-being and opportunity.

### How common are PCEs in Michigan?



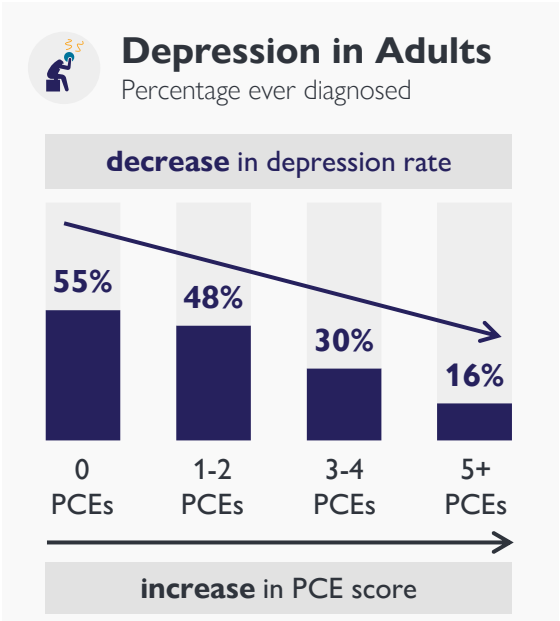

### Which PCEs are most common?

Percentage of adults in Michigan who reported having this positive experience in their childhood always or usually.




### Why do PCEs matter?

The more positive experiences a person has in childhood, the more likely they are to grow up healthy, make good choices and succeed in school and work. In fact, Michigan data shows a clear connection: as PCE scores increase, rates of adult depression decrease.




### What makes PCEs so powerful?

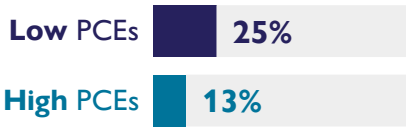
Positive childhood experiences allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging and a feeling that they matter and build skills to cope with stress in healthy ways. Together, these positive childhood experiences create a strong foundation for lifelong health and well-being.

## PCEs reduce the risk of chronic diseases in adulthood.

Positive childhood experiences don't just shape how we feel, they shape how long and how well we live. Adults with high PCE scores were less likely to face chronic health issues later in life, including asthma, diabetes and chronic obstructive pulmonary disease (COPD).

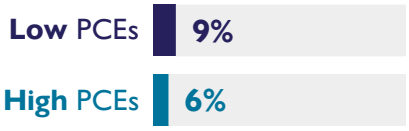
### Asthma

Percentage ever diagnosed




### COPD

Percentage ever diagnosed

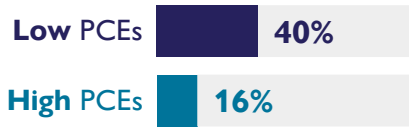



## PCEs are a buffer against depression and substance use.

Having caring relationships and safe spaces during childhood supports mental well-being and lowers the likelihood of risky behaviors later in life. Adults with high PCE scores were significantly less likely to be diagnosed with depression and less likely to smoke in adulthood.

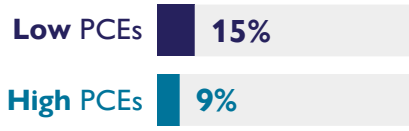
### Depression

Percentage ever diagnosed




### Smoking

Percentage current smokers




## PCEs lead to greater educational attainment and economic success.

Adults with high PCE scores reported doing better financially and academically. They were more likely to go to college and more likely to earn $75,000 or more annually. This trend shows that strong early experiences lay the foundation for success later in life.

### Some College

Percentage with greater than HS education




### Annual Income

Percentage annually earning >$75,000




## Michigan's data makes it clear: connection is prevention, and PCEs are the foundation for a healthier future.

Visit the HOPE National Resource Center to learn more about positive childhood experiences: positiveexperience.org.

To learn more about prevention programs in your community or to connect with a certified HOPE Trainer, visit ChildrenTrustMichigan.org.

Children Trust MICHIGAN
Strength Through Abuse Prevention

This important publication on positive childhood experiences (PCEs) — made possible through Children Trust Michigan's annual Signature Auction and generous community-based contributions — serves as a vital resource for promoting the well-being 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, foster resilience and protect children across the state.

MDHHS
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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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