

Adverse Childhood Experiences (ACEs) in California

Behavioral Risk Factor Surveillance System (BRFSS), ACEs 2013-2019

June 29, 2022

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Essentials for Childhood (EfC) Initiative

Mission & Vision



All California children, youth, and families thrive in safe, stable, nurturing relationships and communities where they live, work, and play.



Support and participate in mutually reinforcing activities and strategies across multiple agencies and stakeholders that optimize the health and well-being of all children in California.

Webinar Presenters



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Program Director

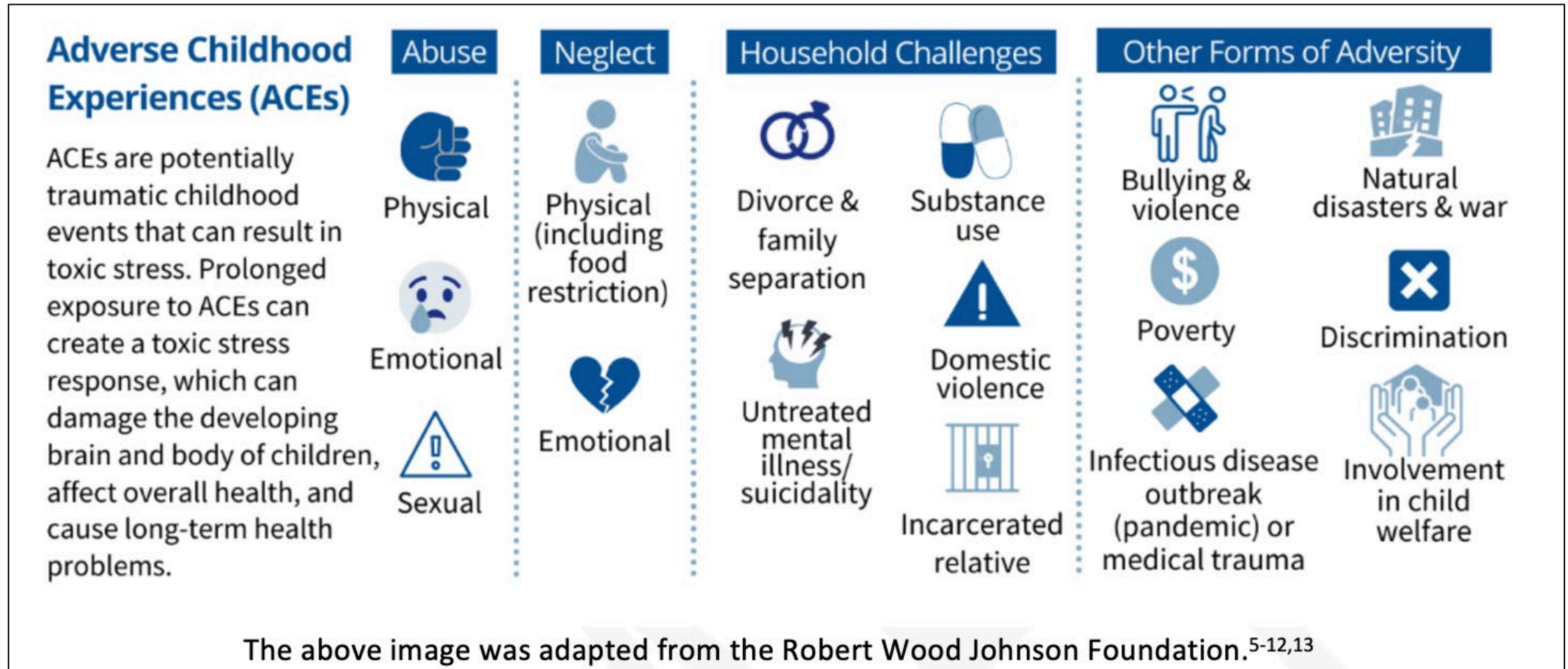


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Senior Research Associate

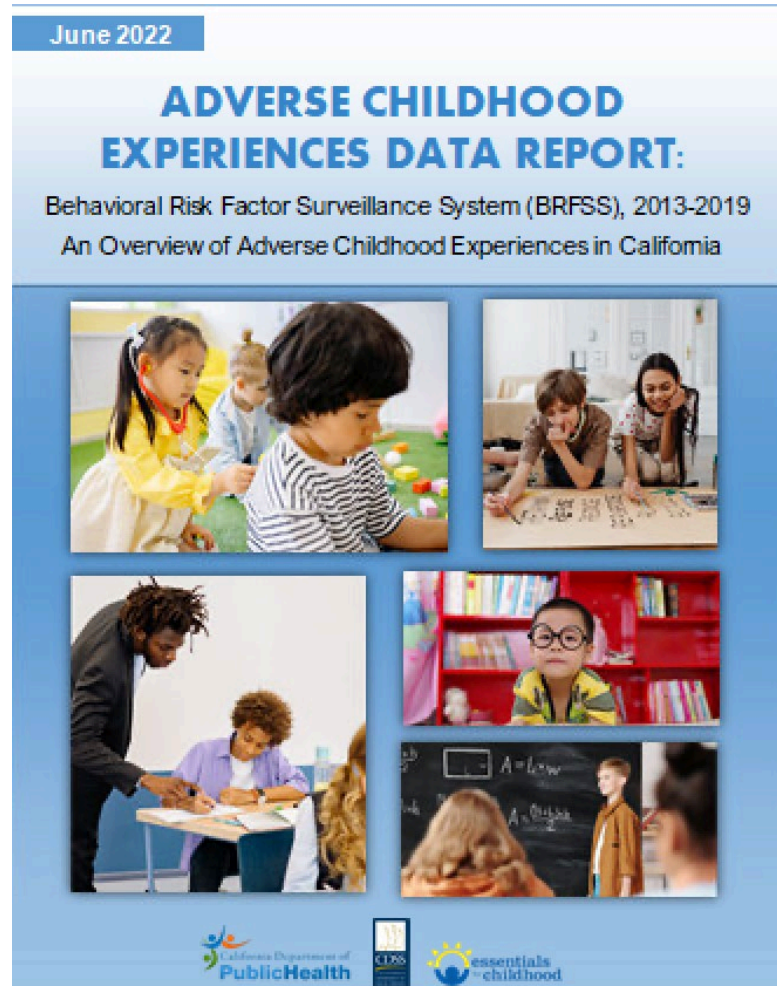
Overview

- Adverse childhood experiences (ACEs) are traumatic events that occur before age 18
 - Can disrupt brain development, alter the immune and endocrine systems, and change stress responses
 - Can negatively impact education, employment, earnings, and health outcomes over the life course
 - Experiencing 4+ ACEs is associated with increased risk for heart disease, stroke, cancer, chronic obstructive pulmonary disease (COPD), diabetes, Alzheimer's, and suicide
- ACE Study—by Kaiser Permanente and the CDC, 1995 to 1997:
 - ACEs are very common. Two-thirds of study participants experienced at least 1 ACE category, and one-eighth experienced 4+
 - Higher ACE scores are linked to higher risk of developing long-term health problems such as heart disease, stroke, cancer, and diabetes

Types of ACEs



New Data Report Partnership



Partners include the:

- California Department of Public Health, Injury and Violence Prevention Branch
- California Department of Social Services, Office of Child Abuse Prevention
- EfC Initiative Data Subcommittee
- Violence Prevention Initiative Steering Committee
- Office of the California Surgeon General
- KidsData

Differences From Previous Reports

- 13,983 respondents, a decline from more than 20,000 respondents in the 2011-2017 Report
 - Variation in the number of BRFSS respondents to the ACEs module between years
- Prevalence of specific ACEs are not comparable to prior data reports
 - Data in 2013-2019 Report (2013, 2015, 2017, and 2019) overlaps with data in the 2011-2017 Report (2011, 2013, 2015, and 2017)
 - In prior analyses, childhood emotional abuse was coded as "yes" only if it occurred more than once; in this analysis, it was coded as "yes" if it occurred one or more times
 - Change made to align with standard methods for coding the BRFSS ACEs module, as outlined by the CDC
 - Dichotomizes responses to show exposure status (follows the same response convention as other variables)

BRFSS ACEs Module

1. Did you live with anyone who was depressed, mentally ill, or suicidal?
2. Did you live with anyone who was a problem drinker or an alcoholic? OR Did you live with anyone who used illegal street drugs or who abused prescription medications?
3. Did you live with anyone who served time or who was sentenced to serve time in a prison, jail, or other correctional facility?
4. Were your parents separated or divorced?
5. How often did your parents or adults in your home ever slap, hit, kick, punch or beat each other up?
6. How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
7. How often did a parent or adult in your home ever swear at you, insult you, or put you down?
8. How often did anyone at least 5 years older than you or who was an adult, ever touch you sexually, try to make you touch them sexually, or forced you to have sex?

Key Findings

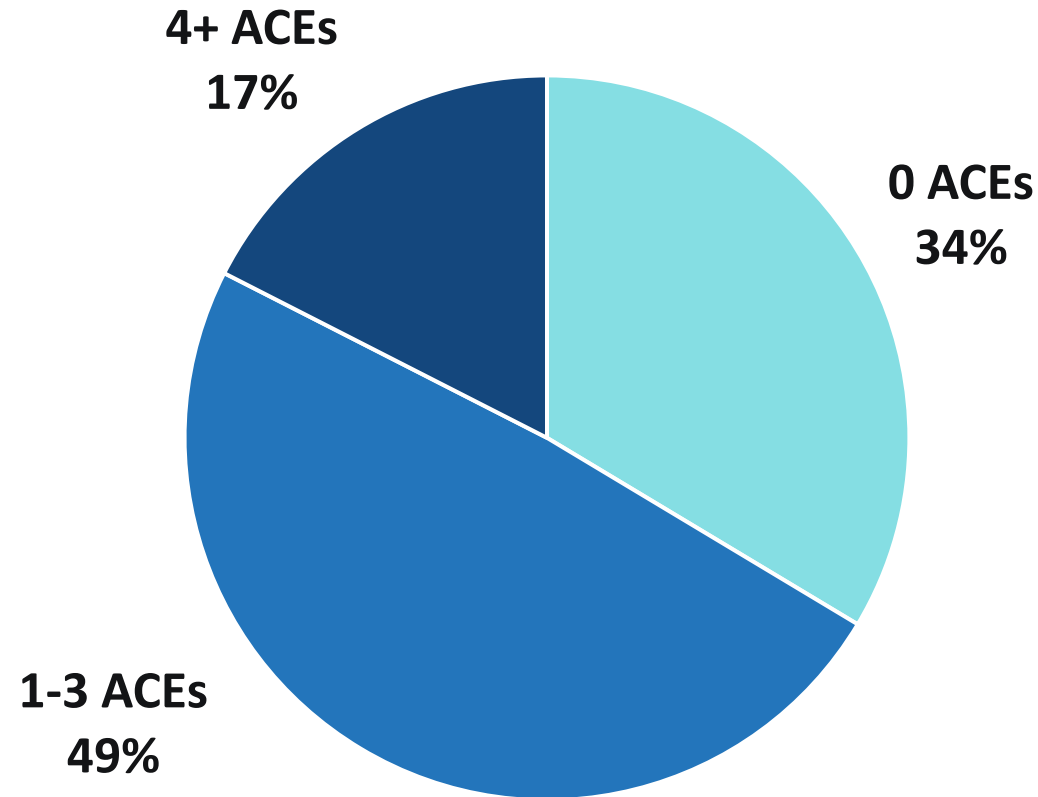
BRFSS ACEs Module 2013-2019



Get the data **KidsData.org**

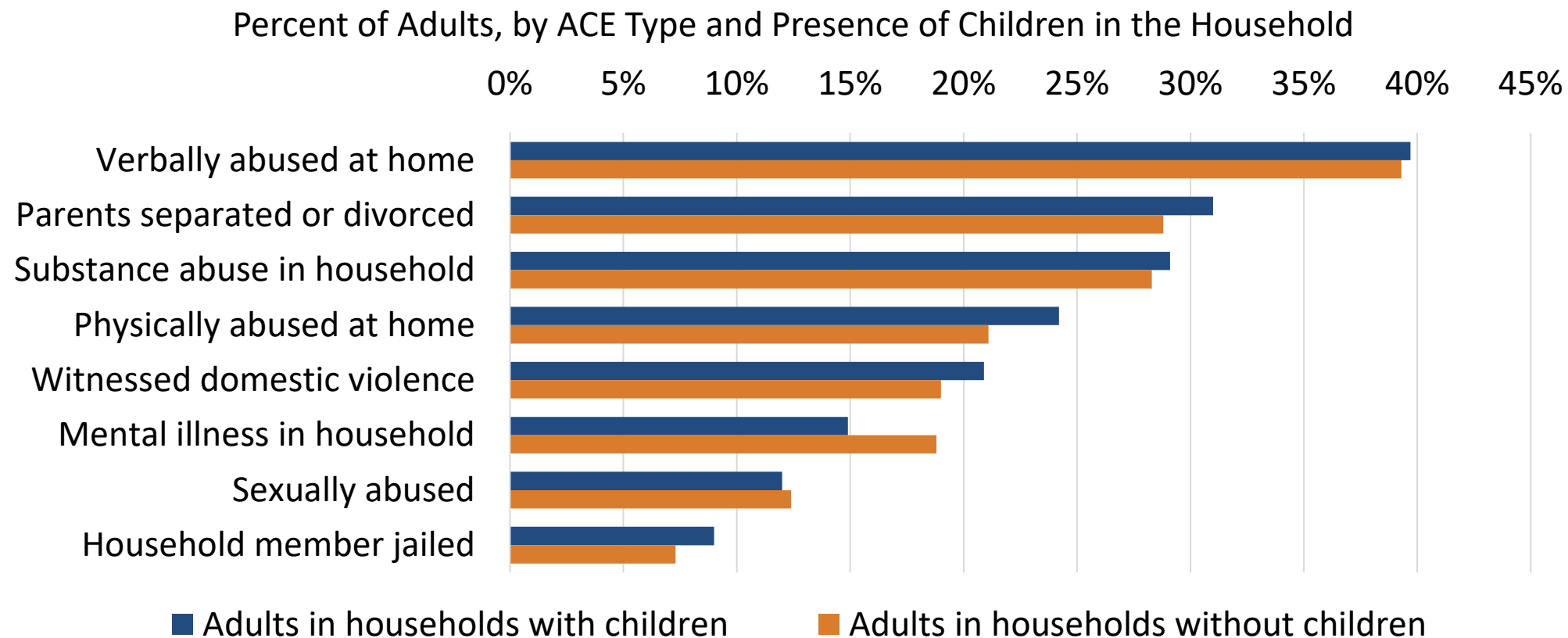
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2/3rds of California Adults Experienced at Least One Adverse Childhood Experience



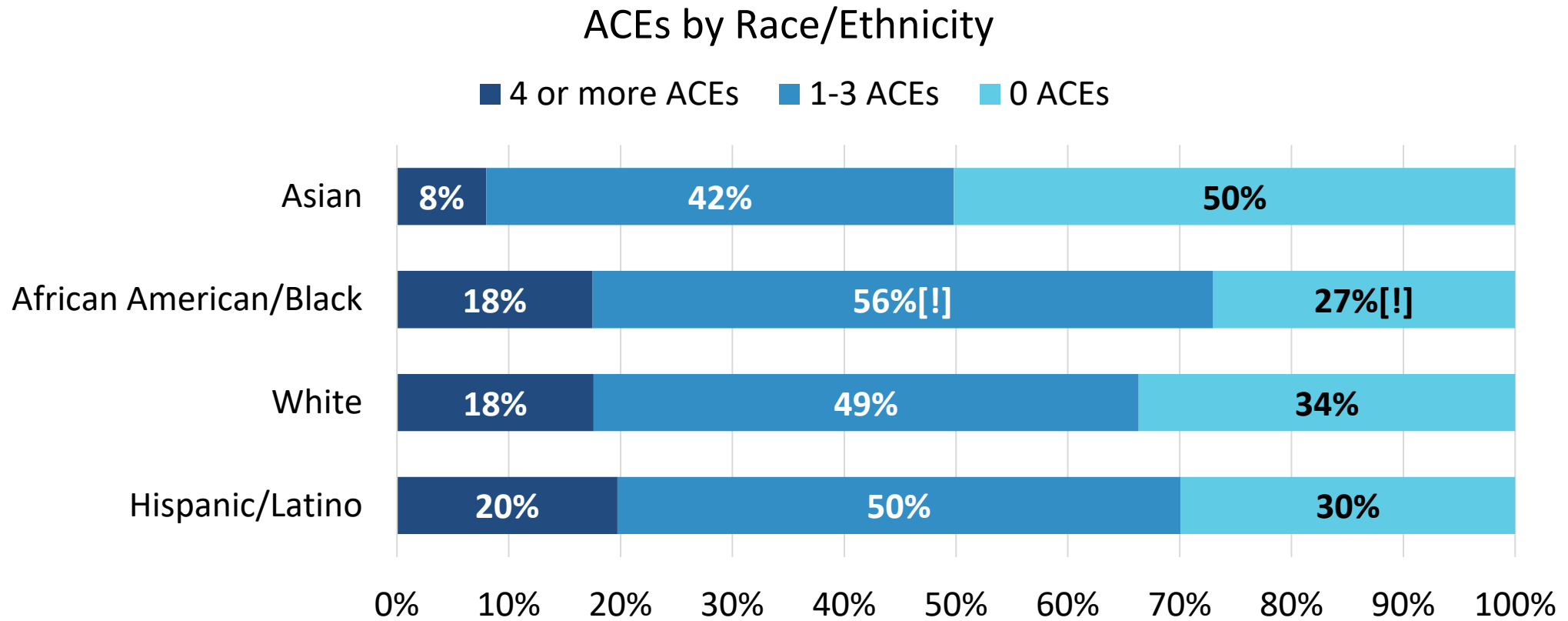
Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

Nearly 40% of California Adults Experienced Verbal Abuse



Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

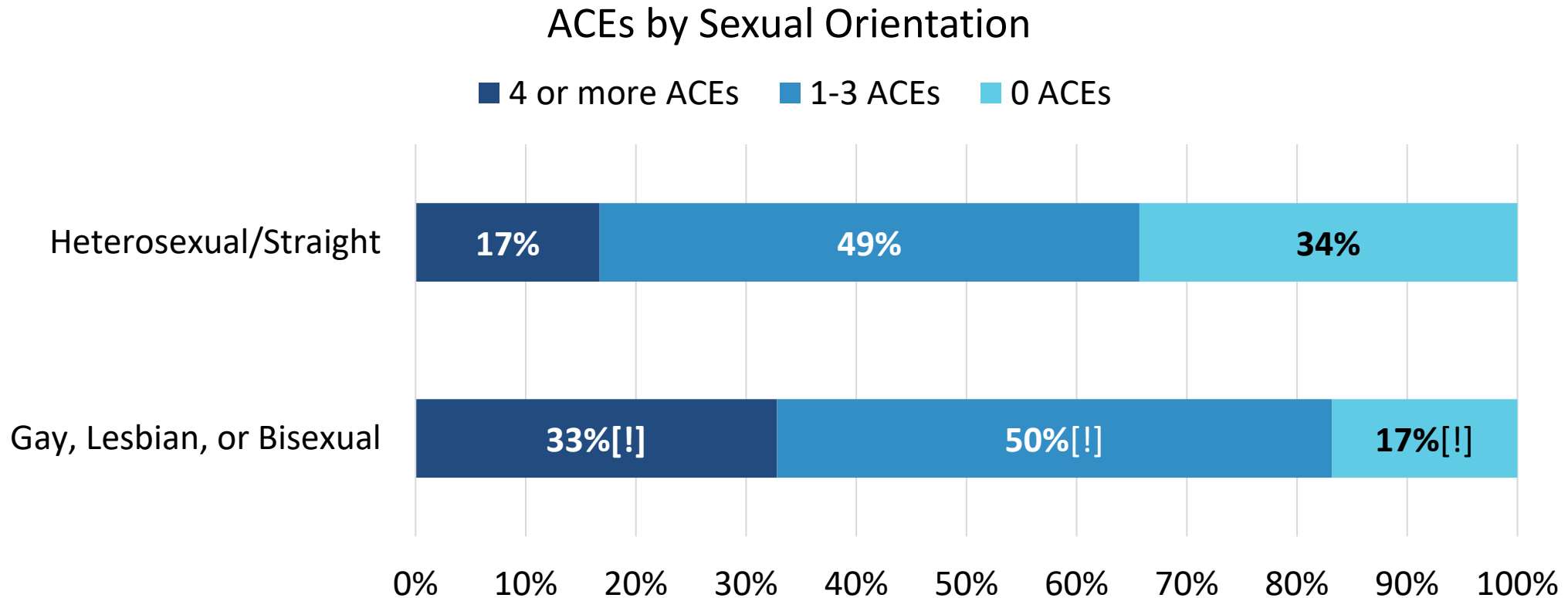
One in Five Hispanic/Latino Adults Experienced 4+ ACEs



Note: [!] indicates a margin of error between 5 and 10 percentage points.

Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

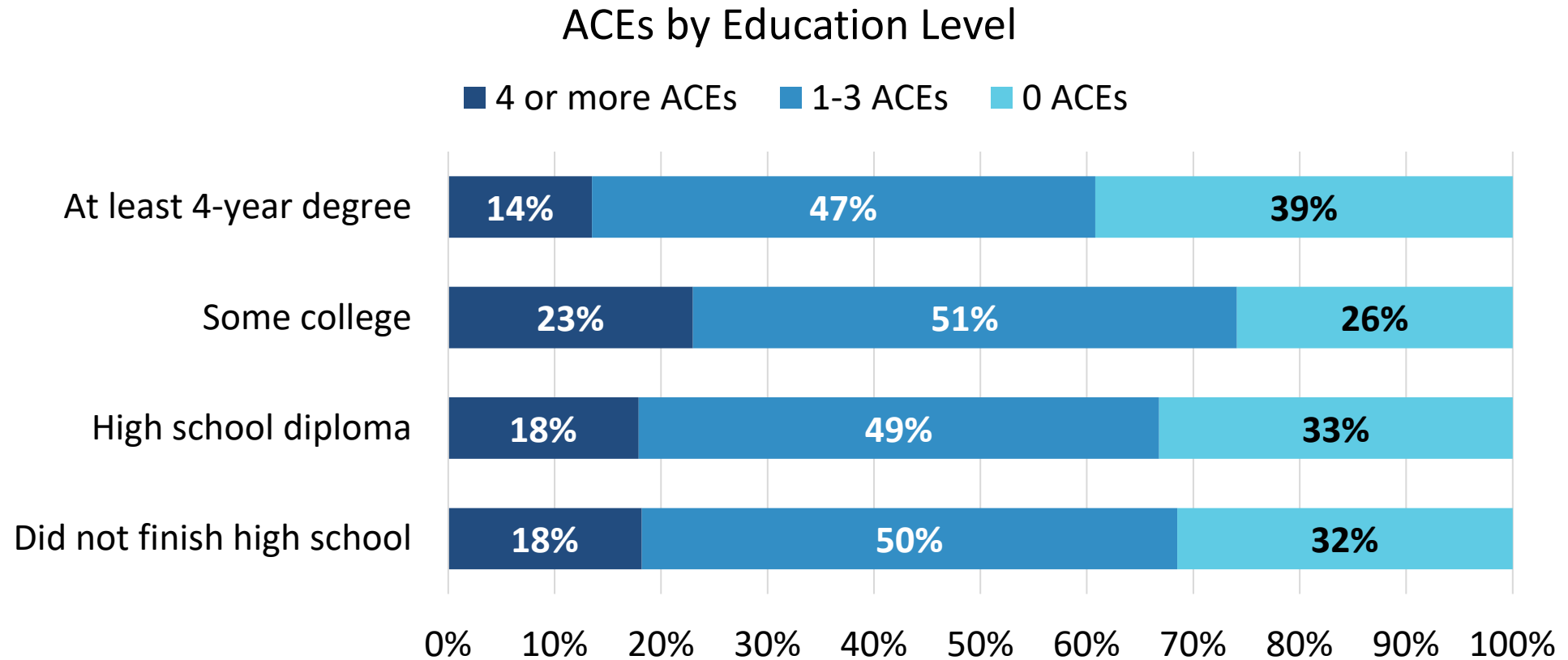
Gay, Lesbian, and Bisexual Adults Have Nearly Double the Rate of 4+ ACEs



Note: [!] indicates a margin of error between 5 and 10 percentage points.

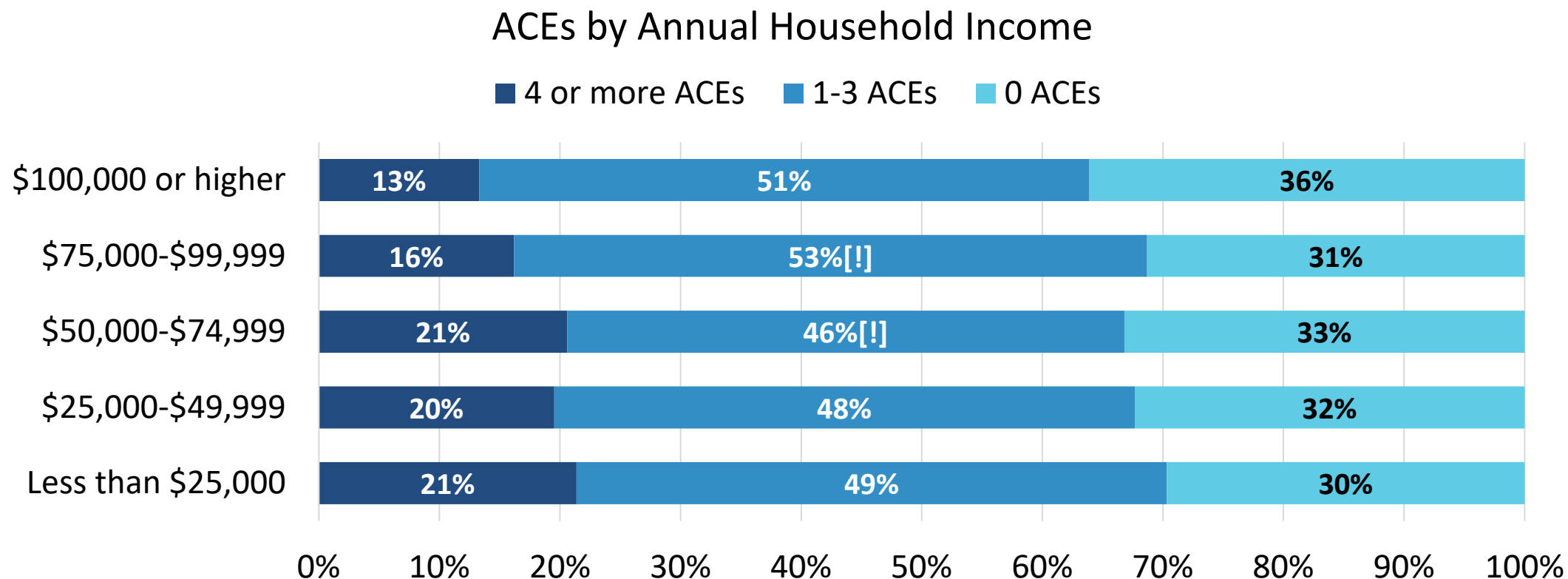
Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

Adults With Highest Level of Education Have Lowest Rate of 4+ ACEs



Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

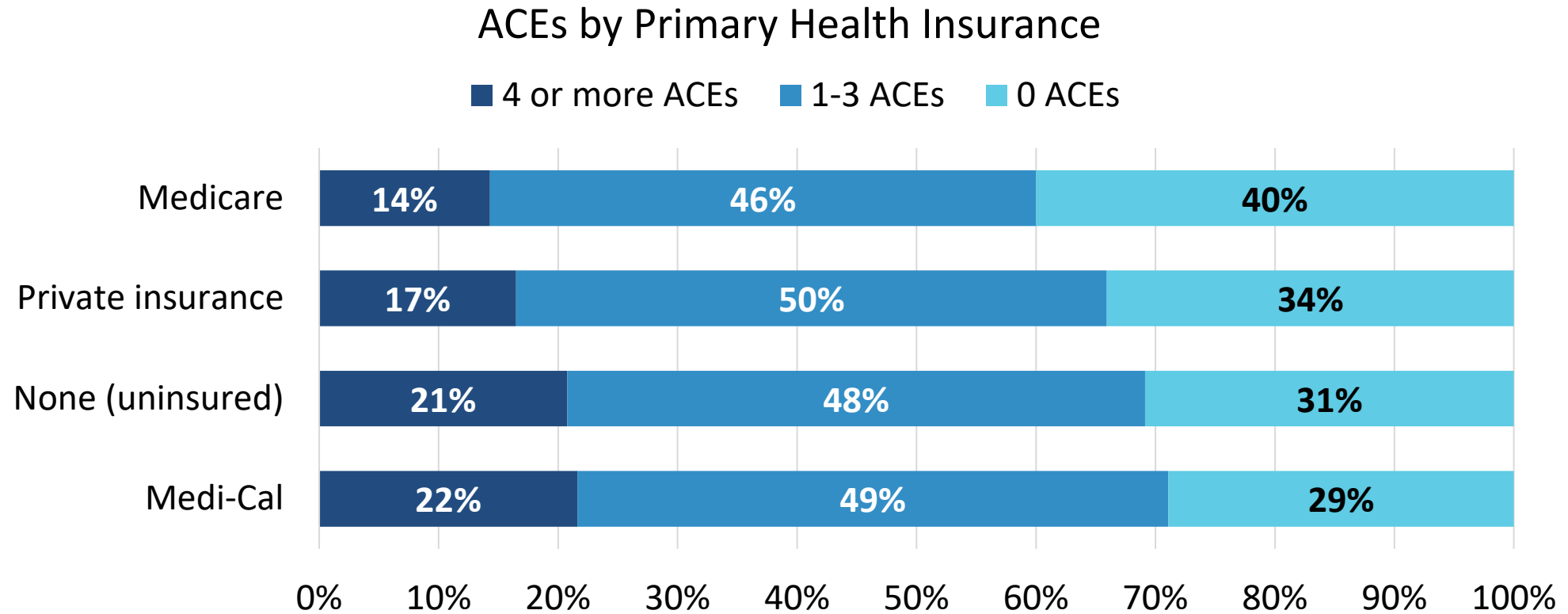
Adults With Highest Income Have Lowest Rate of 4+ ACEs



Note: [!] indicates a margin of error between 5 and 10 percentage points.

Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

More Than One in Five Adults With Medi-Cal or Uninsured Have 4+ ACEs

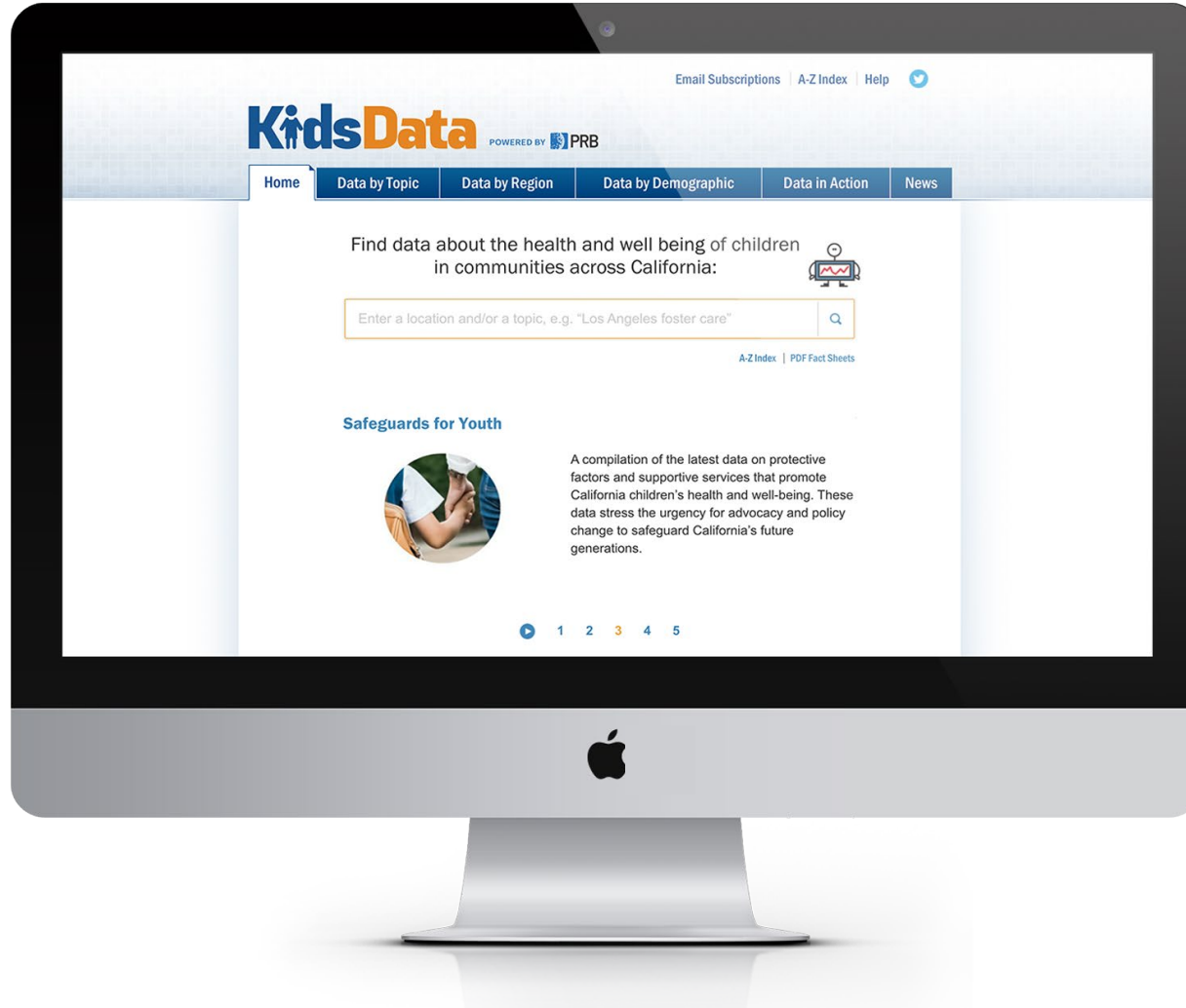


Source: 2013-2019 California Behavioral Risk Factor Surveillance System.

Poll: How Many Sources of ACEs Data Can You Find on KidsData.org?

Poll Answer: Four

- BRFSS (adult retrospective)
- MIHA (maternal retrospective)
- NSCH (adult report on child experiences)
- Family Experiences During the COVID-19 Pandemic
(adult report on child experiences and adult retrospective)



Stay up to date:
KidsData.org



Find data about the health and well being of children
in communities across California:



Enter a location and/or a topic, e.g. "Los Angeles foster care"






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- + Physical Health



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- + [Childhood Adversity and Resilience \(summary\)](#)
- + [Foster Care \(summary\)](#)
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+ Children with Special Health Care Needs



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– [Childhood Adversity and Resilience \(summary\)](#)

[Children with Adverse Experiences \(Parent Reported\) by County](#)

[Children with Adverse Experiences \(Parent Reported\)](#)

[Children with Two or More Adverse Experiences by Race/Ethnicity \(CA & U.S. Only\)](#)

[Children Who Are Resilient \(Parent Reported\)](#)

[Prevalence of Childhood Hardships \(Maternal and Family\)](#)

Children with Adverse Experiences (Parent Reported), by Number (CA & U.S. Only)

(change indicator)

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Table

Bar

Pie

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Location: (hide)
1 selected

Year(s): 2016-2020
Number of ACEs: (edit)
All

☐ United States
☒ California

[Clear All](#)

California	Percent
0 ACEs	63.6%
1 ACE	21.2%
2 ACEs	7.5%
3 ACEs	3.9%
4 or More ACEs	3.9%

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Select a demographic group:
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- + Age
- + Children with Special Health Care Needs
- + English Proficiency
- + Gender
- + Immigrants
- + Income Level
- + Race/Ethnicity
- + Sexual Orientation

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Sneak preview!



Photo by Manos Gkikas via UnSplash

Video draft not yet approved for distribution.

Summary: ACEs Are Common

- Data suggests ACEs are common in California
 - 2/3rds of adult BRFSS respondents in CA experienced 1+ ACEs before age 18
 - 17% experienced 4+ ACEs
- Experiencing 4+ ACEs is more common among certain groups in CA
 - Hispanic/Latino
 - Those with lower household incomes
 - Those with Medi-Cal or no health care coverage
 - Those who do not identify as heterosexual

Next Steps

- Primary prevention efforts include interventions that create social norm change and policies that strengthen economic support for families
 - Examples:
 - California Earned Income Tax Credit (CalEITC)
 - Paid Family Leave (PFL)
- For more information about strategies that create change and improve the lives of children, please see the CDC's Technical Package

Additional Resources and Tools

- PACEs Connection
 - [Map the Movement \(shinyapps.io\)](https://shinyapps.io) includes information on U.S. states that have completed ACE surveys
- [CDC Website on ACEs](#)
- [KidsData](#)
- [EfC Initiative Resources](#)
- [American Academy of Pediatrics](#)
- [ACEs Aware](#)
- Office of the Surgeon General
 - [Surgeon General's Report on ACEs and Toxic Stress](#)

Questions?

Complete the Webinar Evaluation

We Value Your Feedback!

Respond via the chat survey link in chat or
the below QR Code



Please complete by COB, June 30th

Thank You!

Sources

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