

UnderSTanding ACES Trauma-Informed Care for Primary Care

INFOGRAPHIC

Adverse Childhood Experiences (ACEs) are traumatic or stressful experiences that occur before the age of 18 and can have long-term negative impacts on physical and mental health outcomes.

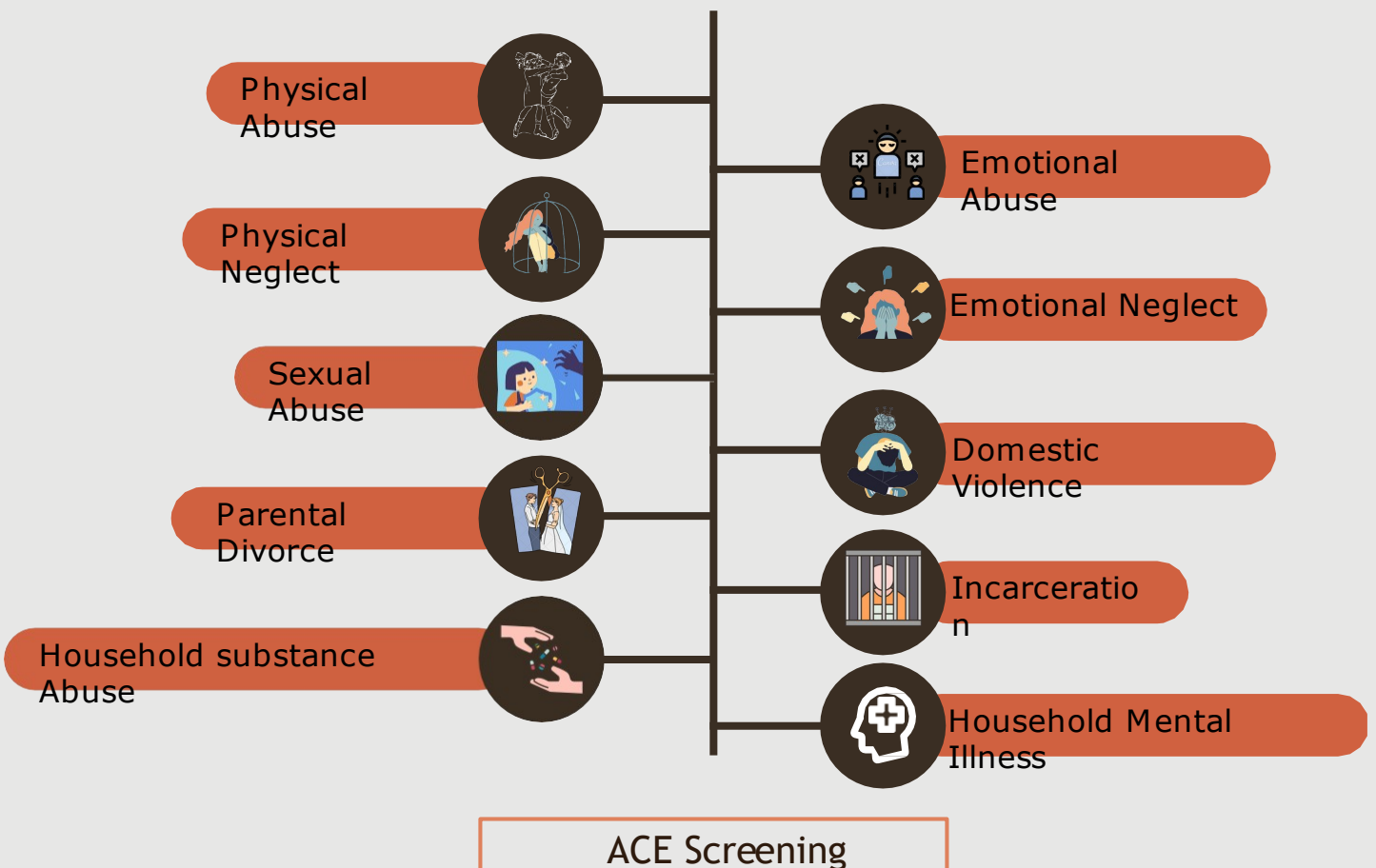
PhySical Health ImplicationS

ACEs can increase the risk of physical health problems such as heart disease, diabetes, and obesity in adulthood.

Mental Health ImplicationS

ACEs can increase the risk of mental health problems such as depression, anxiety, and post-traumatic stress disorder (PTSD) in adulthood.

TypeS of ACES



The ACE questionnaire is a valid screening tool that can be used in primary care settings to assess the impact of ACEs on an individual. You can access the ACE questionnaire here: <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/aboutace.html>

Trauma-Informed