

# The Hidden Crisis Report

75% of Humboldt County residents have 1 or more ACEs

30% of Humboldt County residents have 4 or more ACEs

## **ACEs lead to increased risk for negative health behaviors**

A person with 4 or more ACEs is

- 12.2 times as likely to attempt suicide
- 10.3 times as likely to use injection drugs
- 7.4 times as likely to be an alcoholic

## **ACEs lead to increased risk for serious health conditions**

A person with 4 or more ACEs is

- 2.2 times as likely to have heart disease
- 2.4 times as likely to have a stroke
- 1.9 times as likely to have cancer
- 1.6 times as likely to have diabetes

A person with 4 or more ACEs is

- 21% more likely to live below 250% of the Federal Poverty Level
- 27% more likely to have less than a college degree
- 39% more likely to be unemployed
- 2.93 times as likely to be a smoker
- 3.30 times as likely to engage in risky sexual behavior
- 12.96 times as likely to have been removed from the home by CWS

## **What can be done ...**

- Consider a different perspective ... “What happened to you?”
- Become more aware of the impact of early trauma
- Advocate for more parent education and support opportunities that begin prenatally
- Push for more early childhood mental health services
- Increase access to health care and mental health services
- Advocate for programs that support integrated services

To read the full report, search the following: Data Report A Hidden Crisis

Ted TALK: Dr. Nadine Burke Harris – How childhood trauma affects health across a lifetime