2012 Iowa ACEs Study: Selected Findings

Clinton Gudmunson, PhD
Assistant Professor
Iowa State University

Get the Full Report at: www.iowaaces360.org
“Not every adult with a history of adverse experiences will have poor health outcomes, but many will experience some problems, and some will experience serious difficulties.”
Prevalence of Individual ACEs in Iowa

Average score across seven comparison states:
(Arkansas, California, Louisiana, New Mexico, Tennessee, Washington & Wisconsin)
Iowa Population Estimates of ACEs Co-Occurrence

- 0 ACEs (930,835 Iowans) - 45%
- 1 ACEs (440,458 Iowans) - 21%
- 2-3 ACEs (392,712 Iowans) - 20%
- 4-5 ACEs (194,550 Iowans) - 9%
- 6-8 ACEs (107,947 Iowans) - 5%

#s of ACEs
### ACE-Related Odds of Having a Serious Physical Health Condition

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>0 ACEs</th>
<th>1 ACEs</th>
<th>2 ACEs</th>
<th>3 ACEs</th>
<th>4+ ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>100%</td>
<td>130%</td>
<td>145%</td>
<td>155%</td>
<td>236%</td>
</tr>
<tr>
<td>Asthma</td>
<td>100%</td>
<td>115%</td>
<td>118%</td>
<td>160%</td>
<td>231%</td>
</tr>
<tr>
<td>Cancer</td>
<td>100%</td>
<td>112%</td>
<td>101%</td>
<td>111%</td>
<td>157%</td>
</tr>
<tr>
<td>COPD</td>
<td>100%</td>
<td>120%</td>
<td>161%</td>
<td>220%</td>
<td>399%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>100%</td>
<td>128%</td>
<td>132%</td>
<td>115%</td>
<td>201%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>100%</td>
<td>148%</td>
<td>144%</td>
<td>287%</td>
<td>232%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>100%</td>
<td>123%</td>
<td>149%</td>
<td>250%</td>
<td>285%</td>
</tr>
<tr>
<td>Kidney Disease</td>
<td>100%</td>
<td>-17%</td>
<td>164%</td>
<td>179%</td>
<td>263%</td>
</tr>
<tr>
<td>Stroke</td>
<td>100%</td>
<td>114%</td>
<td>117%</td>
<td>180%</td>
<td>281%</td>
</tr>
<tr>
<td>Vision</td>
<td>100%</td>
<td>167%</td>
<td>181%</td>
<td>199%</td>
<td>354%</td>
</tr>
</tbody>
</table>
ACEs and Poor Overall Health

More than *twice as many adults* rated their health poorly (23%) when they had four or more ACEs compared to those adults with zero ACES who rated their healthy poorly (10%).
Adults with four or more ACEs reported an average of one week each month of having bad health days, whereas adults with zero ACEs reported having 1-3 bad health days per month.
Average number of days in past 30 of dysfunction due to poor mental health that kept them from doing their work or usual activities.

- **0 ACEs**: 0 days
- **1 ACE**: 1 day
- **2 ACEs**: 1 day
- **3 ACEs**: 2 days
- **4+ ACEs**: 4 days

**Dysfunctional Days in a Month because of Poor Mental Health**

- **2.5 days** a month that he/she is not able to work either at home or job occupation due to poor mental health
- **= 30 days a year!**
- **35 years (average years of employment)**
- **Potentially 1,050 days of inability to work in one’s adult lifetime due to poor mental health from having 4+ ACEs**
More than 33% of adults reporting four or more ACEs had received a diagnosis of clinical depression but were not currently taking any form of medication.
Adults with higher ACEs are almost twice as likely to smoke cigarettes than those with zero ACEs.
ACE-Related Limitations in Health Care Access

Bar chart showing the percentage of individuals with no medical insurance, no primary doctor, and no recent checkups by number of ACEs (Adverse Childhood Experiences) experienced. The bars are color-coded as follows:
- Dark blue: No Medical Insurance
- Light blue: No Primary Doctor
- Green: No Recent Checkups

The chart shows that the percentage of individuals with no recent checkups increases significantly with the number of ACEs experienced:
- 0 ACEs: 15%
- 1 ACE: 17%
- 2-3 ACEs: 19%
- 4+ ACEs: 27%
ACE-Related Odds of Skipping a Doctor Visit Because of Financial Concerns in Past Year

Adults with four or more ACEs were five times more likely to skip a needed trip to the doctor.