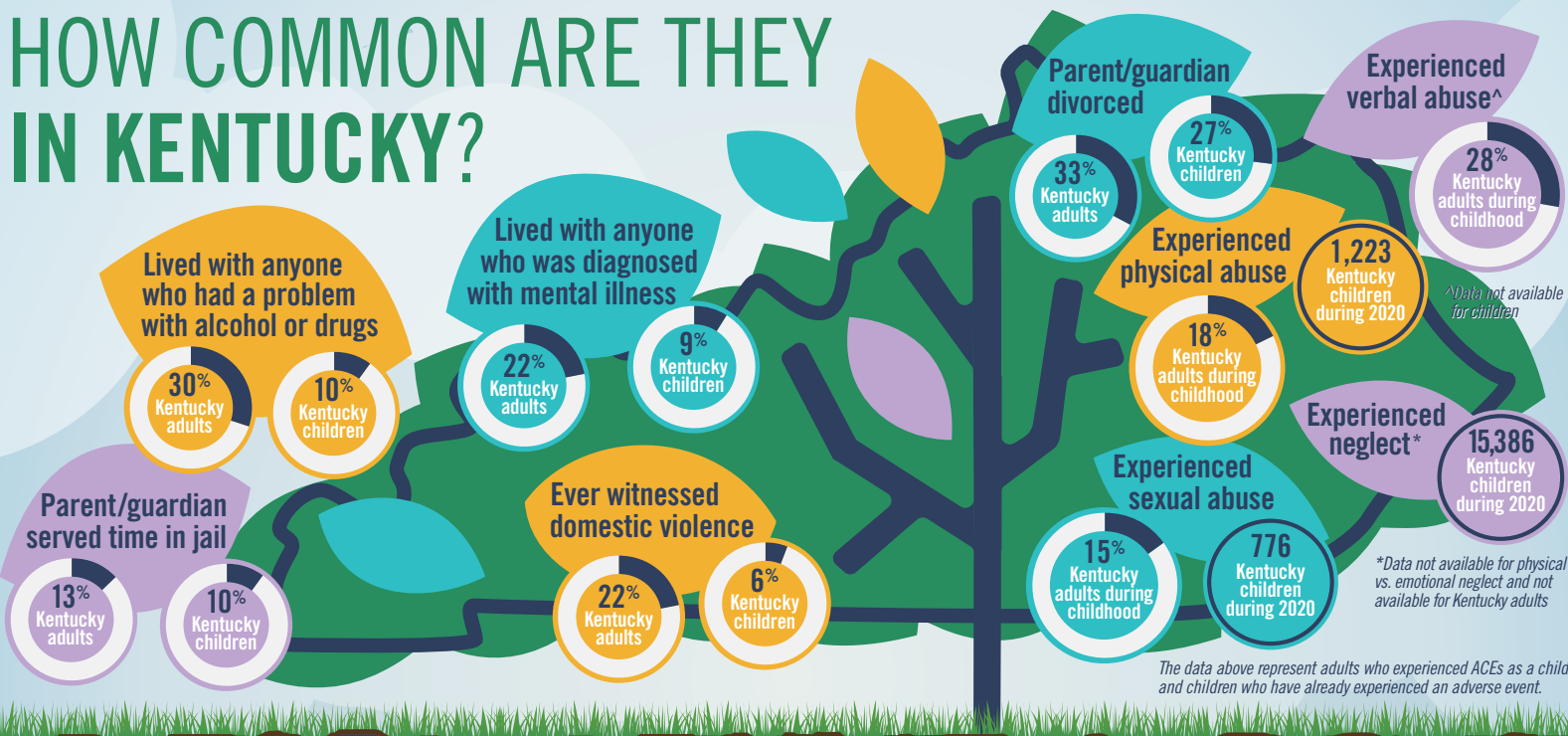
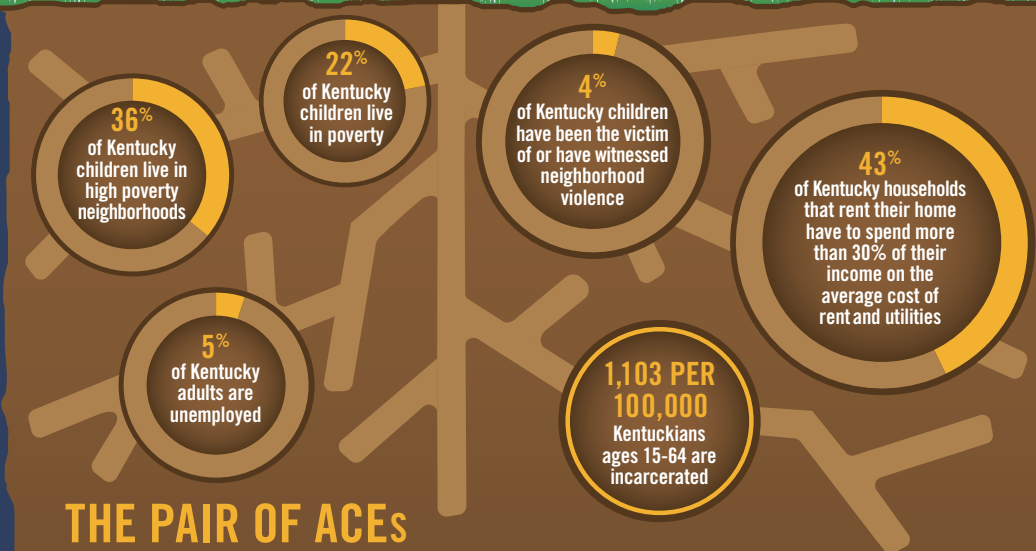


# ADVERSE CHILDHOOD EXPERIENCES

## HOW COMMON ARE THEY IN KENTUCKY?



Adverse Childhood Experiences (ACEs) are traumatic or stressful events that have lifelong impacts on health and opportunity. In Kentucky, one in five children have already experienced at least two ACEs. Among adults, 40% have experienced at least two ACEs when they were children and 11% have experienced five or more. Due to discrimination and other historical factors that limit economic opportunity for Black adults in Kentucky, 20% have experienced two ACEs compared to 13% of White adults.



### THE PAIR OF ACEs

Children need healthy “soil” for a thriving “tree” of experiences. When kids grow up in challenging community environments, such as neighborhoods with high poverty, violence, and incarceration, it can limit opportunities and their ability to bounce back from trauma.

*Data on ACEs can help us understand and prevent such experiences, address community challenges that put populations of color at higher risk of ACEs, and help communities address trauma so that all kids can grow up healthy and hopeful. Visit [bloomkentucky.org](http://bloomkentucky.org) for a more holistic view of child well-being in Kentucky and data on disparities by race, ethnicity, and gender.*



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Cultivating a Commonwealth Where Children and Families Can Flourish