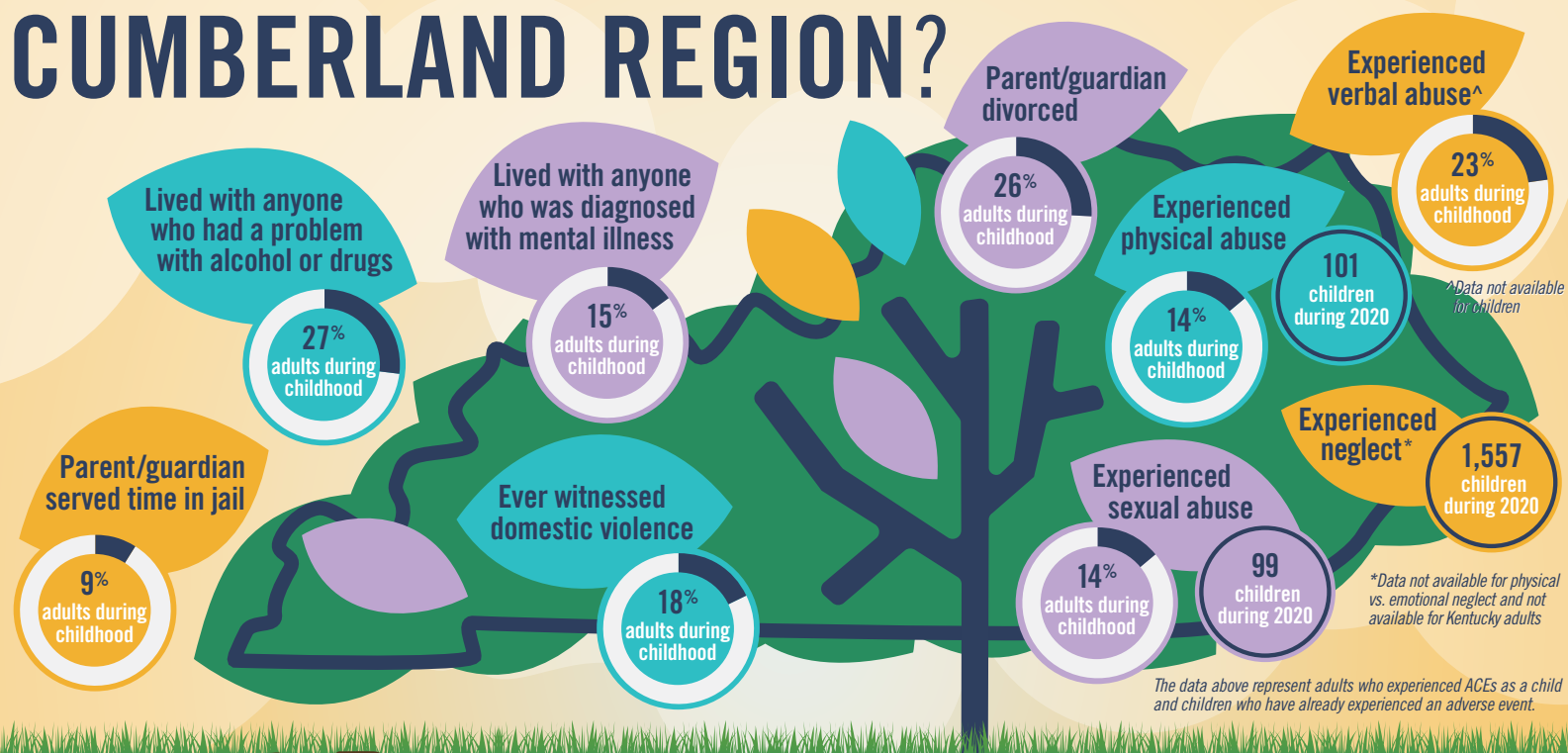


# ADVERSE CHILDHOOD EXPERIENCES

## HOW COMMON ARE THEY IN THE CUMBERLAND REGION?



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 in the Cumberland Region, 34% have experienced at least two ACEs when they were children and 11% have experienced five or more.



### 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](https://bloomkentucky.org) for a more holistic view of child well-being in Kentucky and data on disparities by race, ethnicity, and gender.



**bloomkentucky**

Cultivating a Commonwealth Where Children and Families Can Flourish

**SOURCES:** Data on adults who experienced ACEs is from the Kentucky Department for Public Health and the Centers for Disease Control and Prevention, Kentucky Behavioral Risk Factor Survey Data - Adverse Childhood Experiences, 2020. Data on the percent of children who experienced ACEs is from the 2019-20 National Survey of Children's Health. Number of child victims of abuse or neglect in 2020 from the Cabinet for Health and Family Services, Department for Community Based Services. Poverty and rental cost burden data is from the U.S. Census Bureau, 2016-2020 American Community Survey 5-year estimates. Data on unemployment is from the U.S. Bureau of Labor Statistics. Incarceration rates are from the Vera Institute of Justice, Incarceration Trends.