2013 Alaska Behavioral Risk Factor Surveillance System

Adverse Childhood Experiences of Alaskan Adults
What is the BRFSS

• The Behavioral Risk Factor Surveillance System marks its 30th year in 2013 and remains the gold standard of behavioral surveillance. Currently data are collected monthly in all 50 states, the District of Columbia, American Samoa, Palau, Puerto Rico, the U.S. Virgin Islands, and Guam.

• More than 500,000 interviews were conducted in 2011, making the BRFSS the largest telephone survey in the world.

http://www.cdc.gov/brfss/about/about_brfss.htm
What are Adverse Childhood Experiences (ACEs)

Abuse
1. Physical
2. Sexual
3. Verbal/Emotional

Household Dysfunction
4. Mental Illness in the Household
5. Substance Abuse in the Household
6. Witnessing Domestic Violence
7. Separation/Divorce
8. Household Member in Prison

Neglect (Note these questions were not asked in the 2013 BRFSS)
9. Physical
10. Emotional
States with ACE Studies Through the BRFSS

2009: Blue
2010: Green
2011: Yellow
2012: Orange
2013: Red
The ACE Score

• The ACE Study used a scoring method to determine the “dose” of each study participant’s exposure to childhood trauma. Experiencing one category of ACE, qualifies as one ACE.

• When the points are added up, the ACE Score is determined.

• An ACE Score of zero would mean that a person reported no exposure to any of the categories of trauma listed as ACE.

• An ACE Score of 8 would mean that a person reported exposure to all of the categories of trauma from the list.
# 2013 Alaska BRFSS

## ACE SCORE

<table>
<thead>
<tr>
<th>ACE SCORE</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5+</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Alaskan Adults</td>
<td>35.6%</td>
<td>22.3%</td>
<td>14.7%</td>
<td>10.1%</td>
<td>6.5%</td>
<td>10.8%</td>
</tr>
</tbody>
</table>

## Age Group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55+</th>
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<tbody>
<tr>
<td>All</td>
<td>34.0%</td>
<td>33.3%</td>
<td>30.4%</td>
<td>33.8%</td>
<td>41.7%</td>
</tr>
<tr>
<td>18-24</td>
<td>26.0%</td>
<td>19.8%</td>
<td>26.8%</td>
<td>20.5%</td>
<td>20.6%</td>
</tr>
<tr>
<td>25-34</td>
<td>15.9%</td>
<td>15.5%</td>
<td>10.5%</td>
<td>13.6%</td>
<td>16.7%</td>
</tr>
<tr>
<td>35-44</td>
<td>8.2%</td>
<td>10.9%</td>
<td>10.7%</td>
<td>12.8%</td>
<td>8.6%</td>
</tr>
<tr>
<td>45-54</td>
<td>5.8%</td>
<td>8.4%</td>
<td>6.2%</td>
<td>6.3%</td>
<td>5.9%</td>
</tr>
<tr>
<td>55+</td>
<td>10.0%</td>
<td>12.1%</td>
<td>15.3%</td>
<td>13.0%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

## Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>All</td>
<td>38.9%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Male</td>
<td>22.5%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Female</td>
<td>16.1%</td>
<td>16.1%</td>
</tr>
<tr>
<td>All</td>
<td>8.5%</td>
<td>11.9%</td>
</tr>
<tr>
<td>Male</td>
<td>5.6%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Female</td>
<td>8.5%</td>
<td>13.2%</td>
</tr>
</tbody>
</table>
Alaska and Five States’ Combined ACE Data
Why Compare to Other States

• Context
• Changing Social Norms
• Early Mortality
• Chance to Compare Outcomes
<table>
<thead>
<tr>
<th>Adverse Childhood Experience Score</th>
<th>Alaska</th>
<th>Arkansas</th>
<th>Louisiana</th>
<th>New Mexico</th>
<th>Tennessee</th>
<th>Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero</td>
<td>35.6%</td>
<td>46.9%</td>
<td>42.6%</td>
<td>39.0%</td>
<td>43.5%</td>
<td>34.6%</td>
</tr>
<tr>
<td>One</td>
<td>22.3%</td>
<td>21.0%</td>
<td>24.7%</td>
<td>21.8%</td>
<td>20.8%</td>
<td>23.0%</td>
</tr>
<tr>
<td>Two</td>
<td>14.7%</td>
<td>11.2%</td>
<td>12.9%</td>
<td>12.6%</td>
<td>12.6%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Three</td>
<td>10.1%</td>
<td>7.1%</td>
<td>7.7%</td>
<td>10.1%</td>
<td>8.3%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Four</td>
<td>6.5%</td>
<td>5.9%</td>
<td>5.5%</td>
<td>7.1%</td>
<td>6.2%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Five Plus</td>
<td>10.8%</td>
<td>8.0%</td>
<td>6.6%</td>
<td>9.5%</td>
<td>8.7%</td>
<td>10.1%</td>
</tr>
</tbody>
</table>

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Adverse Childhood Experiences Scores for Alaskan Adults and Their Five State ACE Study Peers

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Gender Differences

• ACE Scores are different between genders
  – Women report higher ACE scores
  – How do Alaska women compare?
Adverse Childhood Experiences Scores for Alaskan Men and Women

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Adverse Childhood Experiences Scores for Alaskan Adult Females and Their Five State ACE Study Peers

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Adverse Childhood Experiences Scores for Alaskan Adult Males and Their Five State ACE Study Peers

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Alaskan ACE Scores as a Percentage of Five State ACE Scores by Gender

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Generational Differences

• It’s hard to compare generations by ACE score
  – Changes in social norms
  – Early death due to high ACE scores
  – Changing social and economic resource levels
  – Education and awareness change over time
There is no statistical difference between these ACE Scores.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)

Notes: Sum may not equal 100% due to rounding.
There is no statistical difference between these ACE Scores.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm

Notes: Sum may not equal 100% due to rounding.
*There is no statistical difference between these ACE Scores.*

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)

**Notes:** Sum may not equal 100% due to rounding.
There is a statistically significant difference between the ACE Scores of Zero & Five Plus.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm

Notes: Sum may not equal 100% due to rounding.
There is a statistical difference between all the ACE Scores but the score of “one”.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm

Notes: Sum may not equal 100% due to rounding.
Columns with numbers are statistically significantly different between the two studies.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009,* [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Generations on an Alaskan Timeline

1959 - Aged 55 and up
1969 - Aged 45-54
1979 - Aged 35-44
1989 - Aged 18-24

Time Period Aged 0-17
- Five State
- Alaska

Statehood
Oil Flows
Funding Begins
ACEs Surveyed
The is a statistical difference between the two geographic regions for the 45-54 & 55+ age groups.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Abuse

1. Physical
2. Sexual
3. Verbal/Emotional
<table>
<thead>
<tr>
<th>Adverse Childhood Experience*</th>
<th>Alaska</th>
<th>Arkansas</th>
<th>Louisiana</th>
<th>New Mexico</th>
<th>Tennessee</th>
<th>Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abuse</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td>Verbal/Emotional</td>
<td>31.0</td>
<td>24.3</td>
<td>21.1</td>
<td>28.1</td>
<td>19.2</td>
<td>34.9</td>
</tr>
<tr>
<td>Physical</td>
<td>19.1</td>
<td>14.1</td>
<td>10.5</td>
<td>19.5</td>
<td>12.9</td>
<td>18.1</td>
</tr>
<tr>
<td>Sexual</td>
<td>14.8</td>
<td>10.9</td>
<td>9.9</td>
<td>12.9</td>
<td>12.7</td>
<td>13.5</td>
</tr>
</tbody>
</table>

*Percentages in red are the highest of the states compared.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
## Adverse Childhood Experience*

<table>
<thead>
<tr>
<th>Experience</th>
<th>Alaska</th>
<th>Arkansas</th>
<th>Louisiana</th>
<th>New Mexico</th>
<th>Tennessee</th>
<th>Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abuse Percentages</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional/Verbal</td>
<td>31.0</td>
<td>24.3</td>
<td>21.1</td>
<td>28.1</td>
<td>19.2</td>
<td>34.9</td>
</tr>
<tr>
<td>Physical</td>
<td>19.1</td>
<td>14.1</td>
<td>10.5</td>
<td>19.5</td>
<td>12.9</td>
<td>18.1</td>
</tr>
<tr>
<td>Sexual</td>
<td>14.8</td>
<td>10.9</td>
<td>9.9</td>
<td>12.9</td>
<td>12.7</td>
<td>13.5</td>
</tr>
<tr>
<td><strong>Household Dysfunction Percentages</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Illness in the Home</td>
<td>21.9</td>
<td>17.0</td>
<td>16.6</td>
<td>19.4</td>
<td>17.1</td>
<td>24.3</td>
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<tr>
<td>Incarcerated Family Member</td>
<td>11.5</td>
<td>5.5</td>
<td>7.2</td>
<td>7.1</td>
<td>8.6</td>
<td>6.6</td>
</tr>
<tr>
<td>Substance Abuse in Home</td>
<td>33.8</td>
<td>25.5</td>
<td>26.6</td>
<td>29.9</td>
<td>28.3</td>
<td>32.7</td>
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<tr>
<td>Separation or Divorce</td>
<td>31.7</td>
<td>23.3</td>
<td>27.1</td>
<td>24.4</td>
<td>29.1</td>
<td>26.0</td>
</tr>
<tr>
<td>Witnessed Domestic Violence</td>
<td>18.7</td>
<td>15.1</td>
<td>14.5</td>
<td>18.9</td>
<td>17.1</td>
<td>16.6</td>
</tr>
</tbody>
</table>

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Physical Abuse

The Question

• BEFORE AGE 18, HOW OFTEN DID A PARENT OR ADULT IN HOME EVER HIT, BEAT, KICK OR PHYSICALLY HURT YOU? Do not include spanking.

The Answers

• ONCE
• MORE THAN ONCE
• NEVER
• If answered “once” or “more than once” then ACE Score = 1
Physical Abuse Prior to Age 18 as Reported by Alaskan Adults

<table>
<thead>
<tr>
<th>Demographics</th>
<th>MALE</th>
<th>FEMALE</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>More Than Once</td>
<td>12.2%</td>
<td>14.5%</td>
<td>13.3%</td>
</tr>
<tr>
<td>Once</td>
<td>4.9%</td>
<td>6.8%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Never</td>
<td>82.9%</td>
<td>78.7%</td>
<td>80.9%</td>
</tr>
</tbody>
</table>

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
* There is a statistically significant difference between Female and Total categories above.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
The differences between the 35-44, 45-54, 55+ age groups as well as the total are statistically significant.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
The differences between the 35-44, 45-54, 55+ age groups are statistically significant.

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Sexual Abuse

The Questions

• BEFORE AGE 18, HOW OFTEN DID ANYONE AT LEAST 5 YRS OLDER EVER TOUCH YOU SEXUALLY?
• BEFORE AGE 18, HOW OFTEN DID ANYONE AT LEAST 5 YRS OLDER EVER TRY TO MAKE YOU TOUCH THEM SEXUALLY?
• BEFORE AGE 18, HOW OFTEN DID ANYONE AT LEAST 5 YRS OLDER FORCE YOU TO HAVE SEX?

The Answers

• ONCE
• MORE THAN ONCE
• NEVER
• If answered “once” or “more than once” to any of the questions than ACE Score = 1
*There is a statistically significant difference between Female and Total categories above.*

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
The difference in age groups 45-54, 55+ as well as the total are statistically significant.

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Verbal/Emotional Abuse

The Question

• BEFORE AGE 18, HOW OFTEN DID PARENT OR ADULTS IN HOME EVER SWEAR AT YOU, INSULT YOU OR PUT YOU DOWN?

The Answers

• ONCE
• MORE THAN ONCE
• NEVER
• If answered “more than once” than ACE = 1
Verbal/Emotional Abuse Prior to Age 18 as Reported by Alaskan Adults

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
* There is a statistically significant difference between FEMALE and Total categories above.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
*The difference in age groups 45-54, 55+ as well as the total are statistically significant*

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Verbal Abuse Prior to Age 18 as Reported by Alaskan Adults and Their Peers in a Five State Study by Age Group*

*The difference in age groups 45-54, 55+ are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Household Dysfunction

4. Mental Illness in the Household
5. Substance Abuse in the Household
6. Witnessing Domestic Violence
7. Separation/Divorce
8. Household Member in Prison
<table>
<thead>
<tr>
<th>Adverse Childhood Experience*</th>
<th>Alaska</th>
<th>Arkansas</th>
<th>Louisiana</th>
<th>New Mexico</th>
<th>Tennessee</th>
<th>Washington</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Household Dysfunction</strong></td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
</tr>
<tr>
<td>Mental Illness in the Home</td>
<td>21.9</td>
<td>17.0</td>
<td>16.6</td>
<td>19.4</td>
<td>17.1</td>
<td>24.3</td>
</tr>
<tr>
<td>Incarcerated Family Member</td>
<td>11.5</td>
<td>5.5</td>
<td>7.2</td>
<td>7.1</td>
<td>8.6</td>
<td>6.6</td>
</tr>
<tr>
<td>Substance Abuse in Home</td>
<td>33.8</td>
<td>25.5</td>
<td>26.6</td>
<td>29.9</td>
<td>28.3</td>
<td>32.7</td>
</tr>
<tr>
<td>Separation or Divorce</td>
<td>31.7</td>
<td>23.3</td>
<td>27.1</td>
<td>24.4</td>
<td>29.1</td>
<td>26.0</td>
</tr>
<tr>
<td>Witnessed Domestic Violence</td>
<td>18.7</td>
<td>15.1</td>
<td>14.5</td>
<td>18.9</td>
<td>17.1</td>
<td>16.6</td>
</tr>
</tbody>
</table>

*Percentages in red are the highest of the states compared.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Household Mental Illness

The Question

BEFORE AGE 18, DID YOU LIVE WITH ANYONE WHO WAS DEPRESSED, MENTALLY ILL OR SUICIDAL?

The Answers

• Yes
• No
• If answered “yes” than ACE = 1
Exposed to Household Mental Illness Prior to Age 18 As Reported by Alaskans and Their Peers in The Five State Study*

* The difference in the female demographic is statistically significant

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
The difference in age group 55+ is statistically significant

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Exposed to Household Mental Illness Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group*

* The difference in age group 55+ is statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Witnessing Domestic Violence

The Question

• BEFORE AGE 18, HOW OFTEN DID YOUR PARENTS OR ADULTS IN HOME EVER SLAP, HIT, KICK, PUNCH OR BEAT EACH OTHER UP?

The Answers

• Yes

• No

• If answered “yes” than ACE = 1
Witnessing Domestic Violence Prior to Age 18 as Reported by Alaskan Adults

<table>
<thead>
<tr>
<th>Demographics</th>
<th>MALE</th>
<th>FEMALE</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>83.1%</td>
<td>79.5%</td>
<td>81.3%</td>
</tr>
<tr>
<td>More Than Once</td>
<td>11.6%</td>
<td>16.4%</td>
<td>13.9%</td>
</tr>
<tr>
<td>Once</td>
<td>5.4%</td>
<td>4.1%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Never</td>
<td>0.0%</td>
<td>100.0%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
There is no statistically significant difference between the five state and Alaska data above.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
### Witnessing Domestic Violence Prior to Age 18 As Reported by Alaskans and Their Peers in The Five State Study*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Five State</th>
<th>Alaska</th>
</tr>
</thead>
<tbody>
<tr>
<td>18--24</td>
<td>18.6%</td>
<td>18.5%</td>
</tr>
<tr>
<td>25--34</td>
<td>20.8%</td>
<td>15.9%</td>
</tr>
<tr>
<td>35--44</td>
<td>17.4%</td>
<td>17.4%</td>
</tr>
<tr>
<td>45--54</td>
<td>21.9%</td>
<td>16.2%</td>
</tr>
<tr>
<td>&gt;= 55</td>
<td>21.4%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Total</td>
<td>18.8%</td>
<td>16.3%</td>
</tr>
</tbody>
</table>

* The difference in age groups 45-54, 55+ are statistically significant

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009* [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Witnessing Domestic Violence Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group*

* The difference in age groups 45-54, 55+ are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Household Member in Jail

The Question

• BEFORE AGE 18, DID YOU LIVE WITH ANYONE WHO SERVED TIME OR WAS SENTENCED TO PRISON OR JAIL?

The Answers

• Yes
• No

• If answered “yes” than ACE = 1
There is a statistically significant difference between all categories above.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Exposed to an Household Member Incarcerated Prior to Age 18 As Reported by Alaskans and Their Peers in The Five State Study*

* The difference in age groups 35-44, 45-54, 55+ as well as the total are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Exposed to an Incarcerated Household Member Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group*

* The difference in age groups 35-44, 45-54, 55+ as well as the total are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Household Substance Abuse

The Questions

• BEFORE AGE 18, DID YOU LIVE WITH ANYONE WHO WAS A PROBLEM DRINKER OR ALCOHOLIC?
• BEFORE AGE 18, DID YOU LIVE WITH ANYONE WHO USED ILLEGAL STREET DRUGS OR ABUSED PRESCRIPTION MEDICATIONS?

The Answers

• Yes
• No
• If answered “yes” to either question than ACE = 1
Exposed to Household Substance Abuse Prior to Age 18 As Reported by Alaskans and Their Peers in The Five State Study*

* There is a statistically significant difference between FEMALE and Total categories above.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
The difference in age groups 45-54, 55+ as well as the total are statistically significant.

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Exposed to Household Substance Abuse Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group*

* The difference in age groups 45-54, 55+ are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
% of Alaskan Adults Exposed to Household Substance Abuse Prior to Age 18 by Age Group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Alcohol Only</th>
<th>Alcohol and Other Substances</th>
<th>Other Substances Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>18--24</td>
<td>10.7%</td>
<td>13.7%</td>
<td>8.2%</td>
</tr>
<tr>
<td>25--34</td>
<td>15.7%</td>
<td>14.5%</td>
<td>5.2%</td>
</tr>
<tr>
<td>35--44</td>
<td>20.0%</td>
<td>10.5%</td>
<td>4.4%</td>
</tr>
<tr>
<td>45--54</td>
<td>22.8%</td>
<td>22.2%</td>
<td>5.2%</td>
</tr>
<tr>
<td>&gt;= 55</td>
<td>22.8%</td>
<td>4.1%</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion.
Separation/Divorce

The Question

• BEFORE AGE 18, WERE YOUR PARENTS SEPARATED OR DIVORCED?

The Answers

• Yes
• No
• If answered “yes” than ACE = 1
Exposed to Separation/Divorce Prior to Age 18 As Reported by Alaskans and Their Peers in The Five State Study*

<table>
<thead>
<tr>
<th>Demographics</th>
<th>Five State</th>
<th>Alaska</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>26.5%</td>
<td>30.1%</td>
</tr>
<tr>
<td>Female</td>
<td>26.7%</td>
<td>33.2%</td>
</tr>
<tr>
<td>Total</td>
<td>26.6%</td>
<td>31.7%</td>
</tr>
</tbody>
</table>

* There is a statistically significant difference between FEMALE and Total categories above.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
* The difference in age groups 45-54, 55+ as well as the total are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Exposed to Separation/Divorce Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group*

* The difference in age groups 45-54, 55+ are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States*, 2009, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
*Columns in red are different in a statistically significant way between the two studies.*

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm)
Alaska’s ACE Rate as a Percentage of the Five State ACE Study by Age Group*

* Columns with asterisks are different in a statistically significant way between the two studies.
Note: The red line indicates 100% or comparable rates between the two studies. If no asterisk is above the line the numbers are statistically similar.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Source: Five States Study data from the Centers for Disease Control and Prevention, Adverse Childhood Experiences Reported by Adults --- Five States, 2009, http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm
Economics and Education
Alaskan Adults and Their Income Status with Zero and Four Plus ACEs

**Zero ACEs**
- 62.4%: <$20,000
- 15.0%: $20K-$34,999
- 12.8%: $35K-$49,999
- 9.9%: $50,000+

**Four Plus ACEs**
- 47.5%: <$20,000
- 21.5%: $20K-$34,999
- 12.1%: $35K-$49,999
- 18.9%: $50,000+

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Costs

Who are:

– 49% more likely to be unemployed
– 274% more likely to be unable to work
– 92% more likely to earn less than $20,000 annually

Answer:

– Alaskan adults who report four or more Adverse Childhood Experiences compared to Alaskan adults who report zero Adverse Childhood Experiences.

Source: 2013 Alaska Behavioral Risk Factor Surveillance System, Analysis by Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff
Percentage of Alaskan Adults who Report Not Finishing High School or Getting a GED by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Percentage of Alaskan Adults Who Report Graduating From College by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults and Their Education Status with Zero and Four Plus ACEs

**Zero ACEs**
- 31.4%
- 28.0%
- 34.9%
- 5.7%

**Four Plus ACEs**
- College Graduate or GED: 17.3%
- Some College or Technical School: 28.1%
- High School Graduate or GED: 14.7%
- Less Than High School: 40.0%

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Home Ownership by Alaskan Adults by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Home Ownership by Alaskan Adults by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Who Reported Being Unable to Work by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
**Food Security and ACEs for Alaska Adults**

- **Last 12 Mos, Were You Ever Hungry But Didn't Eat Because There Wasn't Enough Food?**
  - Zero: 10.2%
  - One: 6.1%
  - Two to Three: 33.8%
  - Four Plus: 42.5%

- **Last 12 Mos, Did You Ever Cut The Size of Your Meals or Skip Meals Because You Could Not Get Food Needed**
  - Zero: 2.3%
  - One: 3.6%
  - Two to Three: 6.9%
  - Four Plus: 18.7%

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults who Reported Receiving Food Assistance from Community or Government Programs by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
In 2012 it was estimated that Alaska spent $579 million on smoking. 32.0% of that is $185 million.

In 2012 Adults Age 20+ Cost $860 Million in Medicaid Costs 40.6% of that is $349 Million

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Graphic: AMHB/ABADA

Rows indicate exposure to this form of adverse childhood experience. Columns indicate co-occurrence with other exposures.

<table>
<thead>
<tr>
<th></th>
<th>Physical Abuse</th>
<th>Sexual Abuse</th>
<th>Verbal/Emotional Abuse</th>
<th>Mental Illness</th>
<th>Substance Abuse</th>
<th>Domestic Violence</th>
<th>Separation/Divorce</th>
<th>Household Member in Prison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>35.9%</td>
<td>78.4%</td>
<td>42.6%</td>
<td>60.4%</td>
<td>53.6%</td>
<td>47.2%</td>
<td>21.6%</td>
<td></td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>43.7%</td>
<td>57.2%</td>
<td>44.4%</td>
<td>56.5%</td>
<td>35.9%</td>
<td>43.0%</td>
<td>18.5%</td>
<td></td>
</tr>
<tr>
<td>Verbal/Emotional Abuse</td>
<td>47.5%</td>
<td>28.4%</td>
<td>42.7%</td>
<td>58.0%</td>
<td>40.8%</td>
<td>44.8%</td>
<td>19.1%</td>
<td></td>
</tr>
<tr>
<td>Mental Illness</td>
<td>36.7%</td>
<td>31.4%</td>
<td>60.8%</td>
<td></td>
<td>61.3%</td>
<td>36.3%</td>
<td>43.5%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>33.2%</td>
<td>25.5%</td>
<td>52.7%</td>
<td>39.1%</td>
<td></td>
<td>37.4%</td>
<td>49.1%</td>
<td>25.8%</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>55.0%</td>
<td>30.2%</td>
<td>69.1%</td>
<td>43.3%</td>
<td>69.7%</td>
<td></td>
<td>56.9%</td>
<td>25.0%</td>
</tr>
<tr>
<td>Separation/Divorce</td>
<td>27.5%</td>
<td>20.6%</td>
<td>43.1%</td>
<td>29.4%</td>
<td>52.0%</td>
<td>32.3%</td>
<td></td>
<td>20.8%</td>
</tr>
<tr>
<td>Household Member in Prison</td>
<td>36.9%</td>
<td>53.7%</td>
<td>44.7%</td>
<td>79.9%</td>
<td>41.5%</td>
<td></td>
<td></td>
<td>60.8%</td>
</tr>
</tbody>
</table>

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
ACE cards help explain the reality of ACEs in Alaska and promote ways to mitigate and prevent them.

It’s important to remember that ACE data is about a population and for individuals is not predictive.

The website listed on the cards is ready to go! This site will allow for further exploration of the cards’ information and additional research of the issue.
What’s Being Done

dhss.alaska.gov/abada/ace-ak/Pages/default.aspx
Health and ACEs

• Adverse Childhood Experiences have been linked with many poor health outcomes.
• Alaskan adults report similar results to the national and state studies
General Health and ACEs

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Average Number of Days of Poor Health Outcomes Per Month For Alaskan Adults by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults who Report Frequent Mental Distress by ACE Score

- Zero: 14.2%
- One: 15.8%
- Two-Three: 31.1%
- Four Plus: 38.9%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults and Their Smoking Status with Zero and Four Plus ACEs

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults who Report being Current Smokers by Ace Exposure

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Percentage of Alaskan Adults Who have Ever Smoked who Don't Smoke Now by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Percentage of Alaskan Adults who Report Having Never Smoked by ACE Score

- **Zero**: 61.2%
- **One**: 54.7%
- **Two-Three**: 47.2%
- **Four Plus**: 36.2%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Reporting Drinking Behavior at Risk for Binge Drinking by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults who are Obese by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Percentage of Alaskan Adults who Report Current or Former Asthma by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults and Their Asthma Status with Zero and Four Plus ACEs

**Zero ACEs**
- 89.8%
- 6.1%
- 4.1%

**Four Plus ACEs**
- 78.1%
- 14.3%
- 7.6%

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Who Reported Experiencing Confusion and Memory Loss Which Was Getting Worse in the Past 12 Months by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adult Who Report Insufficient Sleep by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults who Report Ever Having Been Told They Have Arthritis by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Who Were Ever Told They had COPD, Emphysema or Chronic Bronchitis by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Who Were Ever Told They Have a Depressive Disorder by ACE Score

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults at Risk for Heavy Drinking by ACE Score

Percentage

ACE Score

Zero | One | Two-Three | Four Plus

5.8% | 7.7% | 6.8% | 10.6%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Of Those Alaska Adults Who are At Risk for Heavy or Binge Drinking - the Incidence of Each Type of Risk or Both Types

Zero ACES
- Heavy Drinking Alone: 10%
- Binge Drinking Alone: 23%
- Heavy and Binge Drinking: 67%

Four Plus ACEs
- Heavy Drinking Alone: 4%
- Binge Drinking Alone: 44%
- Heavy and Binge Drinking: 52%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
ACE Scores by Insurance Type for Alaskan Adults

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults by ACE Score Who Receive Medicaid

<table>
<thead>
<tr>
<th>ACE Score</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero</td>
<td>3.8%</td>
</tr>
<tr>
<td>One</td>
<td>5.9%</td>
</tr>
<tr>
<td>Two-Three</td>
<td>8.0%</td>
</tr>
<tr>
<td>Four Plus</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion
Alaskan Adults Report of Three Health Outcomes by ACE Exposure

Inadequate Sleep
- Zero: 28.9%
- One: 29.3%
- Two-Three: 36.9%
- Four Plus: 47.8%

Diagnosed with Depression
- Zero: 6.8%
- One: 13.4%
- Two-Three: 21.1%
- Four Plus: 35.3%

Frequent Mental Distress
- Zero: 14.2%
- One: 15.8%
- Two-Three: 31.1%
- Four Plus: 38.9%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion