

# The Data



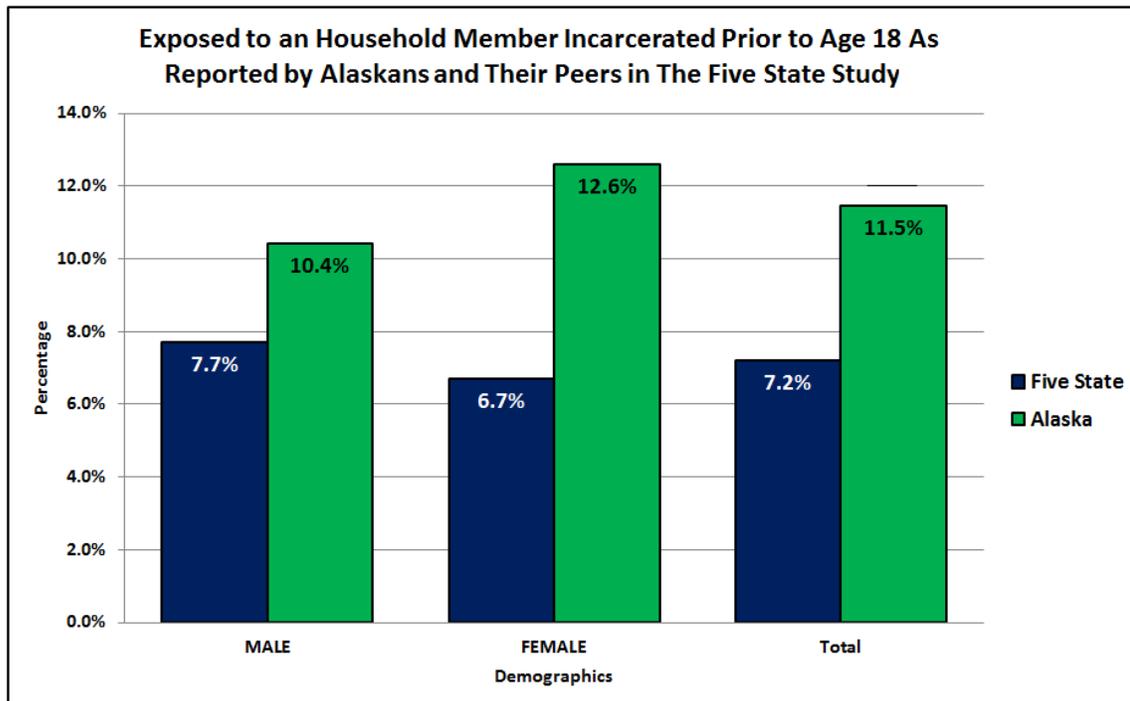
1. More than 11% of Alaskan adults report growing up in a household where someone they lived with was incarcerated. This is considered an Adverse Childhood Experience.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Detail:** Having an incarcerated household member is considered an Adverse Childhood Experience

**Source:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013, Five State average is a combined rate for Arkansas, Louisiana, New Mexico, Tennessee, and Washington and it is the closest we have to a very large population based sample of ACEs



**BRFSS Question Asked:**

Before Age 18, did you live with anyone who served time or was sentenced to prison or jail?

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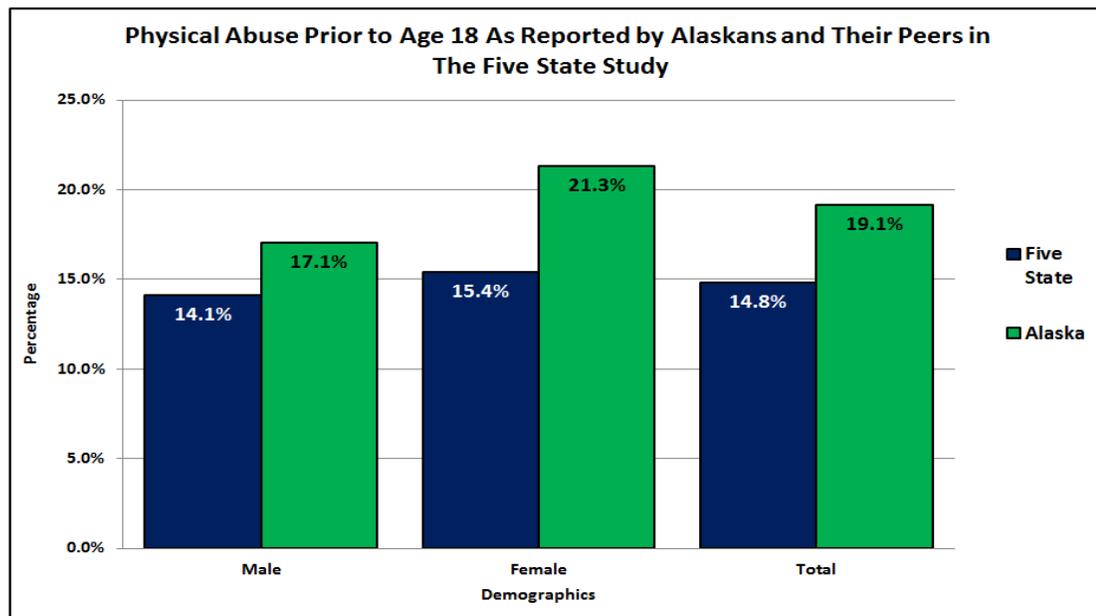
2. 21.3% of Alaskan women and 17.1% of Alaskan men reported being physically abused prior to their 18th birthday. Of those, one out of two also reported witnessing domestic violence in his/her household as a young person.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Detail:** Having an incarcerated household member and witnessing domestic violence are considered to be Adverse Childhood Experiences.

**Source:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013, Five State average is a combined rate for Arkansas, Louisiana, New Mexico, Tennessee, and Washington and it is the closest we have to a very large population based sample of ACEs



For Alaskan adults who reported physical abuse prior to age 18, 55% also reported witnessing domestic violence growing up. This compares with just fewer than 19% of all Alaskan adults who reported witnessing domestic violence. ACEs come in groups most often.

### BRFSS questions asked:

Before age 18, how often did your parents or adults in your home ever hit, kick, or physically hurt you? Do not include spanking.

Before age 18, how often did your parents or adults in your home ever slap, hit, kick, punch or beat each other up?

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3. Alaskan adults with four or more ACEs are more than twice as likely to be a current smoker and significantly less likely to have quit smoking, if they ever started, than Alaskans with zero ACEs.

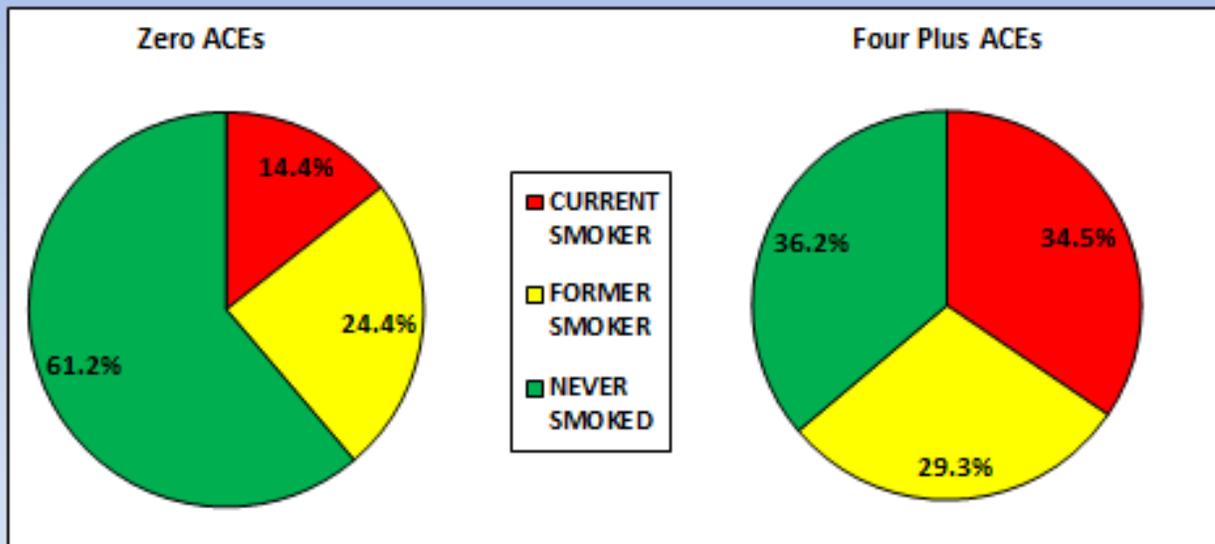


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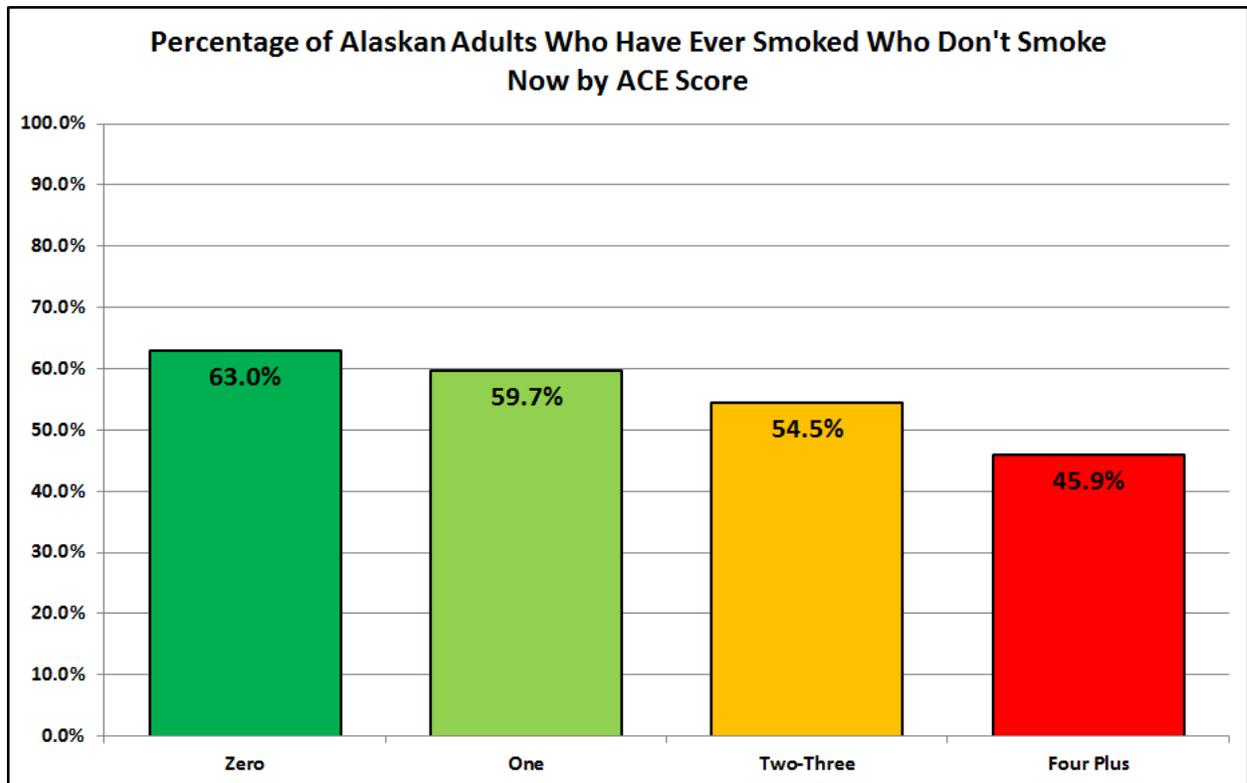
**Detail:** Smoking now and the likelihood of quitting smoking are linked with higher ACE scores for Alaskan Adults

**Source:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013.

## 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



**BRFSS questions asked:**

**Do you now smoke cigarettes every day, some days, or not at all?**

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

**Have you smoked at least 100 cigarettes in your entire life?**

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**How long has it been since you last smoked a cigarette, even one or two puffs?**

- Less than 1 month ago
- 1 month but less than 3 months ago
- 3 months but less than 6 months ago
- 6 months but less than 1 year ago
- 1 year but less than 5 years ago
- 5 years but less than 10 years ago
- 10 years or more
- Never smoked regularly

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## Adverse Childhood Experiences



Adverse Childhood Experiences

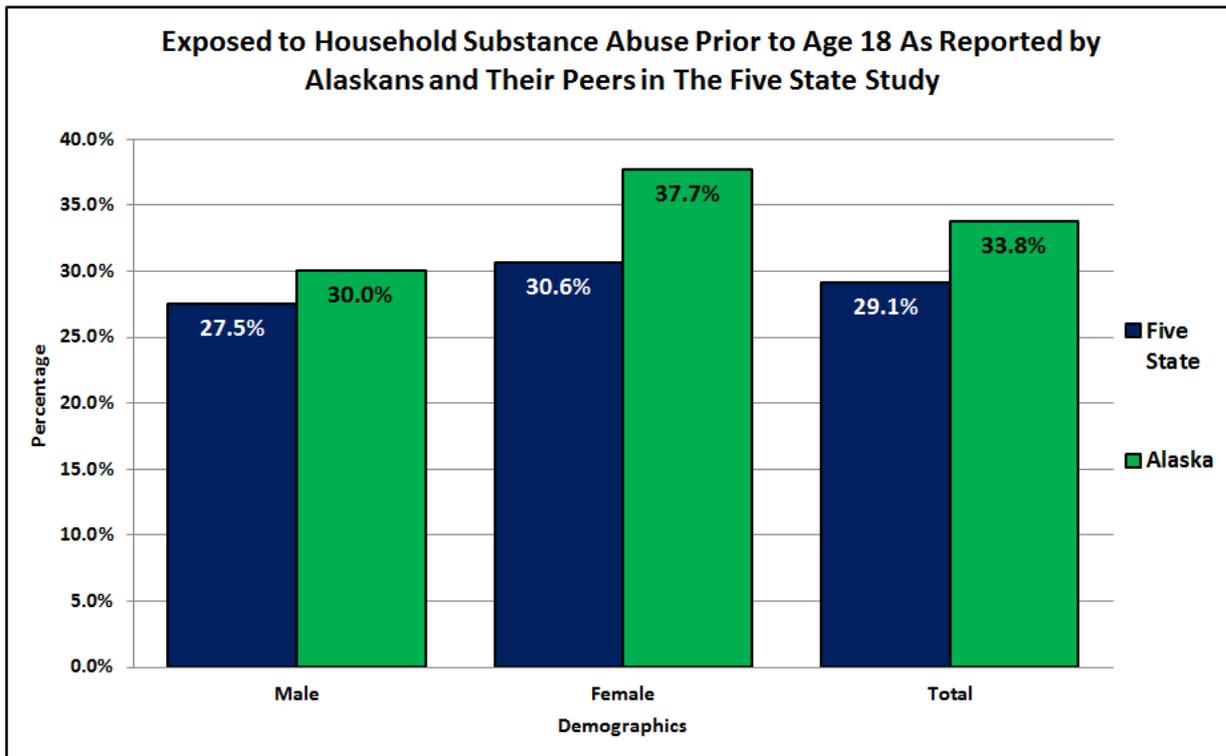
4. More than one third of Alaskan adults report growing up in a household where substance abuse was present. More than one in five reported growing up in a household where mental illness was present.

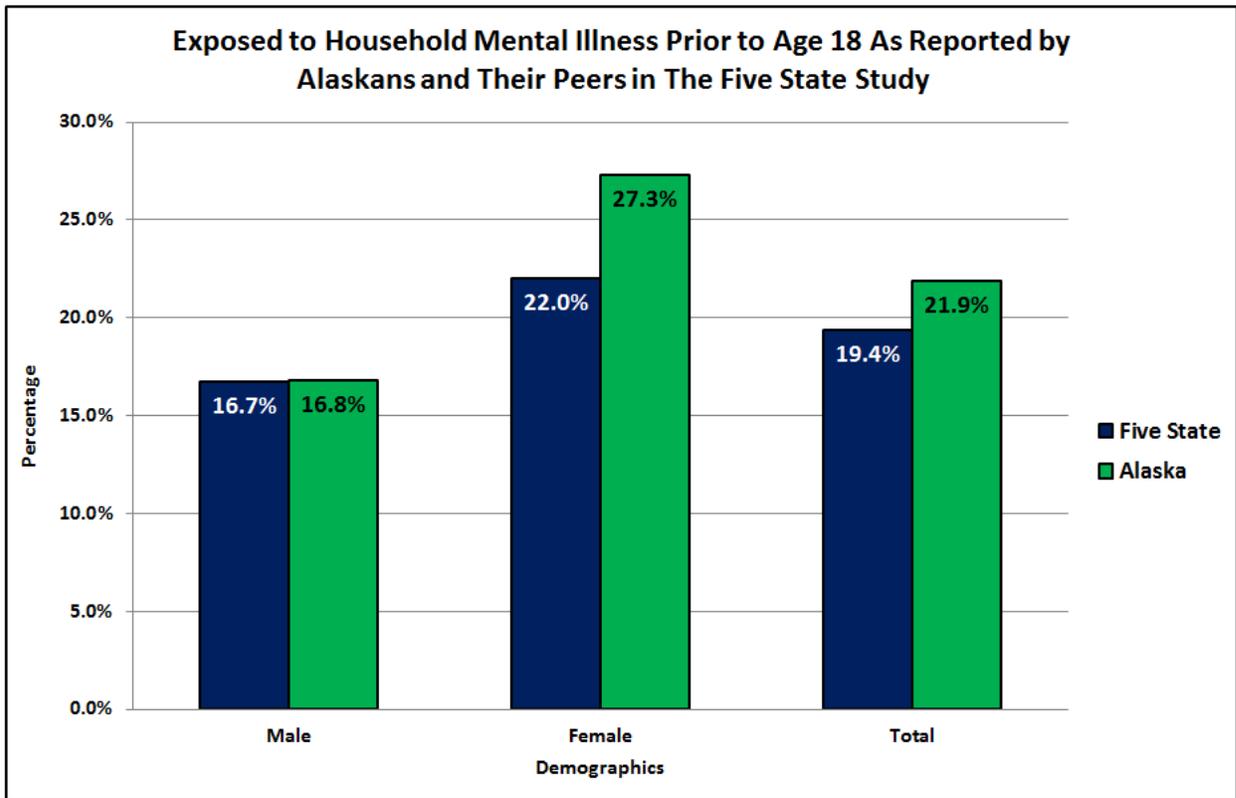


For more information go to:  
[dhss.alaska.gov/abada/ace-ak/Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Detail:** Having either substance abuse or mental illness in the household is considered to be Adverse Childhood Experience.

**Sources:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013, Five State average is a combined rate for Arkansas, Louisiana, New Mexico, Tennessee, and Washington and it is the closest we have to a very large population based sample of ACEs





**BRFSS questions asked:**

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 medication?

Before age 18, did you live with anyone who was depressed, mentally ill, or suicidal?

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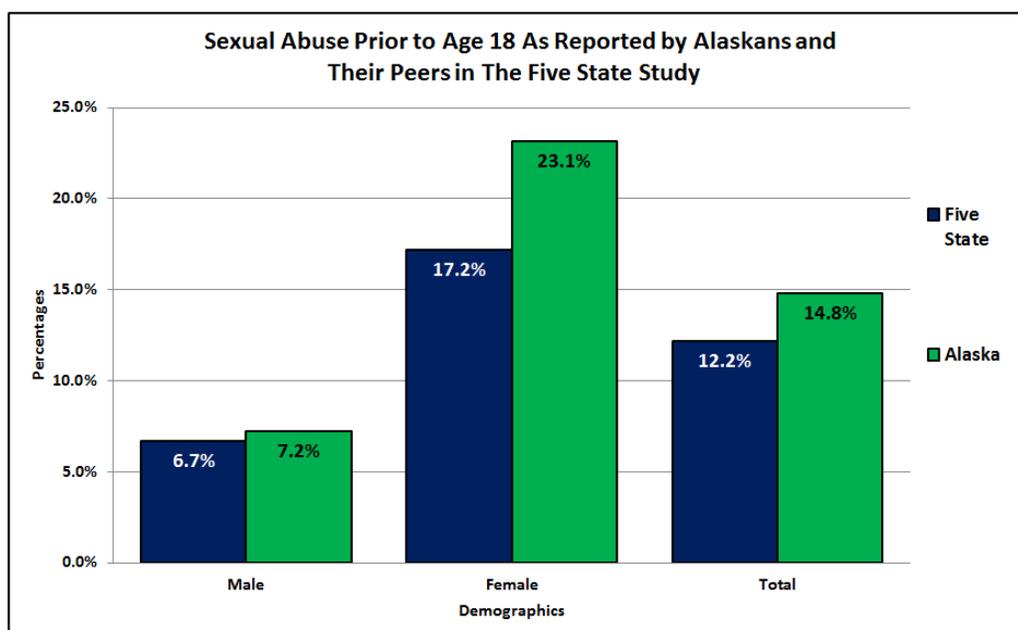
5. 14.8% of Alaskan adults reported being sexually abused prior to his/her 18th birthday. 23.1% of women and 7.2% of men reported this type of Adverse Childhood Experience.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Detail:** Having been sexually abused before age 18 is considered to be Adverse Childhood Experience.

**Sources:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013, Five State average is a combined rate for Arkansas, Louisiana, New Mexico, Tennessee, and Washington and it is the closest we have to a very large population based sample of ACEs



## BRFSS questions asked:

- Before age 18, how often did anyone at least five years older ever touch you sexually?
- Before age 18, how often did anyone at least five years older ever try to make you touch them sexually?
- Before age 18, how often did anyone at least five years older force you to have sex?

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**A**dverse Childhood Experiences



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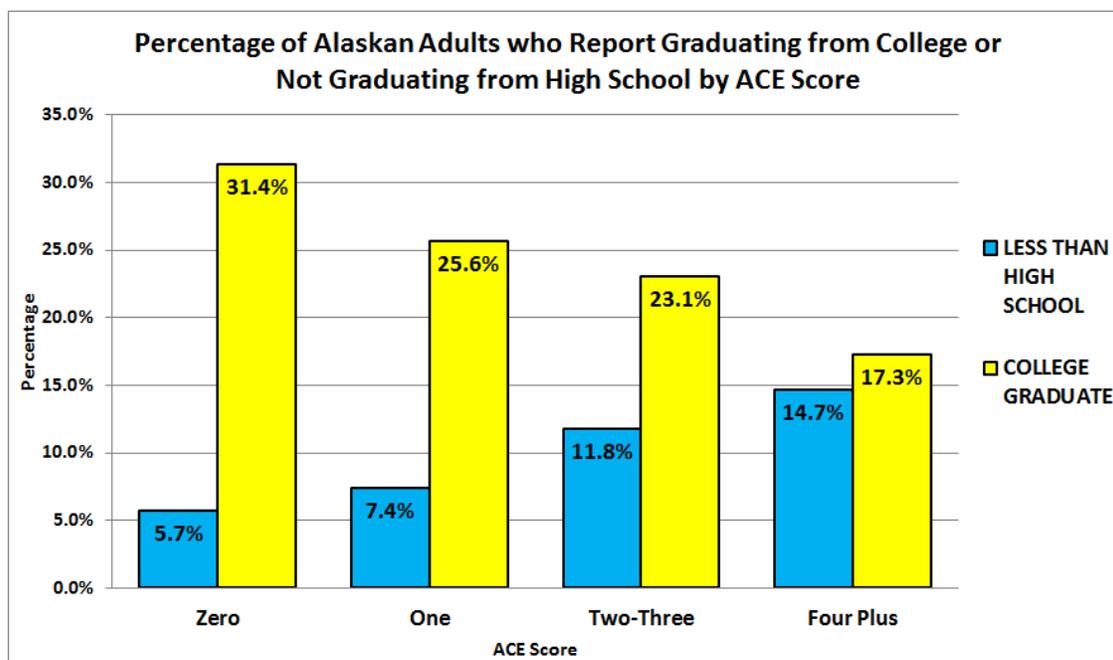
6. An Alaskan adult with zero ACEs is five times more likely to graduate from college than to not graduate from high school. The rate for Alaskan adults with four or more ACEs to graduate from college is almost identical to the rate for them to not graduate from high school.



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**Detail:** Educational achievement is linked to lower adverse childhood experience scores.

**Sources:** The Alaska Behavioral Risk Factor Surveillance Survey completed in 2013.



**BRFSS question asked:**

What is the highest grade or year of school you completed?

- Never attended school or only attended kindergarten
- Grades 1 through 8 (Elementary)
- Grades 9 through 11 (Some high school)
- Grade 12 or GED (High school graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)