

ACEs Facts

ACEs were related to traumatic experiences and:

- Affected the development of children's brains and bodies
- Scores ≥ 4 ACEs were a major risk factor for ischemic heart (the number one killer in the US)
- Scores ≥ 6 or more ACEs were associated with lung cancer (3 fold)
- Scores ≥ 2 or more ACEs had twice the risk of an autoimmune disease
- Scores ≥ 6 - Lifespans are almost 20 years shorter than those with an ACE score of zero



Figure 1

Figure 1 provides a Whole Life Perspective, from conception to death, of individuals affected by ACEs. ACEs were strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan, including those associated with substance misuse (ACEs, SAMHSA, 2018). The negative effects of ACEs continue to be felt throughout the nation and affect people of all backgrounds.

Given the prevalence of ACEs in the general population, organizations are likely to hire employees with ACEs at all levels of the organization. By integrating TIC practices into the organizational culture, employees are better prepared to work as compassionate peers and be more consistently productive. By creating balance in the Central Nervous System, employees are more adept to handle change and deal with an ever-changing work landscape.

Lifetime Costs of Toxic Stress, Adversity, and Trauma

The CDC estimates the lifetime costs associated at \$124 billion.

