



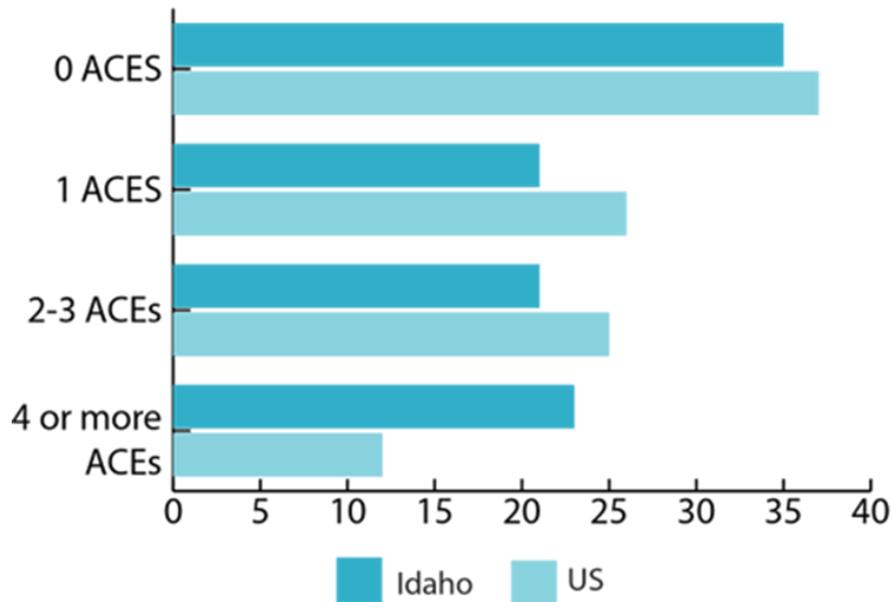
Idaho Adverse Childhood Experiences Data

There's a lot of things that can cause trauma. About 20 years ago, doctors at the Centers for Disease Control and Kaiser Permanente discovered something that changed the way we think about childhood experiences. They asked 17,000 people 10 questions. They all started with "Before your 18th birthday, did you experience..." and questioned people about a list of adverse experiences, including various types of abuse, neglect, and violence.

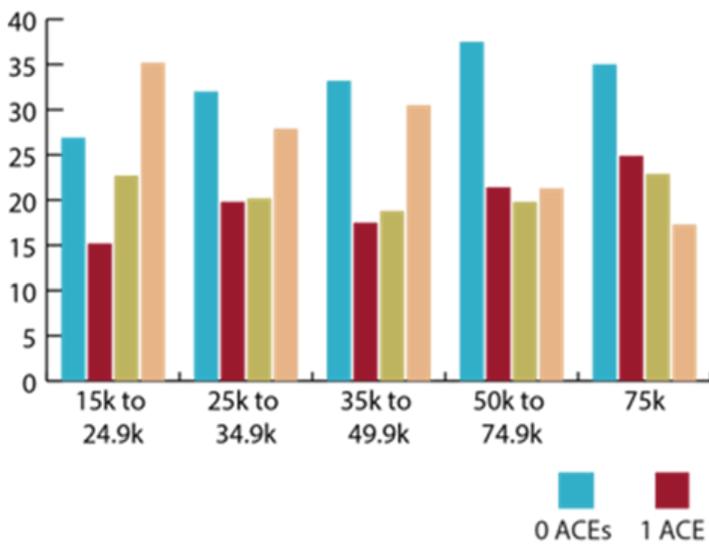
The results of the study showed ACEs are common. About 61% of adults surveyed from 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

Idahoans are certainly no strangers to Adverse Childhood Experiences. Based on data from the Idaho Department of Health and Welfare 2020, Idahoans are more likely to have experienced 4 or more ACEs than the average American.

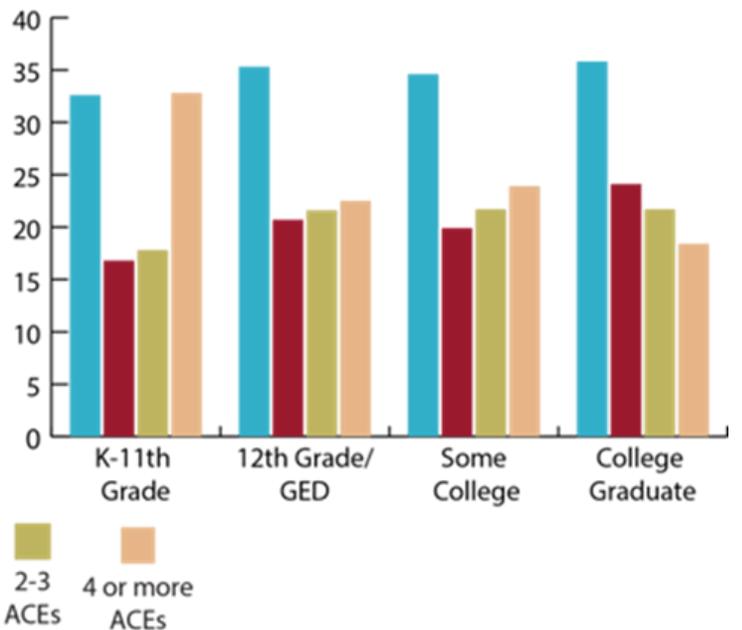
Prevalence of Number of ACEs among Idaho Adults



Prevalence of ACEs Among Idaho Adults by Income Level



Prevalence of ACEs Among Idaho Adults by Education Level



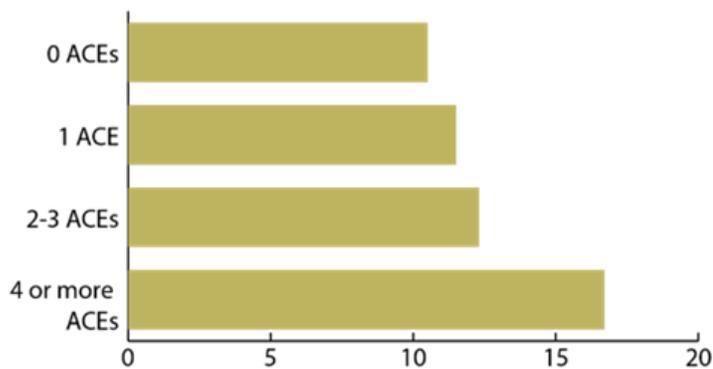


Based on this data, the more ACEs and Idahoans have:

- They are more likely they are to live below the poverty line.
- They are less likely they are to have an income of \$75k plus.
- They are less likely they are to graduate college.

Unsurprisingly, childhood trauma can have serious, lasting impacts on mental health and is highly related to suicide attempts.

ACEs & Health Outcomes in Idaho
14+ days of poor mental health per month



ACEs & Health Outcomes in Idaho
Suicide attempt in the past 12 months

