Adverse Childhood Experiences (ACES)

What are ACES?
They are types of trauma individuals experience as children that can have long-term negative physical and behavioral health outcomes.

Parental Incarceration
Roughly 9% of Delaware adults report that a household member was incarcerated during their childhood.

Most Common ACE
Among adults, the most commonly reported ACE was living with divorced or separated parents.

Findings from the 2020 Delaware School Survey suggest that more than 65% of surveyed 8th grade students have had at least one adverse childhood experience.

Adults who report exposure to one ACE use substances at higher rates than those who report no ACES, and adults with two or more ACES use substances even more frequently and report having poorer health.

Source(s):
Delaware Health and Social Services, Division of Public Health, Behavioral Risk Factor Surveillance System (BRFSS), [2019].
Note: 2020 Delaware School Survey data is unweighted.