ACEs can lead to toxic stress, which impacts health. 

Toxic stress explains how experiencing adversity can lead to poor lifelong health—excessive activation of the stress response system can damage multiple developing biological systems.

Studies have linked childhood adversity & toxic stress to increased health risks:

- Diabetes
- Stroke
- Heart Disease
- Cancer
- Obesity
- Depression
- STDs
- Substance Use
- Suicide Attempts

ACEs can also lead to toxic stress, which impacts health.

Adverse childhood experiences (ACEs) also include: abuse, neglect & household dysfunction.

A recent study found that of US adults:

- 62% reported at least 1 of these ACEs
- 25% reported 3 or more of these ACEs

Higher numbers of ACEs were more likely to be reported by:

<table>
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<tr>
<th>Black</th>
<th>Multiracial</th>
<th>Less than high school education</th>
<th>Lower income</th>
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| 25% | 62% |

Invest in Early Care & Education

Comprehensive, high-quality, birth-to-five early education

Address Social & Economic Barriers

Poverty, racism, violence, housing & food insecurity

Build Resilience

Provide positive experiences and coach adaptive skills