

Adverse Childhood Experiences: Where Sciences ~~Collide~~ *Unite*

Robert Anda, MD, MS  ACE Interface

National Summit on Adverse Childhood Experiences

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The Science of Philosophy



**“The Death
of
Socrates”**

**French painter,
David
1787**

The First Noble Truth

...all people have one thing in common: if they think about their own life, or look at the world around them, they will see that life is full of suffering.

-

Buddha

And a paradox...

**...the human heart is on
a quest for happiness.**

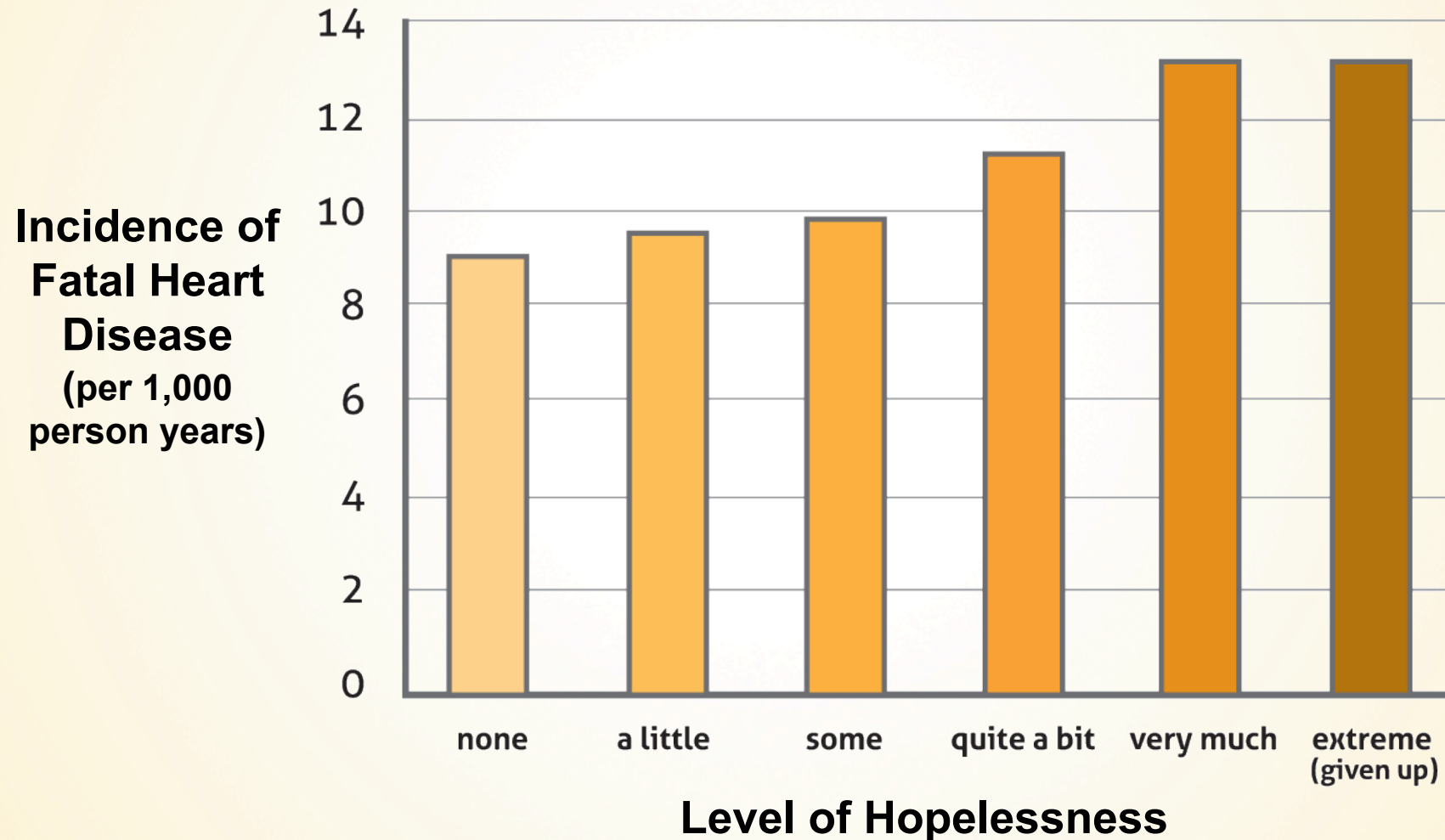


“The Burning Giraffe”

**Salvador Dali
1937**

The Biology of Hope

Hopelessness and the Incidence of Fatal Heart Disease in National Prospective Study

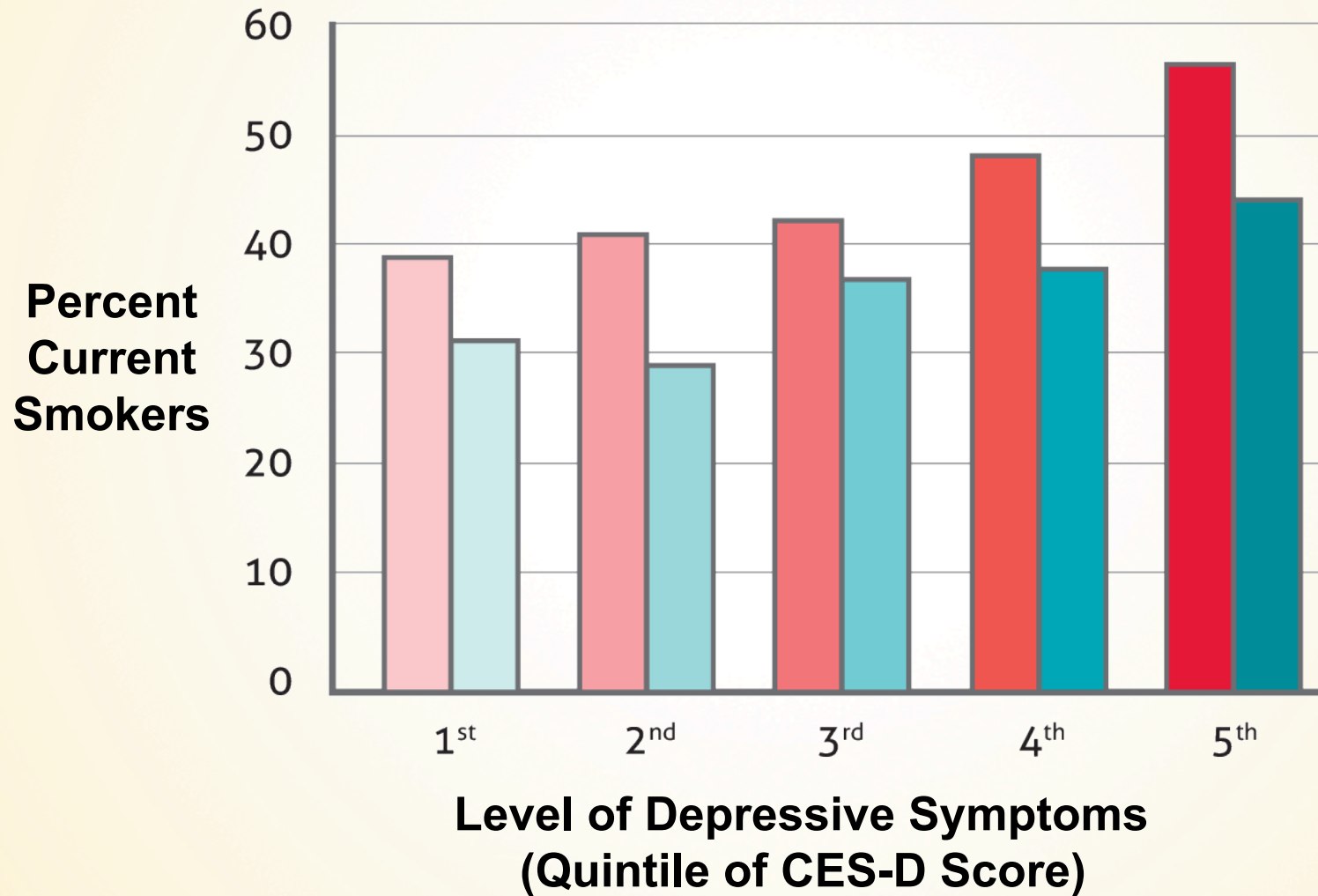


Anda, et al. Epidemiology. 1993;4:285-294.

Becoming Trauma Informed

The early (and clueless) years...

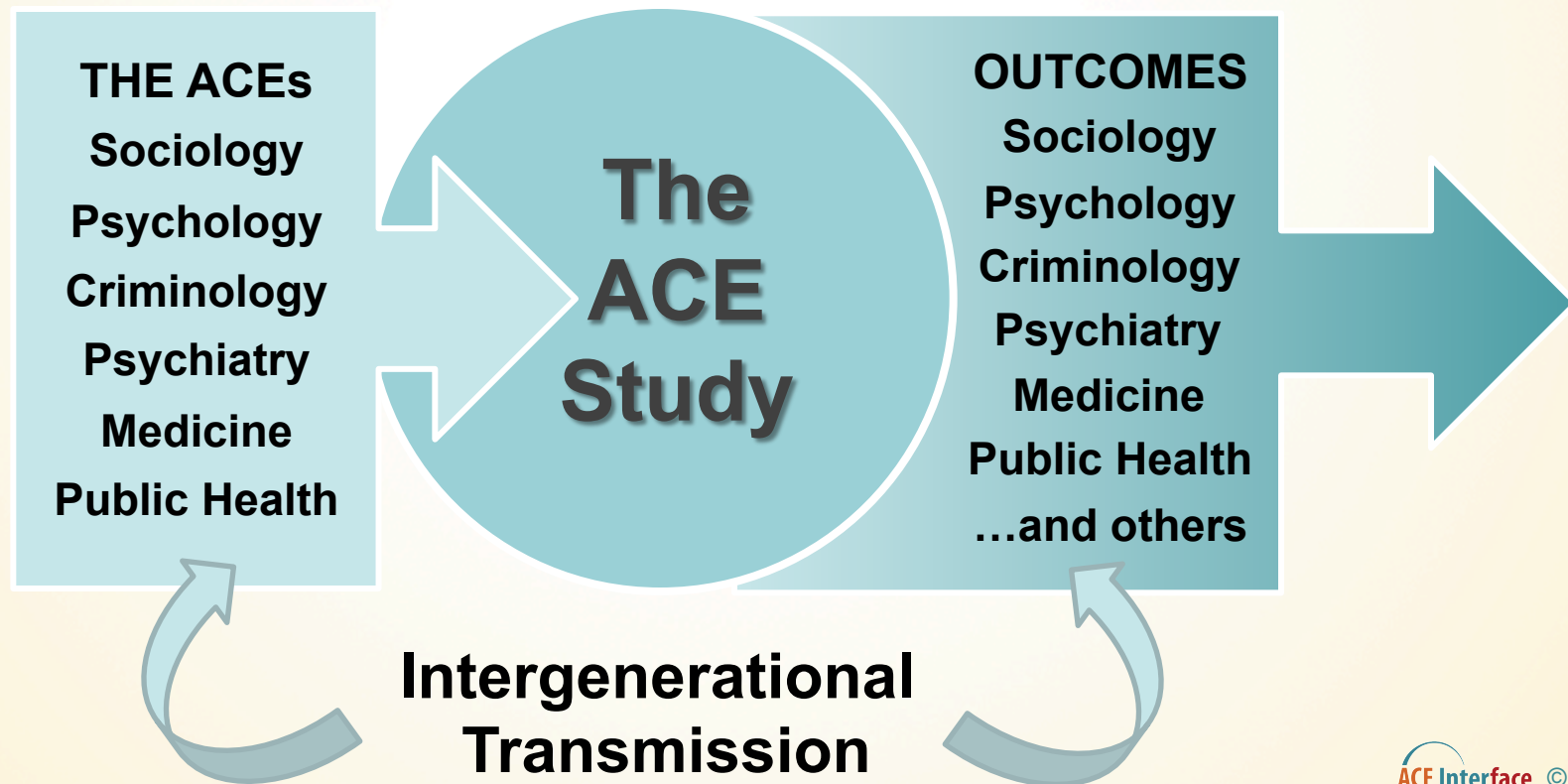
Depression and Cigarette Smoking in a National Study of US Adults



Anda, et al. JAMA. 1990;254:1541-1545.

What Did the ACE Study Do?

Incorporated Facets of Multiple Sciences into the Design



Power of the ACE Study?

SIMPLICITY

The Data Tell a Simple Story

- ACEs are common
- ACEs are highly interrelated
- ACEs “pile up” and have a cumulative impact
- ACEs account for a large percentage of health and social problems
- Biologic Plausibility

Power of the ACE Study?

SIMPLICITY

**Provides a common language
and**

**A conceptual framework
that is easy to teach.**

ACEs Changed the Landscape

- Provided a compelling tabulation of childhood adversity that directly related to **easily understood** costly outcomes
- Largely responsible for **increased awareness** of policy makers of the role of childhood trauma in costly medical, psychiatric and social problems
- Legitimized and **stimulated interest** in childhood adversities for researchers in a range

ACEs and Leading Causes of Death

ACEs increase the risk

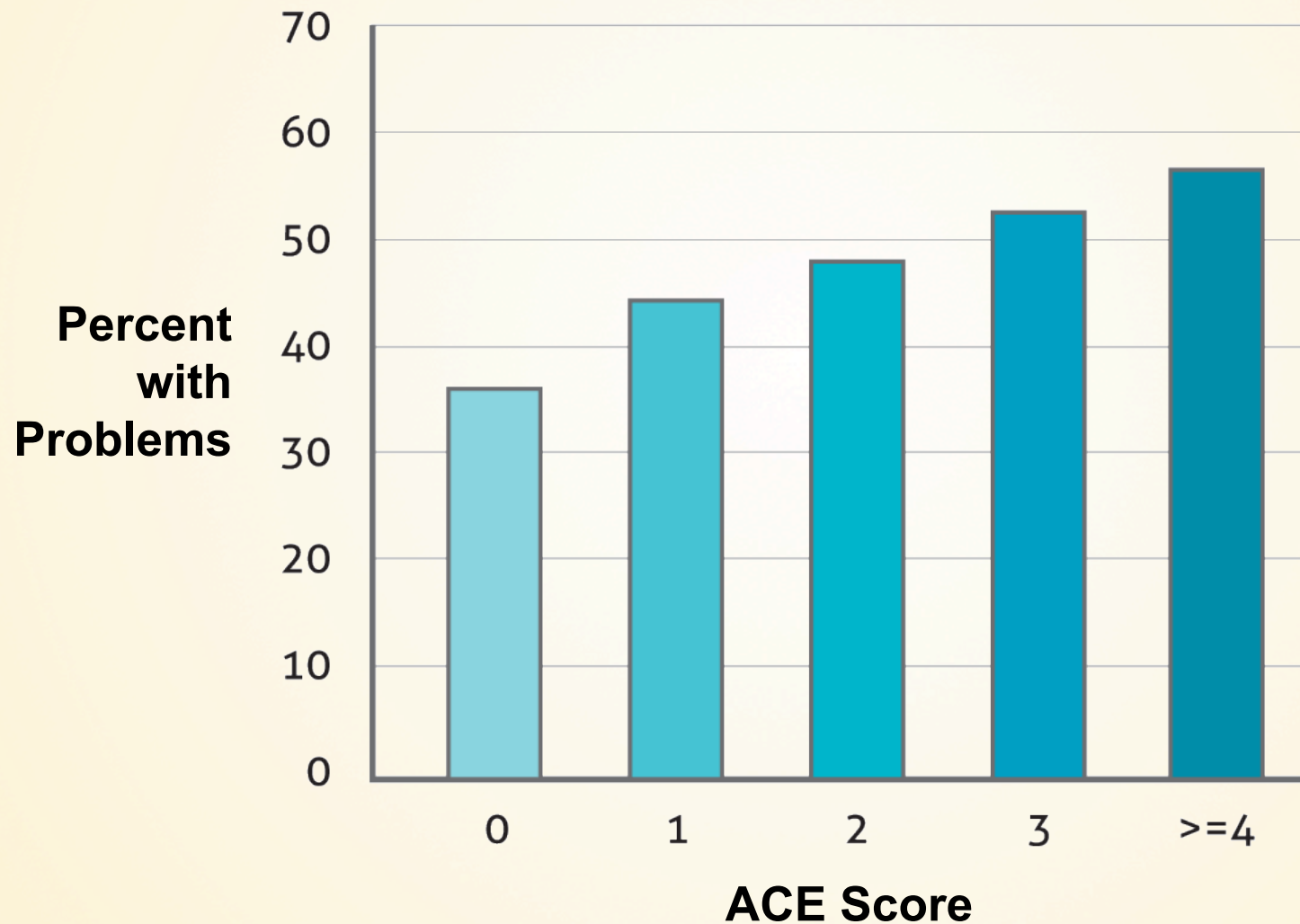
- **Heart disease**
 - **Chronic lung disease**
 - **Stroke**
 - **Diabetes**
 - **Cancer**
- of:**
- **Lung cancer**
 - **Liver disease**
 - **Suicide**
 - **Injuries**
 - **HIV and STDs**

The ACE Study... a Trojan Horse?

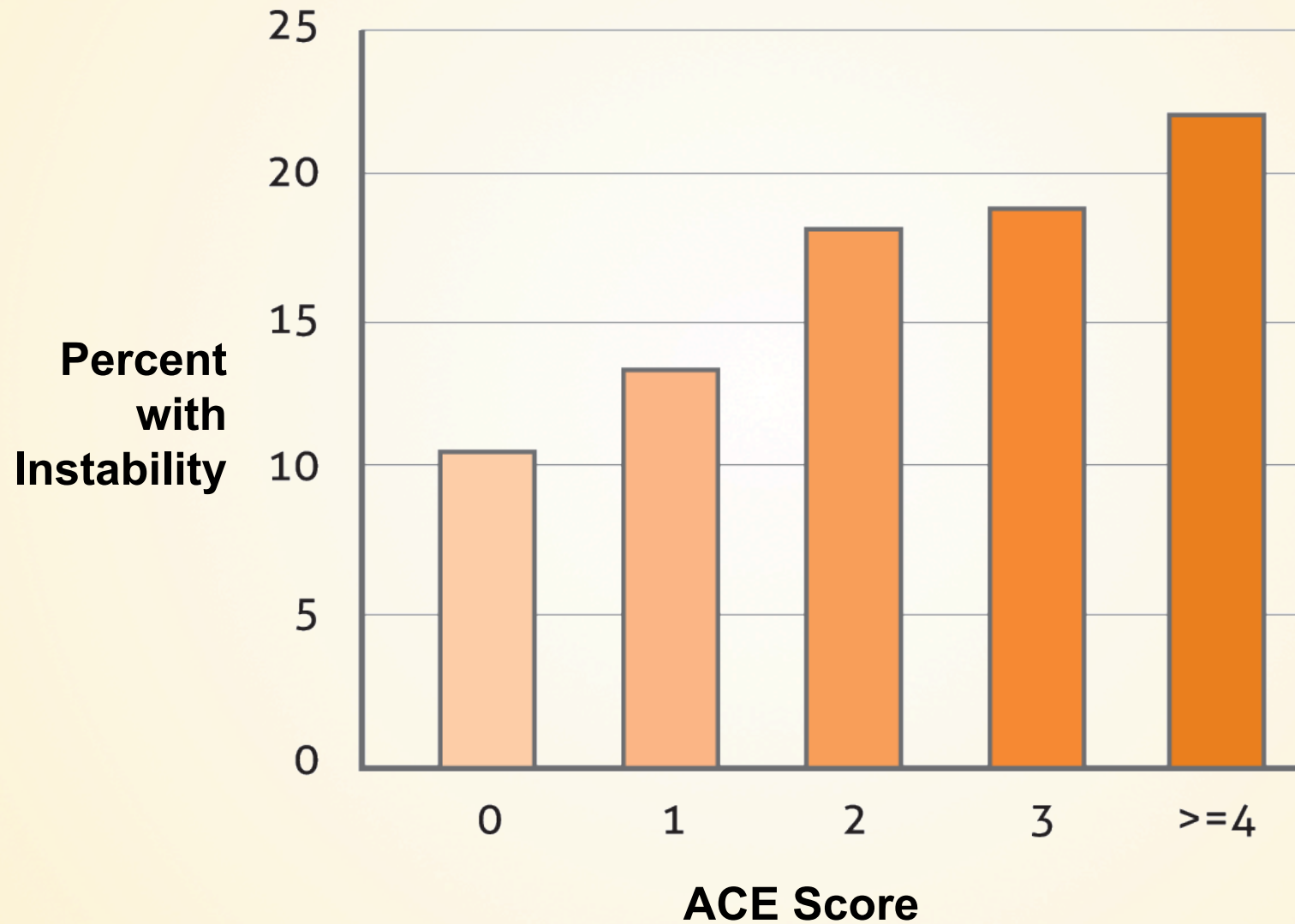


The Destabilizing Effects of ACEs on Relationships, Family, Households and Community

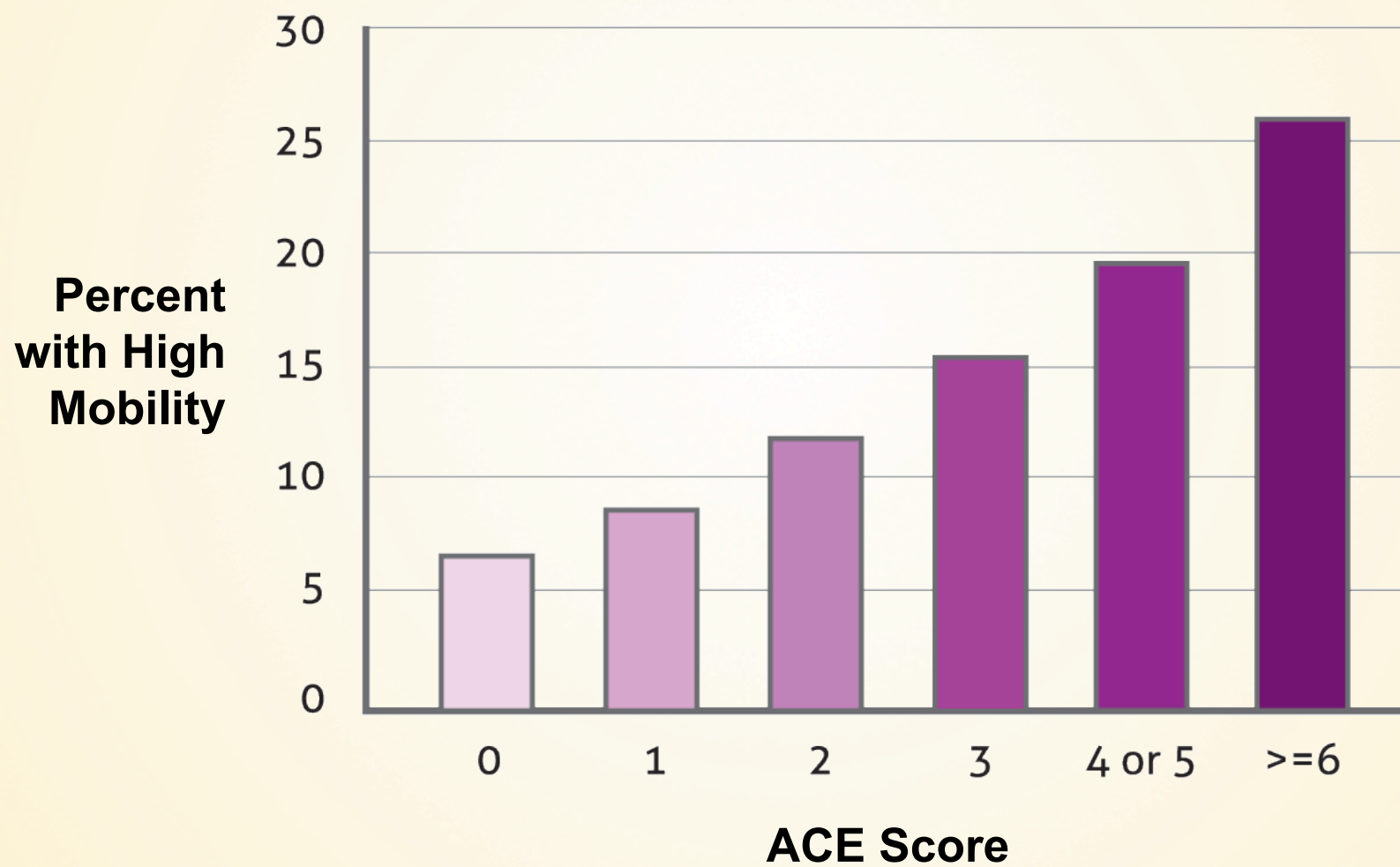
ACEs and Relationship Problems (Divorce, Family Problems, Sexual Dissatisfaction)



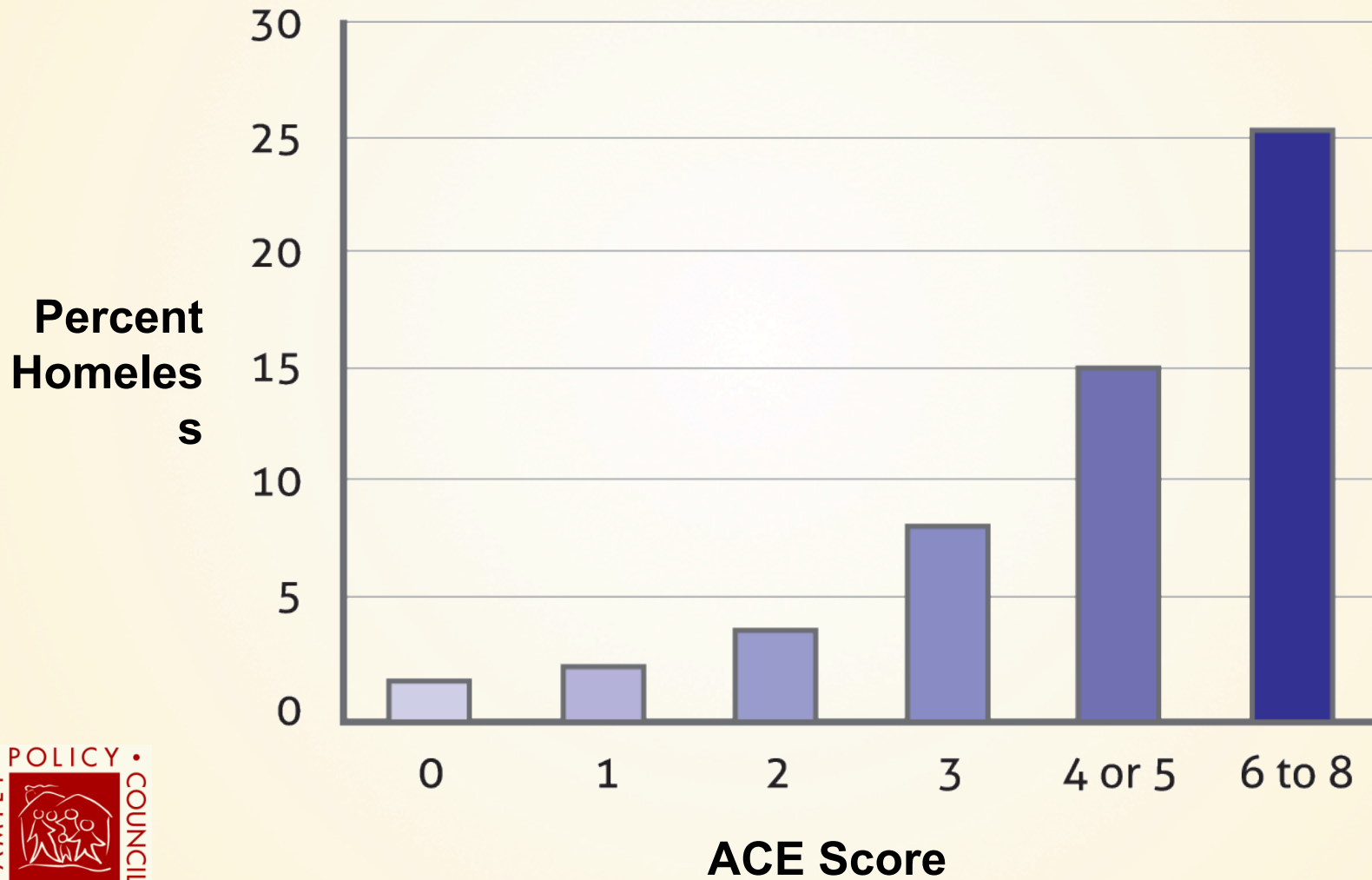
ACEs and Financial Instability



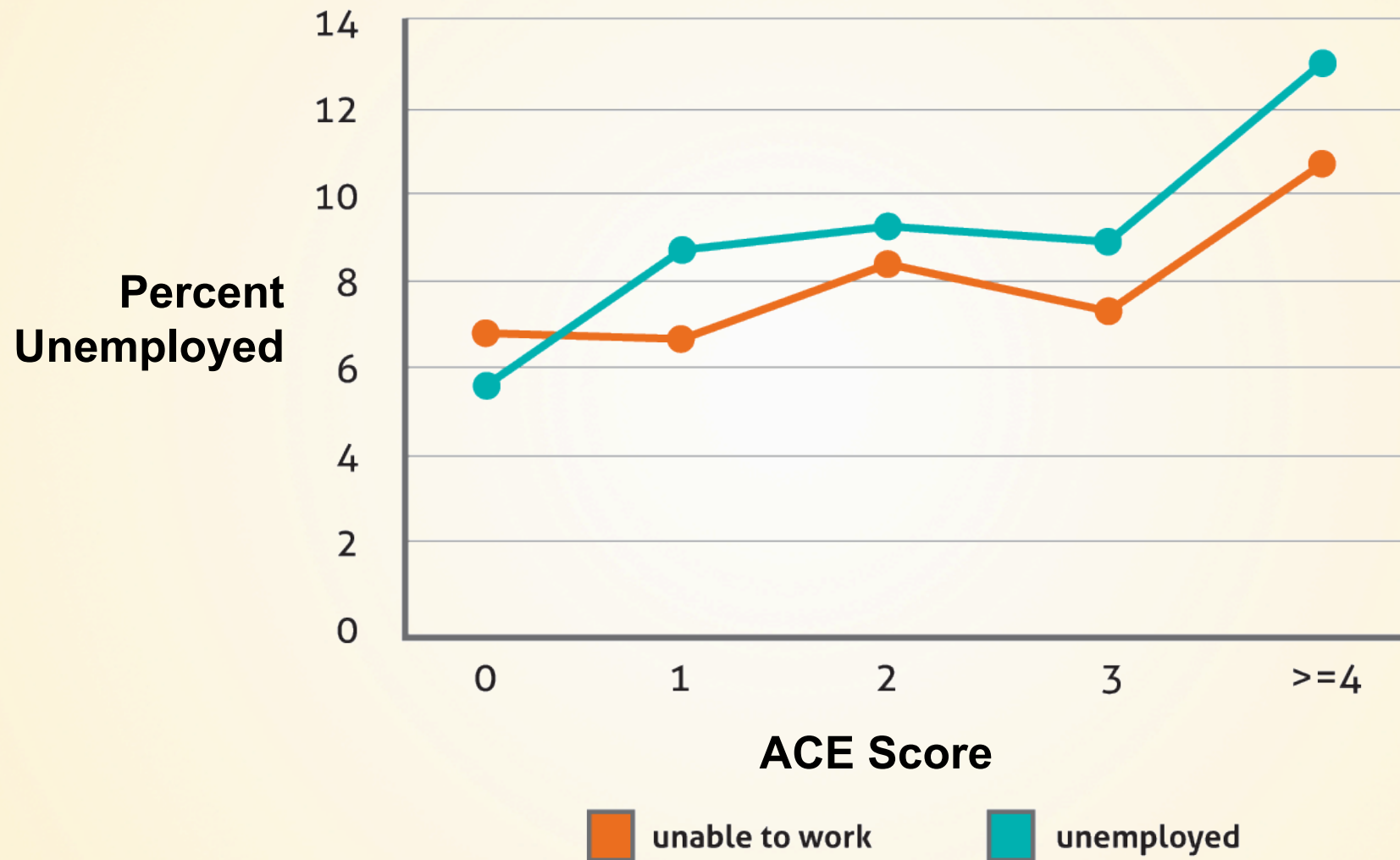
ACEs and High Residential Mobility (Moved More Than 8 Times)



ACEs and Adult History of Homelessness Washington State, BRFSS

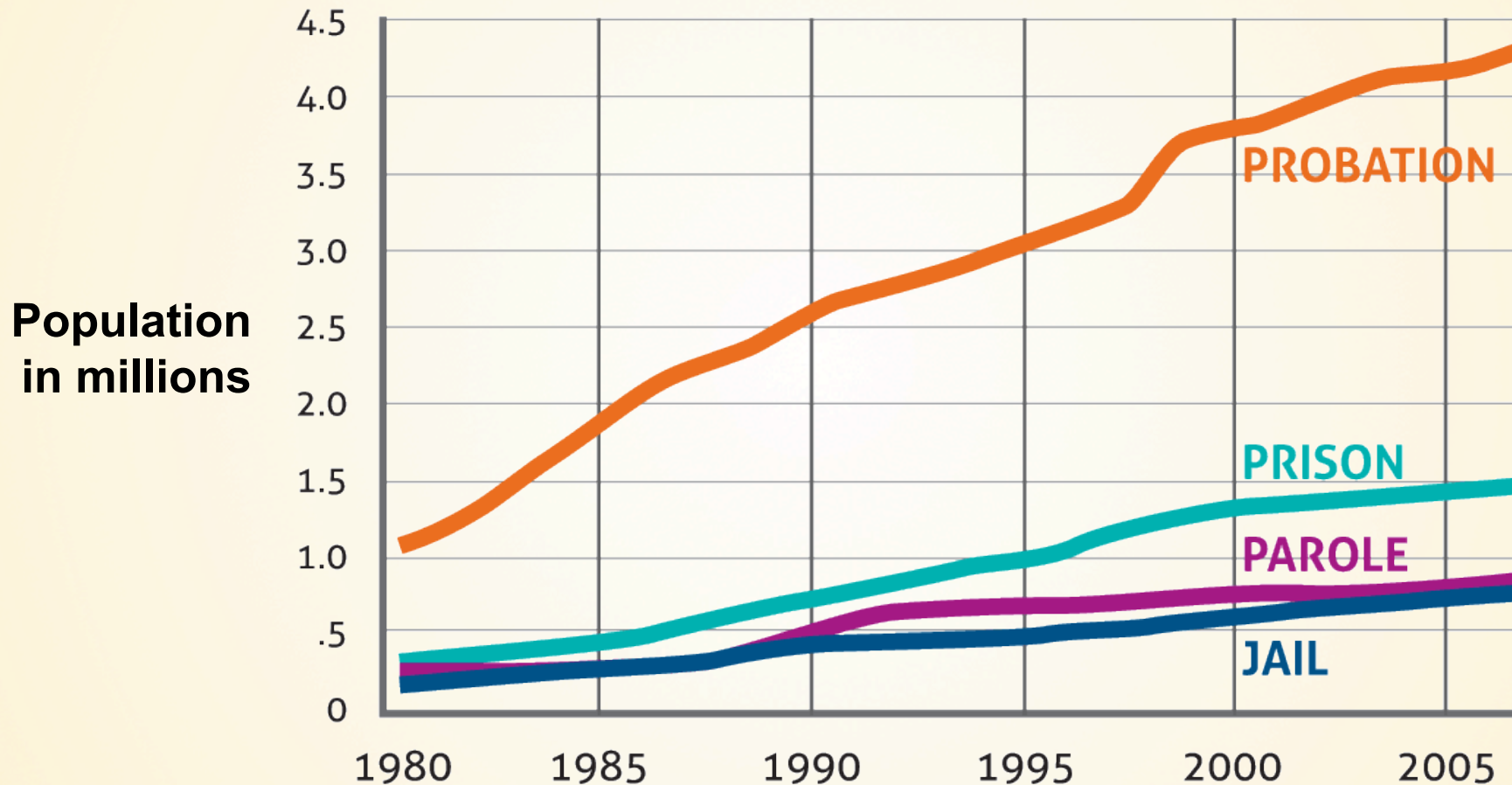


ACEs and Unemployment



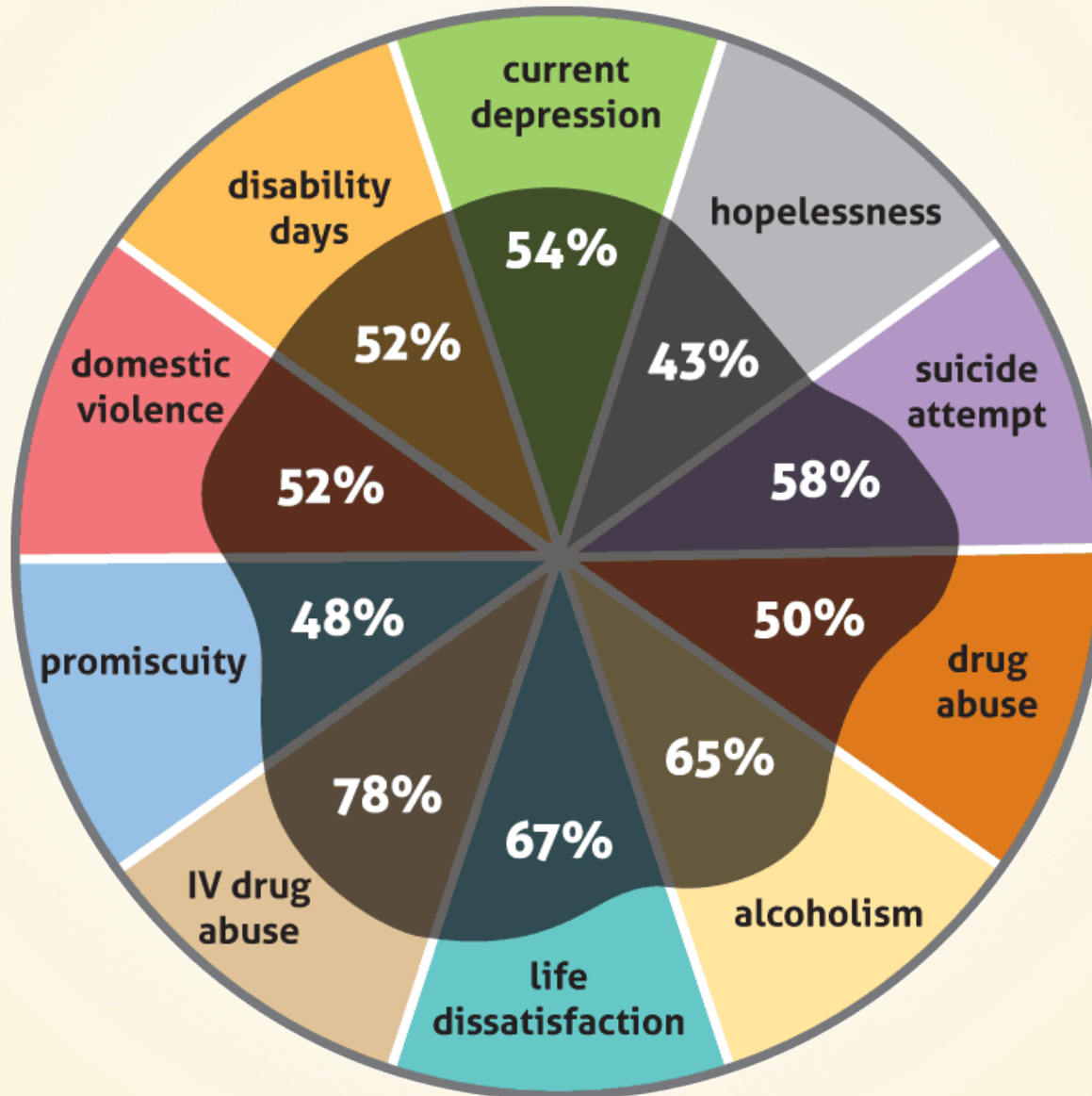
Source: Soc Psychiatry & Epidemiology; Liu, et al., (2013)

Burgeoning Criminal Justice Populations



Sources: Bureau of Justice Statistics (2007); Skeem, Emke-Francis, et al. (2006)

ACEs and Population Attributable Risks



What is a Paradigm?

**A set of dogmas involving
assumptions and methodologies**

These are never doubted...
as long as they work well

ACEs-A Paradigm Shift?

The discovery of new phenomenon—**anomalies...**

Can seriously challenge a paradigm

When new phenomenon cannot be incorporated into an existing paradigm ***a new one will emerge***

This is what Thomas Kuhn (1970) called a “paradigm shift” or **scientific revolution**

Unified Field Theory

-proposed by Einstein

**An attempt to unify the fundamental forces
of physics between elementary particles
into a single theoretical framework**

Unproven...

ACEs: A Unified Sciences and Services Theory

**An attempt to unify the fundamental
fields of science and the service systems
based on them...**

**...into a *simple framework* to reduce the
intergenerational transmission of ACEs**

Unproven...

ACEs: A Unified Sciences and Services Theory

Unproven...

**Can we
overcome:**

- **categorical thinking?**
- **categorical funding?**
- **challenge to roles and identity?**
- **system complexities?**

The Secular Concept of Happiness

Most frequently mentioned ingredients...

1. **Wealth**
2. **Conquest of nature by science and technology**
3. **Freedom from pain**
4. **Self-esteem** (secular psychology)
5. **Justice and Peace** (securing ones rights)
6. **Sex** (mystical transcendence)
7. **Winning** (war, sports, games, and business)
8. **Honor** (being accepted, loved, understood)
9. **Life** (long and healthy)

Source: Peter Kreeft

Ancient Concept Happiness = “Blessedness”

eudaimonia

Etymologically, it consists of the words:

“*eu* ” (good), and
“*daimon* ” (spirit)

Ancient Concept Happiness = “Blessedness”

eudaimonia is a Greek word
commonly translated as happiness or
welfare
however, “human
flourishing” has been proposed
as a more accurate translation

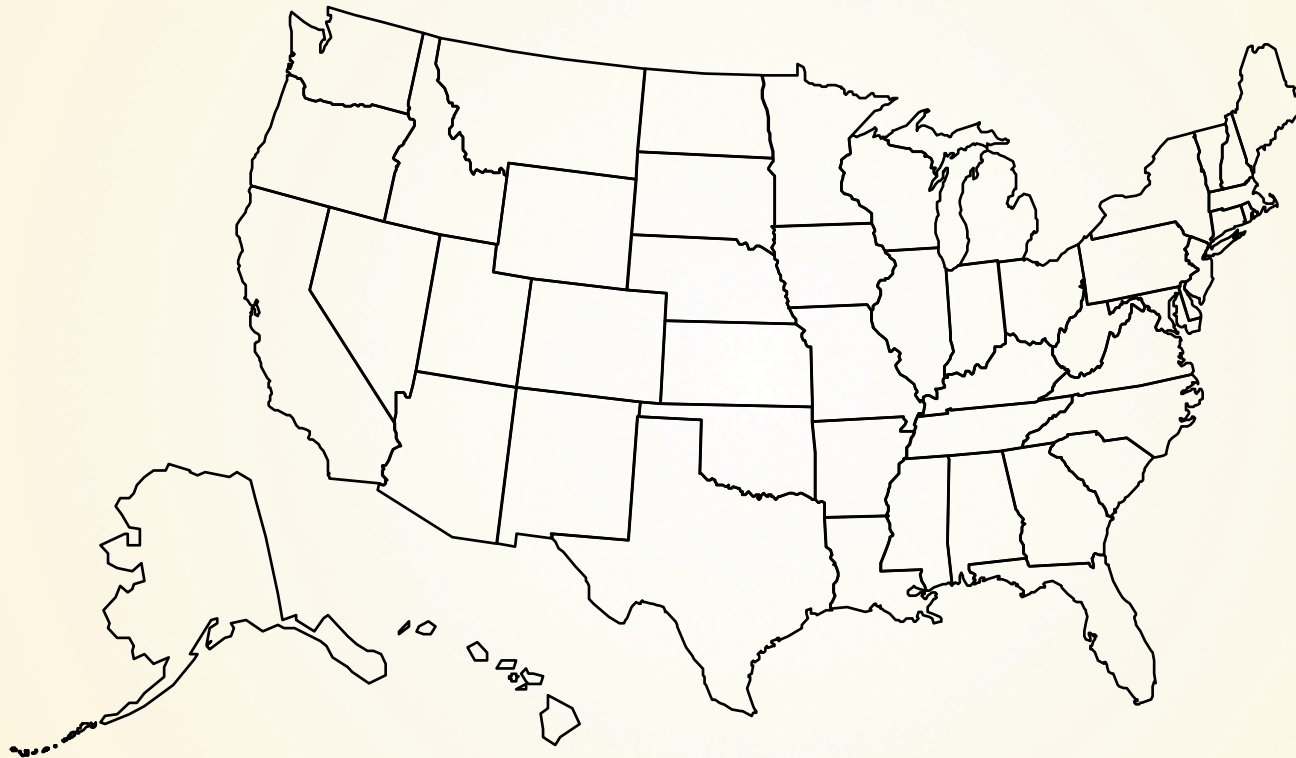
**“First do what is necessary
Then do what is possible.**

**And before you know it,
you will be doing the
impossible.”**

-Francis of Assisi



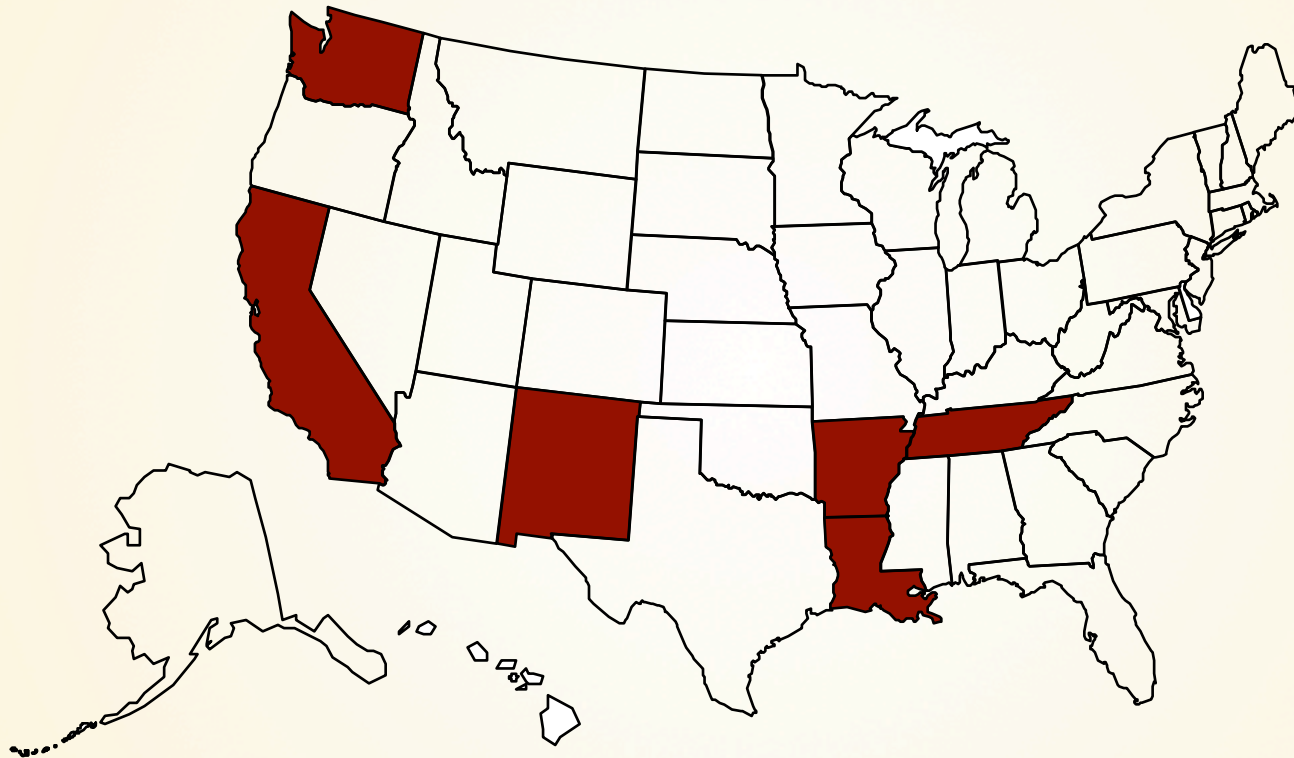
States Collecting ACE Data in 2008



□ No data

Source: Behavioral Risk Factor Surveillance System,
CDC.

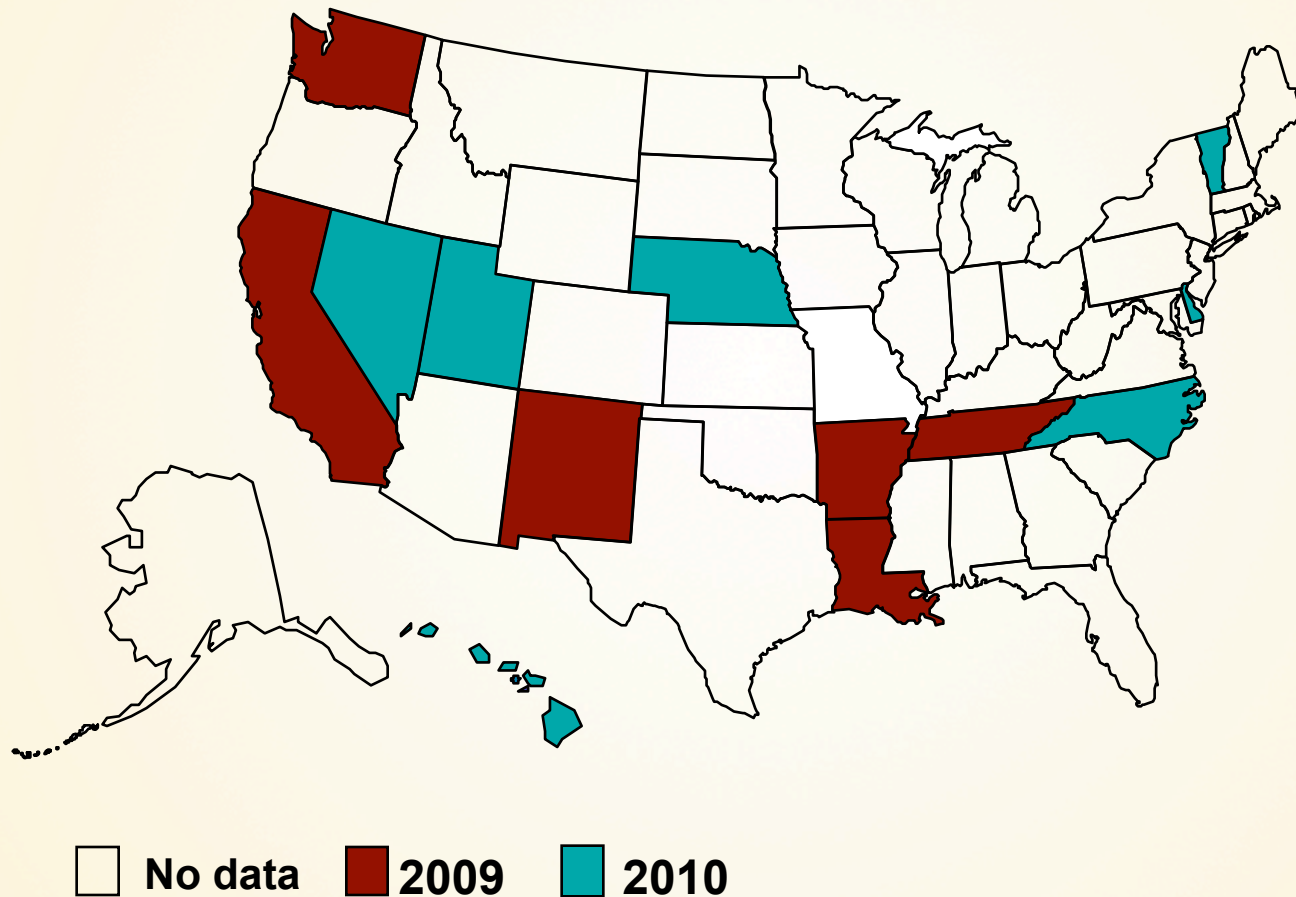
States Collecting ACE Data in 2009



□ No data ■ 2009

Source: Behavioral Risk Factor Surveillance System,
CDC.

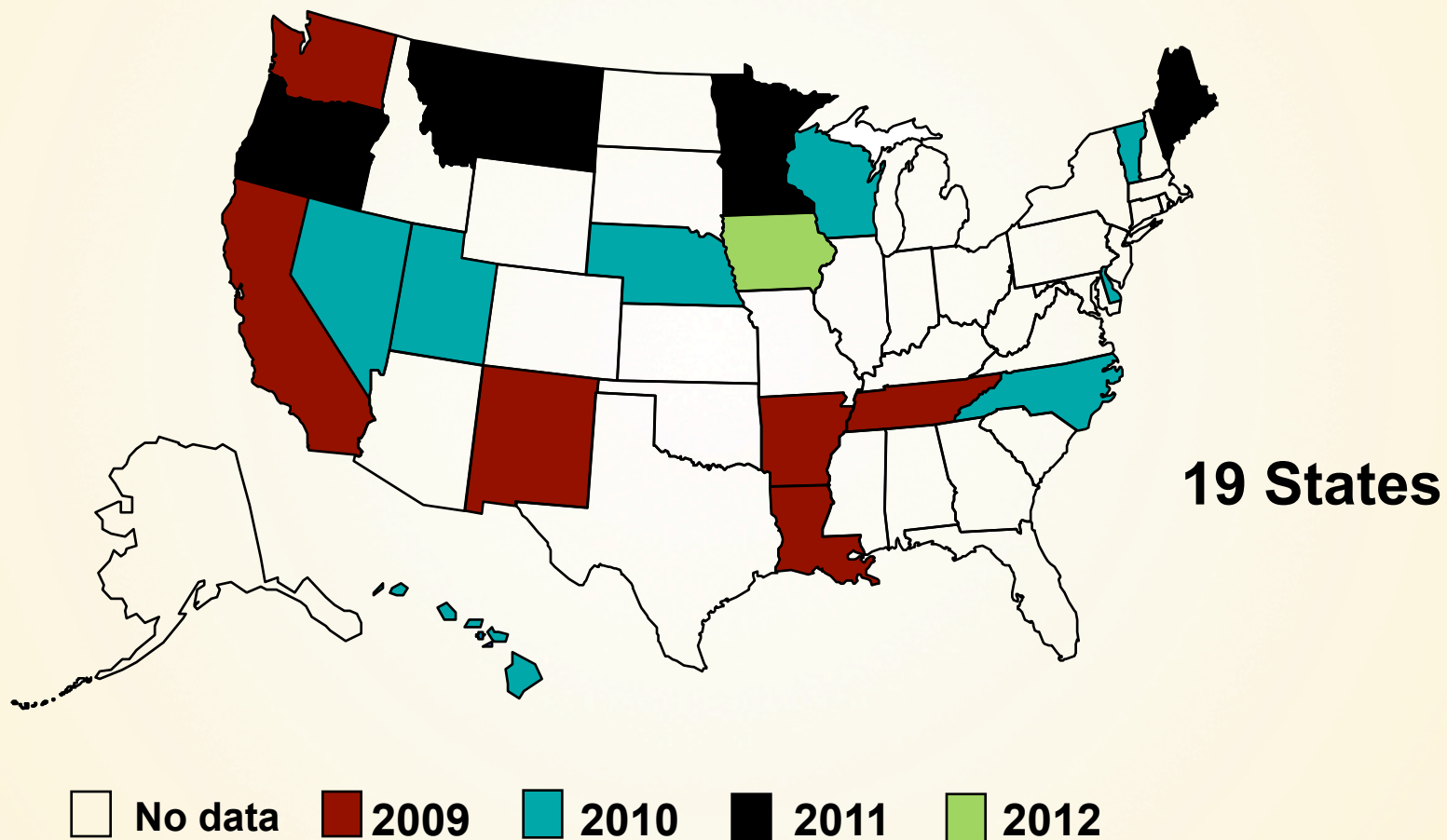
States Collecting ACE Data in 2009-2010



Source: Behavioral Risk Factor Surveillance System,
CDC.

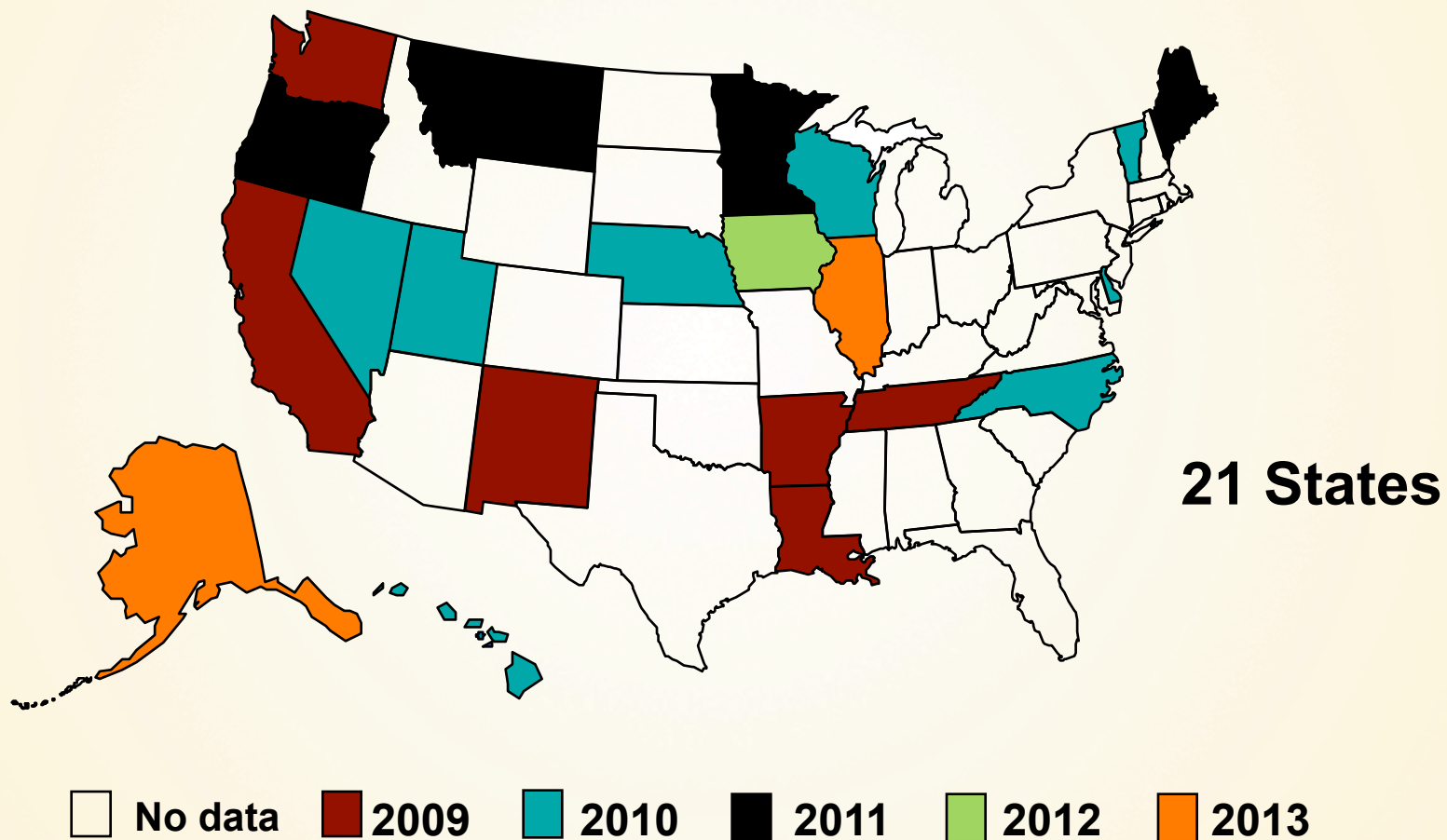
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States with ACE Studies in 2009-2012



Source: Behavioral Risk Factor Surveillance System,
CDC.

States with ACE Studies in 2009-2013



Source: Behavioral Risk Factor Surveillance System,
CDC.

Recognizing ACEs as a Global Problem

- **World Health Organization (WHO)**
- **ACE International Questionnaire (ACE-IQ)**
- **tested in China, Macedonia, Philippines, Saudi Arabia, South Africa, Thailand, and Viet Nam**
- **ACE surveys had been completed in Albania, Latvia, Lithuania, and Macedonia,**
- **with further studies underway in Montenegro, Romania, Russian Federation and Turkey**

Assess the Population Impact of ACEs

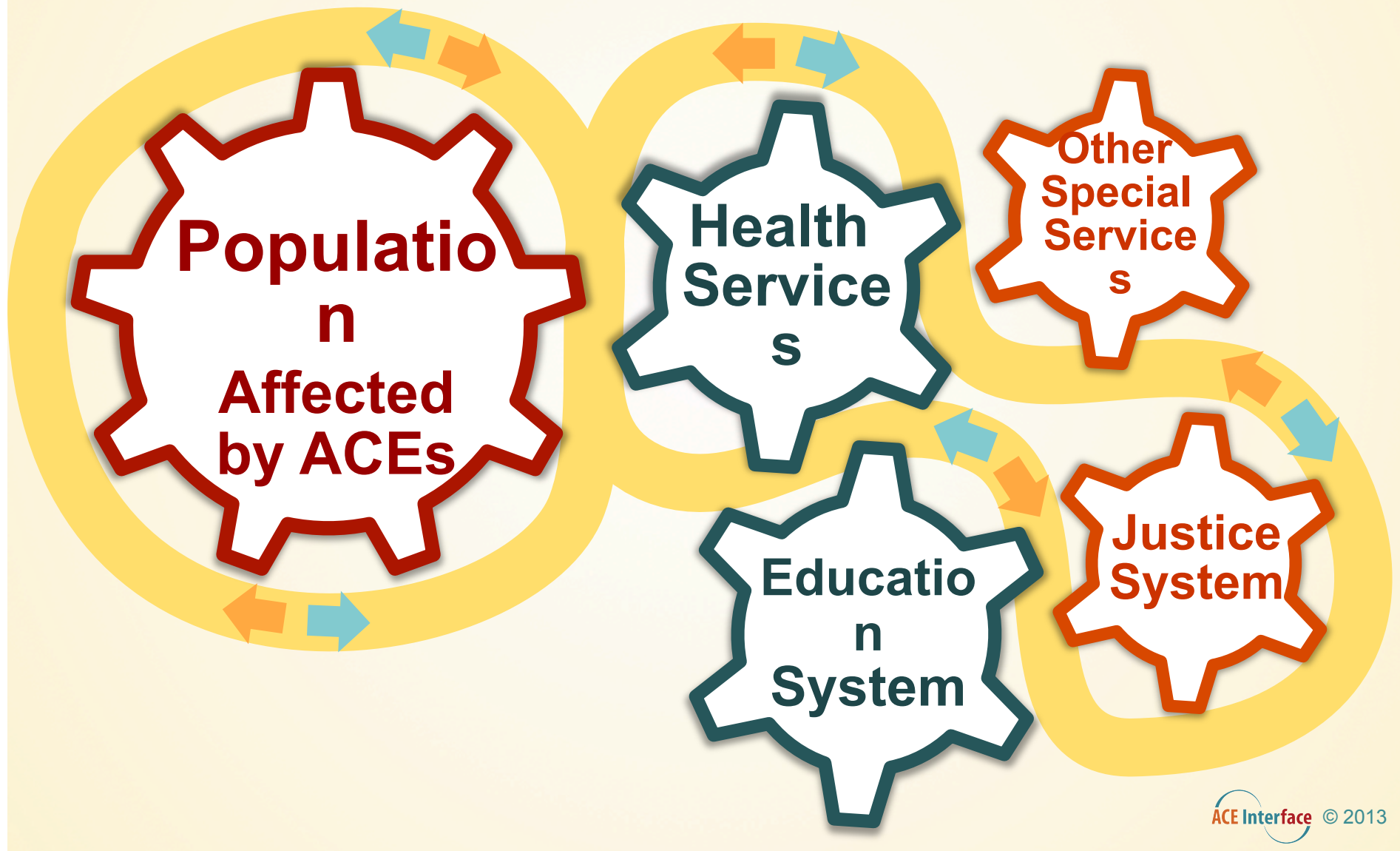
- **What “gets measured, gets done”**
- **The value of surveillance**
- **Local data speaks locally for policy and legislation**
- **Public education**

Teach It

- **Community wide**
- **Statewide**
- **Nationally... and Globally**
- **Trust the creativity at the grassroots level**
- **Create synergy between the general public and professionals**

Self-Healing Communities

Building Self-Healing Communities



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Closing Ideas

**Finding meaning and purpose in the suffering
of ACEs individually and collectively**

A sense of purpose individually and collectively

Power of public education

Community engagement and empowerment