

Ferron
& Associates

**Adverse Childhood
Experiences (ACE)**
Results of 2009-2010
Lake County Survey

Sponsored By
Lake County
Children's Council

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Executive Summary

The national Adverse Childhood Experiences (ACE) Study is one of the largest ongoing investigations ever conducted on the links between childhood maltreatment and later-life health and well-being. The study was originally conducted in 1995-97 as a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego. Over 17,000 Kaiser members age 18 and older, undergoing a comprehensive physical examination, provided detailed information about their childhood experience of abuse, neglect, and family dysfunction. The study results indicated that almost 67% had experienced at least one category of adverse childhood experience and more than 20% indicated three or more ACE. In addition, the study demonstrated that as the number of the ACE increased, the risk for a number of behavioral health problems increased, such as alcohol abuse, illicit drug use, overeating, depression, and smoking, as well as a number of chronic health problems and diseases (www.cdc.gov/nccdphp/ace/index.htm and www.acestudy.org).

The Child Abuse Prevention Council of Lake County (otherwise known as the Children's Council) was extremely interested in this research as a means to develop a deeper understanding of the serious, long-term impact of early trauma on children. Lake County is a rural county located northeast of San Francisco, with a total population of approximately 65,000. Children under age 18 make up about 21% of the total population, while 44% of the population is age 45 and older. The county is ringed by mountains with Clear Lake situated in the middle. Residents live in small towns scattered around the lake, in the mountains, and in two incorporated cities: Clearlake in the south with 14,200 residents and Lakeport in the north with 5,000 residents. Transportation is a major barrier for receiving services, especially with the cost of owning a car and buying gasoline, and the dramatic downturn in the economy. The local economy is dominated by tourism and other services (government, education and health). Unemployment is currently at 18.5% (June 2010). Lake County's poverty rate is about 18%, with 64% of children enrolled in the free and reduced lunch programs countywide. About 40% of households in the county are considered to have income below what is needed to be self-sufficient.

The topic of adverse childhood experiences (ACE) became increasingly more significant in light of its bearing on personal, family, and community health and well-being, especially in these tough economic times. The repercussions of ACE are diffuse throughout healthcare and family support organizations. Members of the Children's Council worked daily in agencies serving adults who exhibited a number of the behavioral health problems discussed in the ACE Study:

- Alcohol and Drugs: Lake County has a significant problem with alcohol and drug abuse. Indicators of this issue include: (1) the rate of death due to alcohol and drug use is about 2.5 times higher than that of the state, and (2) the rate of admissions to alcohol and other drug treatment for adults from the county is almost twice the rate for the state.
- Obesity: About 34% of adults in the county have a Body Mass Index (BMI) in the healthy range (greater than 18.5 and less than 25), and 29% were considered obese (BMI greater than 30). The Healthy People 2010 targets are 60% for healthy weight and 15% obesity.
- Mental Health: 11.3% of Lake County residents are likely to have experienced psychological distress in the past year (compared with 8.5% statewide), and about 18% saw a healthcare provider for emotional-mental and/or alcohol-drug issues in past year (compared with 12% statewide).
- Smoking: About 26% of adults in Lake County smoked in the last year, compared with about 15% statewide.

Every day physicians, public health nurses, home visitors, social workers, and educators in the county encountered individuals and families who struggled with chronic and complex conditions that impinged on their personal health, interpersonal relationships and family function. In 2009, Lake County Children's Council set forth the goal to increase awareness of ACE among the general public and service providers, and embarked on a two-year Community Outreach Campaign. The campaign used traditional media outlets, including local public radio talk shows specializing in health issues and newspaper articles; and presentations to community leaders, agency

personnel and high school students. In all cases, audiences were encouraged to complete a two-page questionnaire including a number of questions on behavioral health issues and demographics, and ten questions related to categories of adverse childhood experiences.

Through its community-wide survey on ACE, Children's Council wished to address two questions:

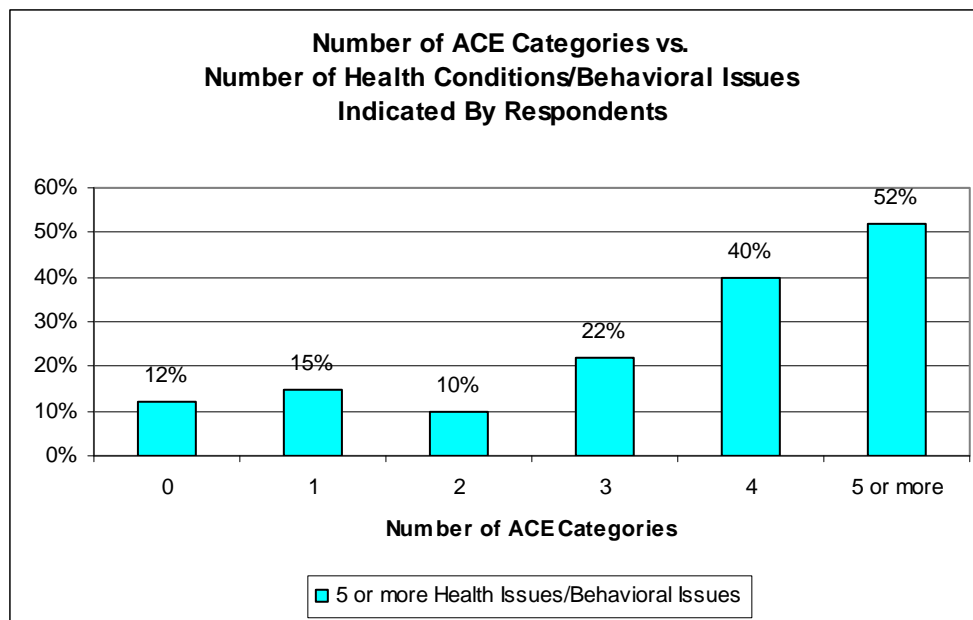
1. Is Lake County reflective of the ACE Study findings?
2. Are there population centers within the county that have a relatively higher number of individuals with a higher number of markers than other areas?

The results would be useful for planning outreach, and prevention and intervention services, both in emphasis and geographically. The survey was available in hard copy and online. Respondents were encouraged to save a copy and to share their findings with their primary health care provider, their family or close friends.

Overall, 82% of survey respondents indicated they had experienced one or more of the ten ACE categories, compared with the original ACE Study results of 67% with one or more ACE. The highest number of Lake County respondents indicated that as a child they had lived with someone who abused alcohol or drugs (53%); had felt a sense of abandonment (52%) and/or experienced frequent humiliation or emotional abuse (48%). The three least dominant ACE categories reported were adults who as a child experienced domestic violence in the home (27%), neglect (24%) or a household member going to prison (19%). It should be noted that the lowest reported ACE category in the Lake County results is still 2 times higher than the national average, with 10% of the population having a close family member in prison.

In addition, 41% of the Lake County respondents indicated they had experienced 5 or more ACE categories, with most population centers in the county having respondents who indicated this high number of ACE, ranging from 16% to 31%. Overall, 60% indicated 3 or more ACE versus 20% in the original ACE Study.

In the Lake County study as with the original ACE Study, as the number of ACE categories increased, the percentage of respondents with significant behavioral issues or health conditions also increased. This can be seen in the chart below.



These results were found with:

- Alcohol: 44% of respondents with five or more ACE categories had experienced difficulty with overuse of alcohol as an adult, versus 26% with one ACE.
- Illicit Drugs: 51% of respondents with five or more ACE had used street drugs, versus 24% with one ACE.
- Depression: 64-80% of respondents with four or more ACE categories indicated they had experienced depression as an adult, versus 26% with one ACE.
- Overweight: 56%-64% of respondents with four or more ACE categories had difficulty with their weight as an adult, versus 44% with one ACE.
- Smoking: 47% of respondents with five or more ACE categories had difficulty quitting their tobacco use, versus 21% with one ACE.

After reviewing these results, the Children's Council agreed that this outreach and educational effort should be continued and that more creative ways were needed to heighten community awareness. A Children's Council committee has been formed and

discussion has commenced on how best to move forward with Phase 2 of the Outreach Campaign. It should be noted that the original two-year community outreach campaign by Children's Council was conducted solely through the volunteer commitment of its members. It was recognized that Phase 2 will require more than these voluntary efforts, and the Children's Council is seeking funding to support this next phase of outreach and education.

In addition, social service agencies and health providers in Lake County are looking further at the results of the survey to potentially target specific services to the population centers most in need. The Children's Council is investigating how to work with the medical community to utilize the ACE questionnaire in a clinical setting. Recent discussions included a number of strategies for "embedding" ACE in the local service continuum.

I. Introduction

The Lake County Children’s Council contracted with Ferron & Associates to develop, and analyze the results from, a countywide survey to determine the prevalence of health conditions and behavioral issues, and Adverse Childhood Experiences (ACE), among adults in the county. Local interest in ACE was driven by recent discussions with Dr. Vincent Felitti about his collaborative work with the Centers for Disease Control and Prevention and Kaiser Permanente on ACE. The national ACE Study analyzes the relationship between multiple categories of childhood trauma (ACE), and health and behavioral outcomes later in life. Additional information about ACE can be found at the ACE Study website and on the CDC website. (<http://www.acestudy.org/> and www.cdc.gov/nccdphp/ace/index.htm)

Materials developed by the Children’s Council to promote the ACE questionnaire in Lake County during the survey period included the following text about ACE:

“The topic of Adverse Childhood Experiences (ACE) has become increasingly more significant in light of its bearing on personal, family, and community health and well-being. The repercussions of adverse childhood experiences are diffuse throughout healthcare and family support organizations. Every day physicians, public health nurses, home visitors, educators, and others encounter individuals and families who struggle with chronic and complex conditions that impinge on personal health, interpersonal relationships and family function. Lake County Children’s Council, whose charter focuses on child abuse prevention, has set forth the goal to increase awareness of ACE research among the general public and service providers as a means to develop deeper understanding of the serious, long-term impact of early trauma on children. ACE research indicates that people don’t just “get over” these childhood experiences and that unhealed emotions have a profound impact on personal relationships, health choices and chronic diseases that subsequently develop from self-diminishing choices... ACE researchers point out that it is unlikely that chronic health or family function conditions will change without acknowledging these factors.”

II. ACE Survey Methodology

With support from members of the Children’s Council, Ferron & Associates developed online and written surveys. Surveys were distributed and completed responses were collected through Survey Monkey (online) and six agencies providing services to adults in the county. The written survey was also offered in Spanish. Articles about ACE were placed in the local paper to promote the online survey, and presentations were made to local service clubs and agency networks encouraging participation. When agencies conducted the written survey, both staff and individuals receiving services completed the questionnaires. The online survey was also promoted through the local Child Care Planning Council website.

A total of 495 completed surveys from Lake County residents were received. A number of out-of-county responses were eliminated from the analysis of the results. This included 326 written surveys (66% of the total) and 169 online responses (34%). Table 1 below shows the breakdown on the overall total survey responses.

TABLE 1		
Participating Agency	Number of Surveys Completed and Returned	% of Total Survey Responses Received
Lake County Tribal Health Consortium	16	3%
Lake Family Resource Center	148	30%
Alcohol and Other Drug Services (AODS)	83	17%
Child Welfare Services (CWS)	47	9%
New Beginnings	13	3%
Redwood Children’s Services	12	3%
Other	7	1%
Written Survey Responses	326	66%
Online Survey Responses	169	34%
Overall Total	495	100%

Data was collected on a spectrum of respondent demographic and health data. Table 2 below indicates the demographic and health data collected as part of the survey.

TABLE 2	
Data Category	Indicator
Demographics	Age Range
	Gender
	Ethnicity/Race
	Language
	Marital Status
	Number of children under 18 living in the home
	Education level
	Employment Status
	Medical home
	Health insurance
Zip Code	
Mental and Behavioral Health Status	Depression
	Being overweight
	Lack of sufficient exercise
	Difficulty with anger management
	Difficulty quitting tobacco use
	Overuse of alcohol
	Street drug use
	Overuse of prescription drugs
Physical Health Status	Coronary Health Disease
	High Blood Pressure
	Diabetes
	Asthma

Ten ACE categories were included in the survey. These were modified by the Children’s Council from the original ACE Surveys, which were very lengthy. A copy of the complete written survey is included in the Appendices. Adult respondents were asked if they had experienced the ACE category prior to their 18th birthday. Table 3 below shows the survey question asked representing each ACE Category.

TABLE 3

ACE Categories	Description
Emotional Abuse	Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?
Physical Abuse	Did a parent or other adult in the household often or very often push, grab, slap or throw something at you? Or, Ever hit you so hard that you had marks or were injured?
Sexual Abuse	Did an adult or person at least 5 years older than you ever touch you or have you touch their body in a sexual way?
Lack of Affection	Did you often or very often feel that no one in your family loved you or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?
Neglect	Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or, Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Abandonment	Was a biological parent ever lost to you through divorce, abandonment, imprisonment, or other reason?
Domestic Violence	Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? Or, Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or, was ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Alcohol or drugs	Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Mental health issues	Was a household member depressed or mentally ill or did a household member attempt suicide?
Imprisonment	Did a household member go to prison?

III. Demographic Summary of Survey Respondents

Survey respondents represented a wide spectrum of the county's residents based on a number of demographic characteristics. In general, a higher percentage of female adults living in the county were represented in the survey responses along with a higher percentage of younger age groups compared with the county as a whole, but overall, demographics of respondents paralleled the county's adult population along a number of characteristics.

- **Age:** There was a relatively young age distribution of survey respondents compared with the overall demographics of county.

Age Range	ACE Respondents	Countywide*
18-29 years old	32%	16%
30-59 years old	60%	44%
60 and older	8%	40%

- **Gender:** There were more female survey respondents compared with the gender demographics of the county as a whole.

Gender	ACE Respondents	Countywide*
Female	77%	49.7%
Male	23%	50.3%

- **Major Ethnic Groups:** The distribution of ethnicity/race of the respondents was very similar to that of the county as a whole, with the majority of respondents (77%) White.

Ethnicity/Race	ACE Respondents	Countywide*
Native American	8%	2.2%
Asian/Pacific Islander	1%	1.3%
Black	2%	2.4%
Hispanic/Latino	12%	15.4%
White	74%	75.9%
Multiracial	3%	2.8%

*US Census, American Factfinder, 2006-2008 American Community Survey for Lake County

- **Language:** The majority of respondents spoke English as their primary language.

Primary Spoken Language	ACE Respondents	Countywide*
English only	98%	90%
Spanish	2%	7%
Other	0%	3%

- **Marital Status:** More survey respondents were married, or not married, but living with a partner, compared with the demographics for the county as a whole.

Marital Status	ACE Respondents	Countywide*
Married	41%	28.4%
Not Married, but living with a partner	17%	NA
Never Married	22%	45.2%
Separated	2%	3.2%
Divorced	16%	15.6%
Widowed	2%	7.6%

- **Numbers of Children in the Home:** 39% of survey respondents said they had one or more children under 18 living in their home, compared with 34% countywide*.
- **Education Levels:** More respondents had achieved higher levels of education compared with the county as whole, with 67% who had some college level coursework, or had completed a college or graduate degree, compared with 49.4% countywide.

Educational Status	ACE Respondents	Countywide*
Some high school	12%	14.1%
High School Graduate/GED	20%	36.6%
Some college	28%	26.5%
2-year degree	10%	7.6%
4-year degree	17%	10.9%
Graduate degree	13%	4.4%

*US Census, American Factfinder, 2006-2008 American Community Survey for Lake County

- **Health Insurance Status and Medical Home:** The majority (63%) of respondents indicated they had a medical home, and 83% had health insurance. Of those who had health insurance, 53% had private insurance either paid for by an employer or

themselves; 27% had MediCal or were covered through CMSP or the VA; 3% had Medicare; and 17% had no health insurance.

- **Employment Status:** A higher percentage of survey respondents were either employed (part- or full-time) or were unemployed compared with the county as a whole. A lower percentage of respondents were considered to be “not in the labor force”; this may be a result of the younger age range represented in the respondents.

Employment status	ACE Respondents	Countywide*
Employed	66%	42%
Unemployed	21%	9%
Not in Labor Force	13%	49%

*CA Employment Development Department, Labor Market Information. June 2010 and US Census, American Factfinder, 2006-2008 American Community Survey for Lake County

- **Geographic spread:** Respondents represented a broad geographic spread around the county. Respondents included 46% living in zip codes from Clearlake and Lower Lake, 8% from Middletown and Cobb areas; 18% from Lakeport; 16% from Kelseyville; 8% from Nice/Lucerne; and 4% from Upper Lake.

Region	Zip Code	ACE Respondents	Countywide*
Upper Lake	95485, 95493	4%	4%
Nice/Lucerne	95464, 95458	8%	9%
Clearlake/ Glenhaven	95422, 95423, 95424, 95443	43%	30%
Lower Lake	95457	3%	5%
Middletown/Cobb/ Hidden Valley Lake	95461, 95426, 95467	8%	16%
Kelseyville	95451	16%	17%
Lakeport/Finley	95453, 95435	18%	19%

*US Census 2000

IV. Health Conditions and Behavioral Issues of ACE Survey Respondents

ACE survey respondents were asked to report on their experience as an adult with a number of health conditions and behavioral issues.

Physical Health Conditions

Both men and women responding to the survey indicated they had experienced one or more of these health conditions as an adult. High blood pressure was indicated by both a higher percentage of men and women compared with the other health issues. Respondents indicated they had experienced these physical health conditions at relatively lower percentages compared with the behavioral issues discussed later. This may be due to the younger age range represented by the respondents, especially in the case of coronary health disease.

TABLE 4			
Survey Categories	% of Respondents who indicated they had Experienced the Health Condition as an Adult		
	All	Male	Female
Physical Health			
Coronary Health Disease	1%	3%	1%
High Blood Pressure	26%	34%	23%
Diabetes	4%	5%	3%
Asthma	16%	15%	16%

Table 5 below shows the impact of age on the percentage of survey respondents who indicated they had experienced these conditions.

TABLE 5			
Survey Categories	% of Respondents who indicated they had Experienced the Health Condition as an Adult		
	18-29 years	30-59 years	60 and older
Physical Health			
Coronary Health Disease	1%	1%	5%
High Blood Pressure	12%	27%	50%
Diabetes	1%	5%	8%
Asthma	19%	16%	16%

Data for respondents' health conditions were also collated for each region of the county. Additional detailed tables by zip code area are shown in the Appendices. Table 6 below shows, by health condition, the area with the highest percentage of respondents indicating they had experienced this condition as an adult.

TABLE 6	
Highest Percentage of Response for Health Conditions By Zip Code Area	
Physical Health	Zip Code Area with Highest Level of Response
Coronary Health Disease	Lower Lake (7%)
High Blood Pressure	Upper Lake (32%)
Diabetes	Kelseyville (7%)
Asthma	Kelseyville (15%) and Lakeport (15%)

Behavioral Health Issues

Both men and women indicated they had had difficulty as an adult with their use of tobacco, alcohol, street drugs and prescription drugs. A higher percentage of men who responded to the survey had difficulty with quitting tobacco use, overuse of alcohol, and street drug use, while a higher percentage of women had difficulty with overuse of prescription drugs. Both men and women who responded to the survey indicated issues with weight, exercise, anger and depression. A higher percentage of women indicated they had had difficulty as an adult with being overweight and lacking sufficient exercise. In addition, both men and women had difficulty with managing their anger at about the same percentage. Women indicated they had difficulty with depression as an adult at a higher percentage when compared with men.

TABLE 7			
Survey Categories	% of Respondents who indicated they had Experienced the Behavioral Issue as an Adult		
	All	Male	Female
Mental and Behavioral Health			
Depression	48%	39%	51%
Being overweight	48%	28%	55%
Lack of sufficient exercise	49%	30%	56%

TABLE 7			
Survey Categories	% of Respondents who indicated they had Experienced the Behavioral Issue as an Adult		
	All	Male	Female
Mental and Behavioral Health			
Difficulty with anger management	15%	15%	14%
Difficulty quitting tobacco use	33%	43%	30%
Overuse of alcohol	26%	30%	24%
Street drug use	30%	46%	24%
Overuse of prescription drugs	10%	9%	11%

Table 8 below shows the impact of age on the percentage of survey respondents who indicated they had experienced these issues.

TABLE 8			
Survey Categories	% of Respondents who indicated they had Experienced the Behavioral Issue as an Adult		
	18-29 years	30-59 years	60 and older
Mental and Behavioral Health			
Depression	55%	52%	47%
Being overweight	27%	58%	55%
Lack of sufficient exercise	34%	57%	50%
Difficulty with anger management	24%	16%	11%
Difficulty quitting tobacco use	37%	37%	24%
Overuse of alcohol	37%	25%	26%
Street drug use	46%	31%	8%
Overuse of prescription drugs	15%	11%	3%

Table 9 below shows by behavioral issue, the region with the highest percentage of respondents indicating they had experienced this condition as an adult. Additional detailed tables by zip code area are shown in the Appendices.

TABLE 9	
Highest Percentage of Response for Behavioral Issues By Zip Code Area	
Mental and Behavioral Health	Zip Code Area with Highest Level of Response
Depression	Kelseyville (46%) and Lakeport (46%)
Being overweight	Lakeport (58%)
Lack of sufficient exercise	Lakeport (57%)
Difficulty with anger management	Lakeport (18%)
Difficulty quitting tobacco use	Nice/Lucerne (34%)
Overuse of alcohol	Nice/Lucerne (34%)
Street drug use	Nice/Lucerne (34%)
Overuse of prescription drugs	Nice/Lucerne (20%)

V. Results of ACE Questions

The purpose of the countywide survey was to analyze the prevalence of health conditions and behavioral issues, as well as Adverse Childhood Experiences (ACE), among adults in the county. From the analysis of the survey results, 82% of respondents indicated they had experienced one or more of the ten categories of ACE (as outlined in Table 3). This compares with 67% in the original ACE Study.

The highest number of respondents indicated that as a child they had lived with someone who abused alcohol or drugs (53%); had felt a sense of abandonment (52%); and/or experienced frequent humiliation or emotional abuse (48%). The lowest percentage of the total respondents indicated they had experienced domestic violence in their home (27%) or a household member going to prison (19%).

Table 10 below shows the percentage of respondents who experienced each of the ACE categories.

TABLE 10			
ACE Category	% of Respondents Indicating They had Experienced this ACE Category		
	ALL	Male	Female
Emotional Abuse	48%	33%	53%
Physical Abuse	41%	30%	45%
Sexual Abuse	35%	7%	44%
Lack of Affection	41%	25%	46%
Neglect	24%	6%	29%
Abandonment	52%	43%	53%
Domestic Violence	27%	18%	28%
Alcohol or Drugs in the home	53%	39%	56%
Mental health issues	36%	24%	41%
Imprisonment	19%	12%	19%

In addition, 41% of respondents indicated they had experienced five or more categories of ACE during their childhood. A higher percentage of women respondents experienced 4 or more ACE categories compared with the men responding to the survey (Table 11).

TABLE 11			
Number of ACE Categories Indicated By Respondent	% of Respondents		
	All	Male	Female
0 ACE	18%	31%	15%
1 ACE	11%	15%	10%
2 ACE	11%	15%	11%
3 ACE	10%	10%	11%
4 ACE	9%	4%	10%
5 or more ACE	41%	25%	43%

Overall, 60% of Lake County respondents indicated 3 or more ACE versus 20% in the original ACE Study.

There were a number of sources for completed surveys, including six agencies working with adults in the county using written surveys and online responses through Survey Monkey. All sources had respondents with five or more ACE categories indicated (Table 12).

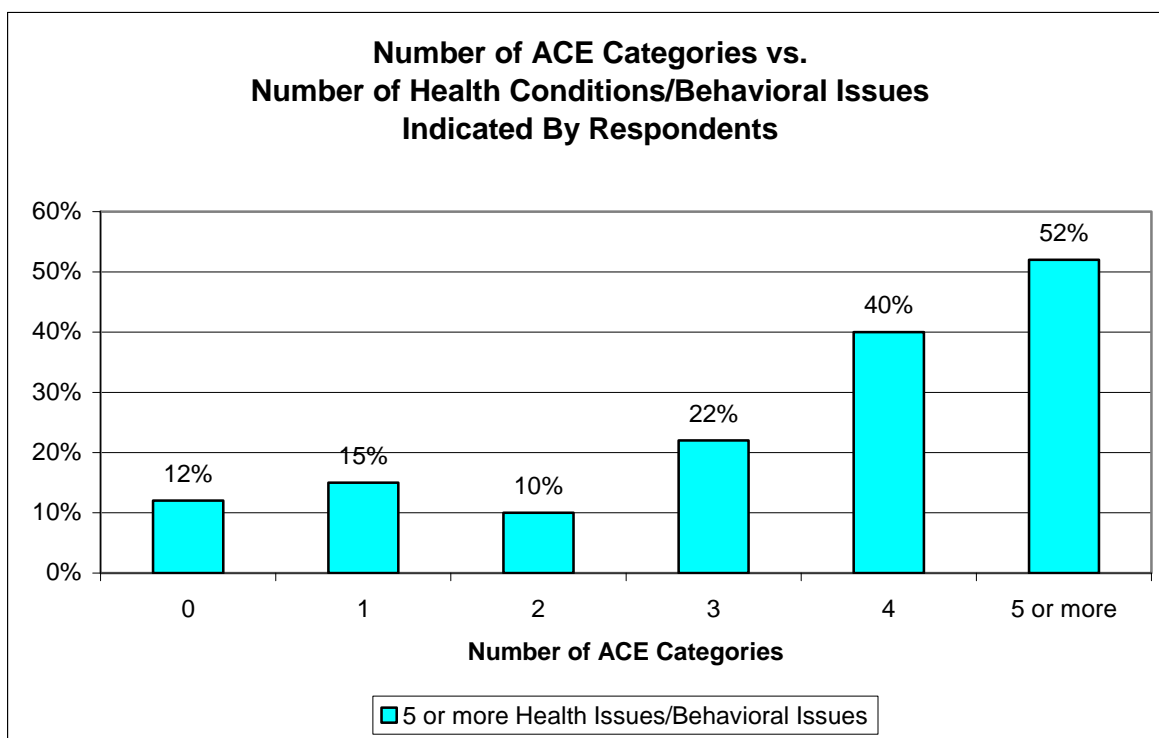
TABLE 12	
Source of Completed Surveys	% of Respondents with 5 or more ACE Categories
AODS	27%
Online responses	30%
Redwood Children's Services	33%
Child Welfare Services	45%
Lake Family Resource Center	54%
Lake County Tribal Health	59%
New Beginnings	62%

All zip code areas of the county had respondents with five or more ACE categories indicated except Lower Lake (Table 13).

TABLE 13	
Zip Code Area	% of Respondents Indicating 5 or more ACE Categories
Upper Lake	21%
Nice/Lucerne	31%
Clearlake/Glenhaven	18%
Lower Lake	0%
Middletown/Cobb/Hidden Valley Lake	29%
Kelseyville	16%
Lakeport/Finley	27%

Relationship Between Health Conditions and Behavioral Issues and ACE

As the number of ACE categories indicated by respondents increased, the percentage of respondents with a significant number of health conditions or behavioral issues increased. Chart 1 below shows this trend.



Overall, the survey results indicated that as respondents reported they had experienced more of the ACE categories, the percentage of these respondents who had experienced negative behaviors or mental health issues increased. These results were found with:

- Alcohol: 44% of respondents with five or more ACE categories had experienced difficulty with overuse of alcohol as an adult, versus 26% with one ACE.
- Illicit Drugs: 51% of respondents with five or more ACE had used street drugs, versus 24% with one ACE.
- Depression: 64-80% of respondents with four or more ACE categories indicated they had experienced depression as an adult, versus 26% with one ACE.
- Overweight: 56%-64% of respondents with four or more ACE categories had difficulty with their weight as an adult, versus 44% with one ACE.
- Smoking: 47% of respondents with five or more ACE categories had difficulty quitting their tobacco use, versus 21% with one ACE.

Table 14 below indicates the percent of respondents who had up to five or more ACE categories who also indicated specific behavioral issues.

TABLE 14						
Mental and Behavioral Health	Number of ACE Categories Indicated By Respondents with Specific Behavioral Issue					
	0 ACE	1 ACE	2 ACE	3 ACE	4 ACE	5 or more ACE
Depression	39%	26%	31%	63%	80%	64%
Being Overweight	44%	47%	49%	59%	64%	56%
Lack of Sufficient Exercise	39%	44%	46%	53%	68%	69%
Difficulty with Anger Management	8%	3%	5%	9%	32%	31%
Difficulty Quitting Tobacco Use	30%	21%	33%	34%	24%	47%
Overuse of Alcohol	18%	12%	18%	34%	28%	44%
Street Drug Use	21%	24%	26%	25%	28%	51%
Overuse Prescription Drugs	6%	9%	3%	3%	16%	27%

Because of the higher representation of the younger age ranges in the respondent demographics, the same relationship was not seen as dramatically between respondents with higher ACE categories and those who had experienced these health conditions.

TABLE 15						
Physical Health	Number of ACE Categories Indicated By Respondents with Specific Health Condition					
	0 ACE	1 ACE	2 ACE	3 ACE	4 ACE	5 or more ACE
Coronary Health Disease and High Blood Pressure	30%	32%	36%	25%	28%	25%
Asthma	17%	6%	15%	19%	12%	22%

IV. Summary of Findings and Potential Next Steps

Through the Lake County ACE Survey, results similar to the national ACE Study were found: When an individual has had difficulty with tobacco, overuse of alcohol, use of street and prescription drugs, anger and/or depression as an adult, they tended to have experienced a higher number of ACE categories.

In summary, the findings from the analysis of the Lake County ACE survey results discussed in this report indicated that in Lake County:

- A high percentage of adults (82%) have experienced one or more of the ACE categories included in the survey. In addition, a significant percentage (41%) has experienced five or more ACE categories.
- A high percentage of adults, both men and women, have experienced, or are currently experiencing, depression, weight issues, and lack of sufficient exercise.
- A high percentage of adults have experienced or are currently experiencing difficulty with quitting their use of tobacco, especially men, but also women.

- A high percentage of adults have had or are currently experiencing difficulty with overuse of alcohol, street drug use and overuse of prescription drugs.
- There is a relationship between negative adult behaviors and a high number of adverse childhood experiences (ACE), and this is present for a broad spectrum of residents.

The ACE questionnaire provides an opportunity for individuals to begin linking their difficulty in managing adult behaviors and habits to the impact of adverse experiences from their childhood. However, some individuals refused to complete the ACE questions after having completed the demographic section of the survey. It can be difficult for those who have experienced extreme childhood trauma to complete the ACE questionnaire, and having access to counseling and support during the process is critical for some individuals to complete the questionnaire.

Potential Next steps include:

- Providing more education to the community about ACE to strengthen these results, especially targeting adults age 60 and older.
- Using the ACE survey results in needs assessments for planning prevention and intervention services.
- Working with the medical community to utilize the ACE questionnaire in a clinical setting. Recent discussions at a June 2010 Roundtable with Dr. V. Felitti included a number of strategies for “embedding” the ACE questionnaire in the local service continuum and building community awareness.

VII. Attachments

Children's Council of Lake County
Adverse Childhood Experiences (ACEs) Questionnaire

We invite you to participate in completing the ACEs Questionnaire that follows. It will take you about 10 minutes to complete. Completing the Questionnaire will assist service providers in learning more about the prevalence of ACEs in our community and how to better address these issues. To assist us in interpreting your ACEs responses in combination with others' in the community, we need to know about you and your family. Please take a few moments to respond to the questions below. This information will be kept confidential and will only be used in combination with other respondents. After completing these questions, please go on to complete the ACEs Questionnaire.

As an adult, have you experienced any of the following (Please check all that apply):		
<input type="checkbox"/> Coronary heart disease	<input type="checkbox"/> Depression	<input type="checkbox"/> Overuse of alcohol
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Being overweight	<input type="checkbox"/> Street drug use
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Lack of sufficient exercise	<input type="checkbox"/> Overuse of prescription drugs
<input type="checkbox"/> Asthma	<input type="checkbox"/> Difficulty with anger management	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Tuberculosis (TB)	<input type="checkbox"/> Difficulty with tobacco use	<input type="checkbox"/> I have not experienced any of the above
Are you under the regular care of a medical provider?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
What kind of medical insurance do you have?	<input type="checkbox"/> MediCal	<input type="checkbox"/> Private Insurance I purchase on my own
	<input type="checkbox"/> Insurance completely or partially paid for by an employer	<input type="checkbox"/> I do not have health insurance.
		<input type="checkbox"/> Other: _____
What is your age?	<input type="checkbox"/> Under 18 years	<input type="checkbox"/> 50-59
	<input type="checkbox"/> 18-21	<input type="checkbox"/> 60-69
	<input type="checkbox"/> 22-29	<input type="checkbox"/> 70-79
	<input type="checkbox"/> 30-39	<input type="checkbox"/> 80 and older
	<input type="checkbox"/> 40-49	
What is your sex?	<input type="checkbox"/> Male	<input type="checkbox"/> Female
What is your ethnicity/race?	<input type="checkbox"/> American Indian	<input type="checkbox"/> Hispanic/Latino
	<input type="checkbox"/> Asian	<input type="checkbox"/> White
	<input type="checkbox"/> Black	<input type="checkbox"/> Multiracial
	<input type="checkbox"/> Pacific Islander	<input type="checkbox"/> Other: _____
What is your primary spoken language?	<input type="checkbox"/> English	<input type="checkbox"/> Spanish
		<input type="checkbox"/> Other: _____
Please tell us how far you've gone in school (Choose one)	<input type="checkbox"/> Didn't go to high school	<input type="checkbox"/> 2 year college graduate
	<input type="checkbox"/> Some high school	<input type="checkbox"/> 4 year college graduate
	<input type="checkbox"/> High school graduate or GED	<input type="checkbox"/> Some Graduate level coursework
	<input type="checkbox"/> Some college or technical school	<input type="checkbox"/> Graduate degree
What is your current marital status?	<input type="checkbox"/> Married	<input type="checkbox"/> Separated
	<input type="checkbox"/> Not married, but living with a partner	<input type="checkbox"/> Divorced
	<input type="checkbox"/> Widowed	<input type="checkbox"/> Never married
How many children under age 18 are living in your home?	<input type="checkbox"/> I do not have children under 18 years.	<input type="checkbox"/> Two children
	<input type="checkbox"/> One child	<input type="checkbox"/> Three children
		<input type="checkbox"/> Four or more children
What best describes your current employment status?	<input type="checkbox"/> Full time (35 hours per week or more)	<input type="checkbox"/> Unemployed
	<input type="checkbox"/> Part-time (1-34 hours per week)	<input type="checkbox"/> Stay At Home Parent
		<input type="checkbox"/> Retired
		<input type="checkbox"/> Other: _____
What is the zip code where you live?	_____	

Lake County ACEs Questionnaire

Prior to your 18th birthday:			If YES, enter 1
1. Did a parent or other adult in the household often or very often : Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
2. Did a parent or other adult in the household often or very often push, grab, slap or throw something at you? Or, Ever hit you so hard that you had marks or were injured?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
3. Did an adult or person at least 5 years older than you ever touch you or have you touch their body in a sexual way?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
4. Did you often or very often feel that no one in your family loved you or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
5. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or, Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
6. Was a biological parent ever lost to you through divorce, abandonment, imprisonment, or other reason?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
7. Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? Or, Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or, Ever repeatedly was hit over at least a few minutes or threatened with a gun or knife?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
10. Did a household member go to prison?	<input type="checkbox"/> YES	<input type="checkbox"/> NO	_____
Please add up your "YES" answers. This is your ACE score.			Total _____

Thank you for your participation.

Simply answering the previous ACE questions can be helpful. After taking the survey, you may wish to follow up with a trusted physician, minister, counselor, or connect to a family support program via Lake Family Resource Center by calling XXX-XXX-XXXX. Survey results are being collected countywide. Individual responses will be kept completely anonymous and confidential. The overall results to the ACE Questionnaire will help Lake County professionals understand how to best meet the needs of our community. Again, thank you very much for your participation in this very important effort.

TABLE 16	
Health Condition and Behavioral Issue By Zip Code Area	
Upper Lake	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	0%
High Blood Pressure	32%
Diabetes	0%
Asthma	5%
Depression	32%
Being Overweight	53%
Lack of Sufficient Exercise	37%
Difficulty with Anger Management	5%
Difficulty Quitting Smoking	21%
Overuse of Alcohol	26%
Street Drug Use	21%
Overuse of Prescription Drugs	5%

TABLE 17	
Health Condition and Behavioral Issue By Zip Code Area	
Nice/Lucerne	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	3%
High Blood Pressure	14%
Diabetes	0%
Asthma	3%
Depression	40%
Being Overweight	34%
Lack of Sufficient Exercise	37%
Difficulty with Anger Management	9%
Difficulty Quitting Smoking	34%
Overuse of Alcohol	34%
Street Drug Use	34%
Overuse of Prescription Drugs	20%

TABLE 18	
Health Condition and Behavioral Issue By Zip Code Area	
Clearlake/Glenhaven	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	1%
High Blood Pressure	11%
Diabetes	2%
Asthma	12%
Depression	24%
Being Overweight	21%
Lack of Sufficient Exercise	23%
Difficulty with Anger Management	9%
Difficulty Quitting Smoking	23%
Overuse of Alcohol	13%
Street Drug Use	22%
Overuse of Prescription Drugs	6%

TABLE 19	
Health Condition and Behavioral Issue By Zip Code Area	
Lower Lake	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	7%
High Blood Pressure	20%
Diabetes	0%
Asthma	7%
Depression	27%
Being Overweight	20%
Lack of Sufficient Exercise	13%
Difficulty with Anger Management	7%
Difficulty Quitting Smoking	13%
Overuse of Alcohol	7%
Street Drug Use	7%
Overuse of Prescription Drugs	0%

TABLE 20	
Health Condition and Behavioral Issue By Zip Code Area	
Middletown/Cobb/Hidden Valley Lake	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	0%
High Blood Pressure	17%
Diabetes	0%
Asthma	11%
Depression	37%
Being Overweight	49%
Lack of Sufficient Exercise	43%
Difficulty with Anger Management	0%
Difficulty Quitting Smoking	20%
Overuse of Alcohol	20%
Street Drug Use	14%
Overuse of Prescription Drugs	9%

TABLE 21	
Health Condition and Behavioral Issue By Zip Code Area	
Kelseyville	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	0%
High Blood Pressure	31%
Diabetes	7%
Asthma	15%
Depression	46%
Being Overweight	35%
Lack of Sufficient Exercise	43%
Difficulty with Anger Management	15%
Difficulty Quitting Smoking	25%
Overuse of Alcohol	19%
Street Drug Use	15%
Overuse of Prescription Drugs	9%

TABLE 22

Health Condition and Behavioral Issue By Zip Code Area	
Lakeport/Finley	% of Respondents Indicating They Had Experienced the Health Condition or Behavioral Issue as an Adult
Coronary Heart Disease	0%
High Blood Pressure	25%
Diabetes	4%
Asthma	15%
Depression	46%
Being Overweight	58%
Lack of Sufficient Exercise	57%
Difficulty with Anger Management	18%
Difficulty Quitting Smoking	22%
Overuse of Alcohol	21%
Street Drug Use	22%
Overuse of Prescription Drugs	7%