

Seek the Welfare of the City...

For in its welfare you will find your welfare

ACEs

EDUCATION

ENVIRONMENT

**PUBLIC
SAFETY**

ECONOMY





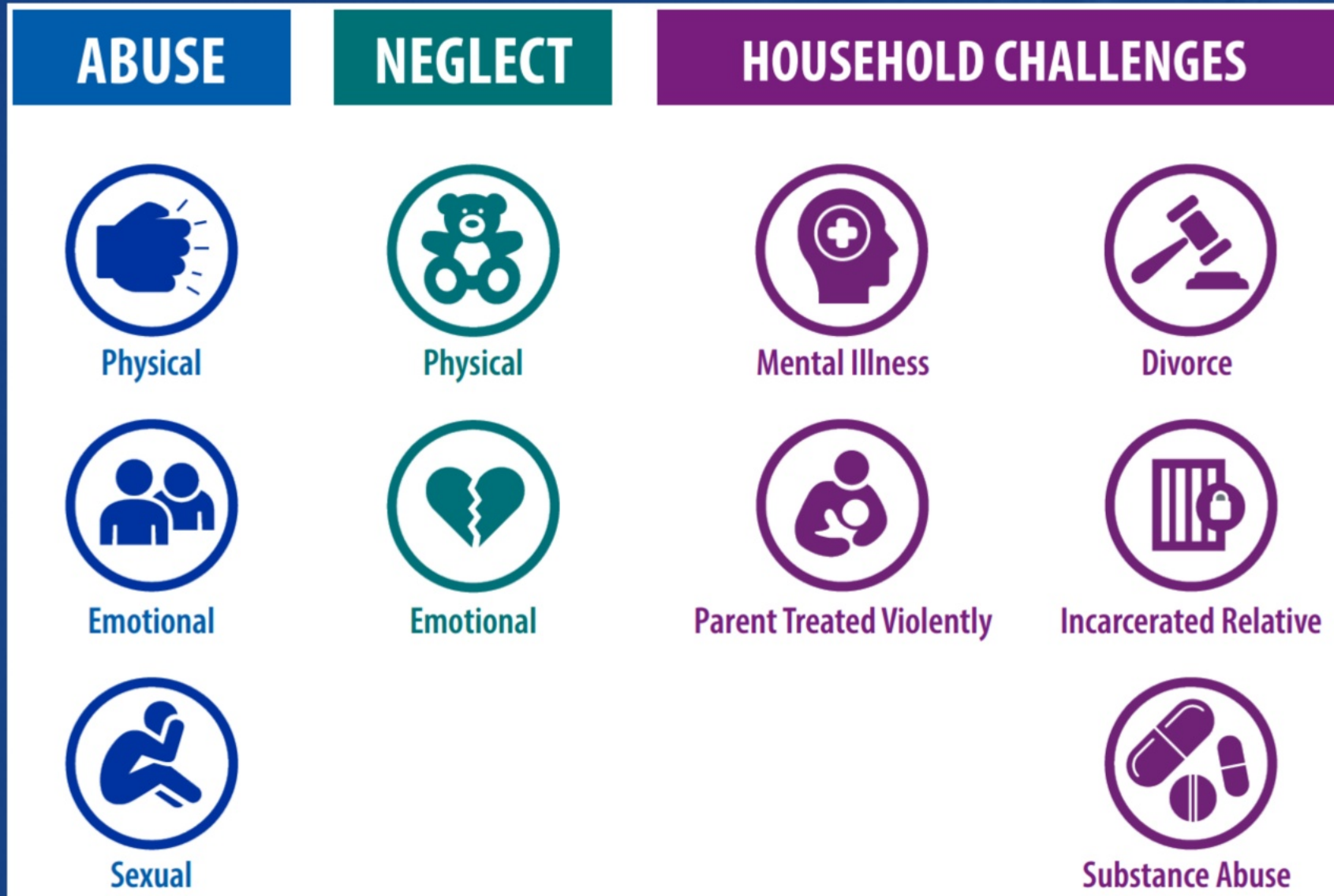
What are ACEs?

Adverse childhood experiences, or ACEs, are traumatic events in childhood (0-17 years), such as neglect and experiencing or witnessing violence.

ACEs undermine a child's sense of safety, stability, and bonding, such as living in a household with substance misuse or mental health problems.

ACEs negatively impact physical, mental, emotional, and behavioral development, having lasting effects on health, well-being, and prosperity well into adulthood.

Types of ACEs



Conditions for Toxic Stress



ACEs Accumulate and Last Into Adulthood

The effects of ACEs can add up over time and affect a person throughout their life.

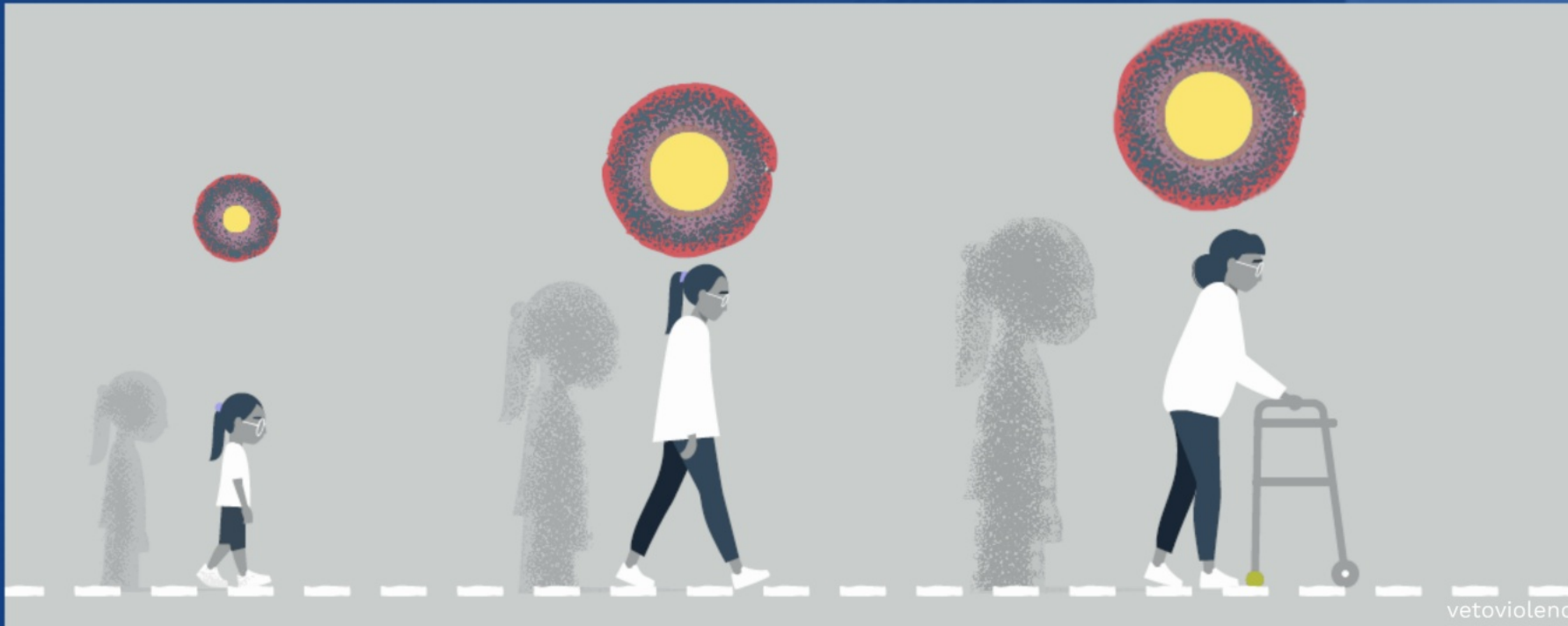
Children who repeatedly and chronically experience adversity can suffer from **TOXIC STRESS**.

Toxic stress happens when the brain endures repeated stress or danger, then releases **FIGHT-OR-FLIGHT HORMONES** like cortisol.



Toxic Stress Disrupts Development

- Disrupts ORGAN, TISSUE, AND BRAIN DEVELOPMENT.
- Limits the ability to process information, make decisions, interact with others, and regulate emotions.
- Leads to poorer social outcomes, higher rates of disease, and earlier death.



ACEs Echo Across Generations

The consequences of ACEs can be passed down from one generation to the next if children don't have protective buffers like positive childhood experiences or a caring adult in their lives.



Attempts

Chronic Health Conditions

- Coronary heart disease
- Stroke
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Cancer
- Kidney disease
- Diabetes
- Obesity

Health Risk Behaviors

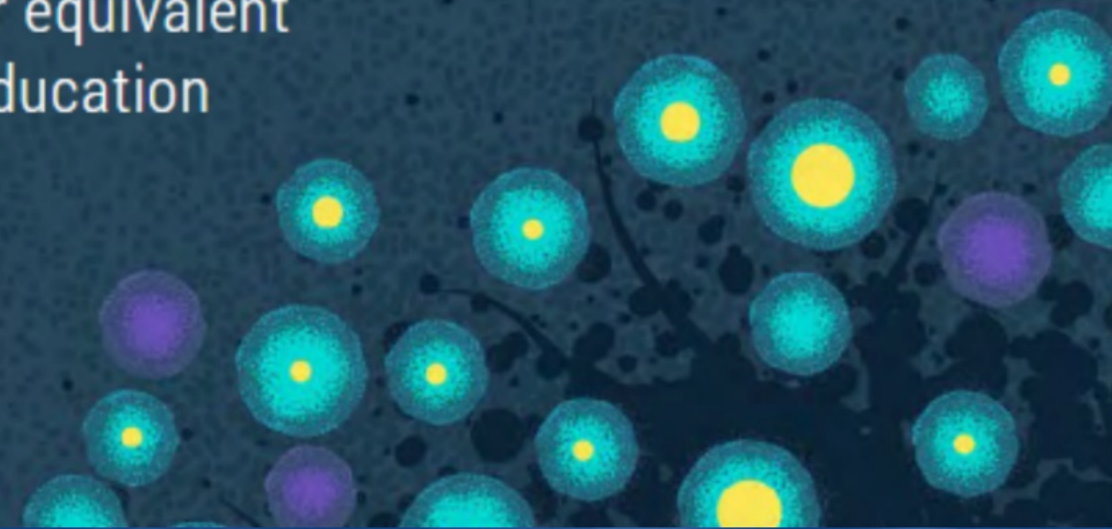
- Smoking
- Heavy drinking or alcoholism
- Substance misuse
- Physical inactivity
- Risky sexual behavior

Social Outcomes

- Lack of health insurance
- Unemployment
- Less than high school diploma or equivalent education

Mental Health Conditions

- Depression
- Suicide or attempted suicide



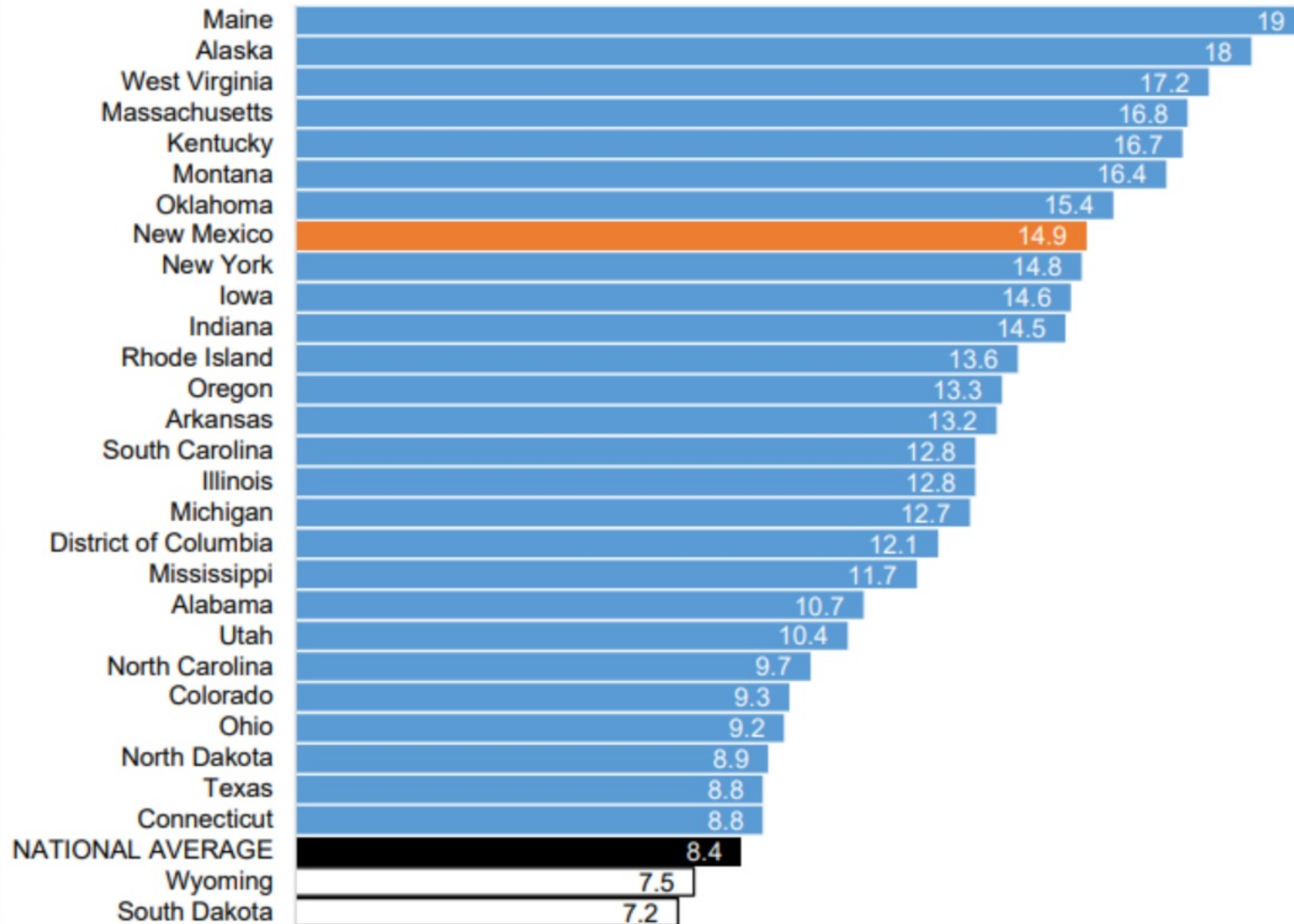
Earlier Death

People with six or more ACEs died 20 years earlier on average than those without ACEs.



Systemic Change is Needed

New Mexico Ranks Above the National Average in Rate per 1,000 Children Who Were Victims of Maltreatment in 2020



Social Media a Nationwide ACE

The New York Times

Children and Social Media | How to Measure Problematic Use | Help Teens Be Better Users | Limiting Screen Time | More Tips for Parents

Surgeon General Warns That Social Media May Harm Children and Adolescents

The report by Dr. Vivek Murthy cited a “profound risk of harm” to adolescent mental health and urged families to set limits and governments to set tougher standards for use.

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Dr. Murthy testifying before the Senate Finance Committee on Capitol Hill on youth mental health in 2022. Susan Walsh/Associated Press

By Matt Richtel, Catherine Pearson and Michael Levenson
May 23, 2023

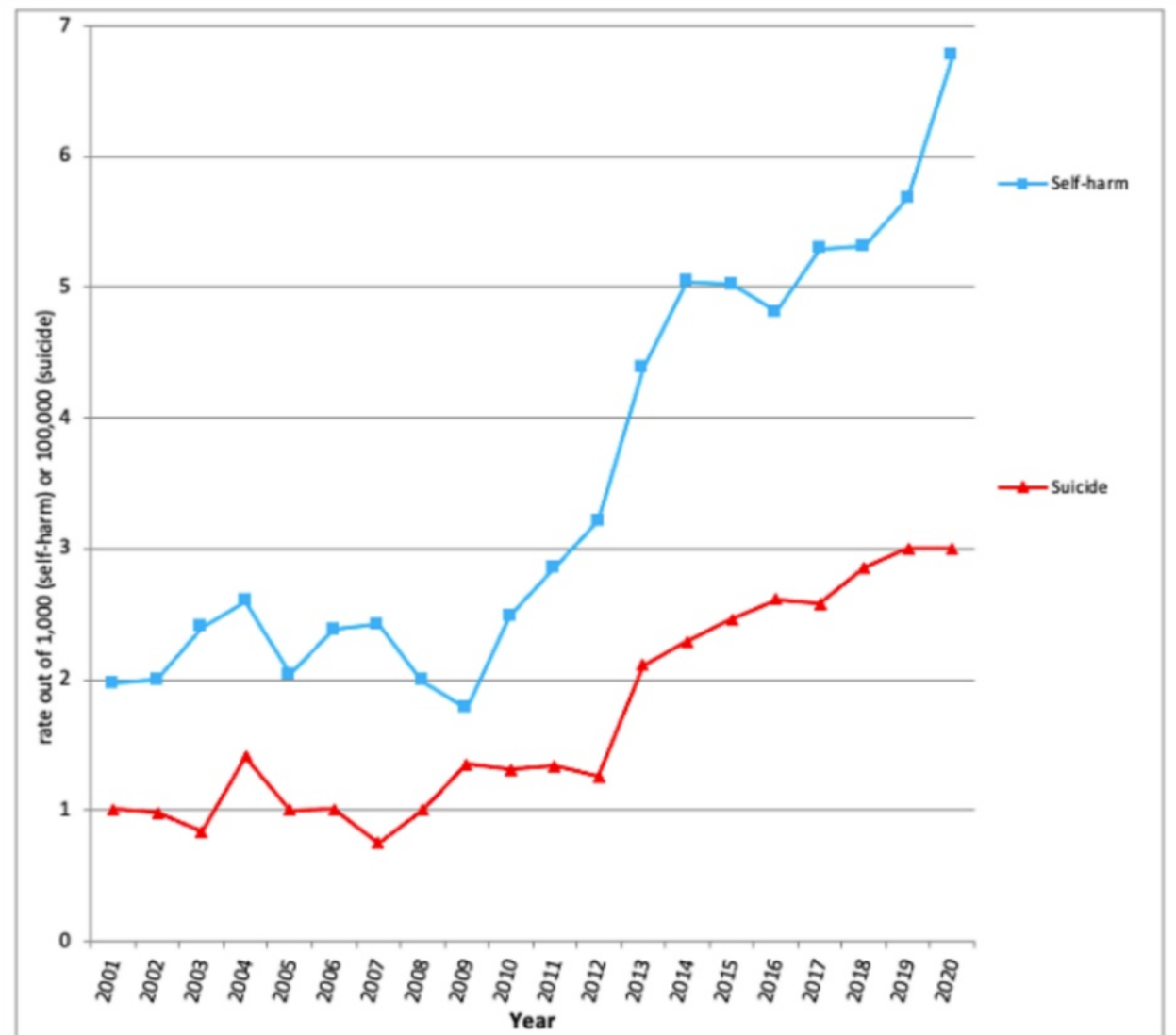


Figure 3: Emergency room admissions for self-harm and completed suicides, 12- to 14-year-old girls, 2001-2020. Source: CDC WISQARS database

Re-grounding in a Common Purpose

The well-being of our children can be our common purpose. Imagine if we set Wildly Important Goals (WIGs) for our children around a better education, cleaner environment, safer communities, and a more prosperous economy.

A laser focus on the well-being of our children in these areas would improve our current conditions while investing in a stronger New Mexico tomorrow.

In their welfare, is our welfare.



The Future is Now

We understand intuitively that our children give us a window into the future.

When it comes to adverse childhood experiences (ACEs), research shows that our intuition underestimates how predictive the present is of the future.

ACEs are injuries today and foreseeable harms tomorrow.

