Preventing Childhood Trauma

■ In 2015 – 40% of Portage County adults reported that they or a family member had been diagnosed with depression.

Source: Portage County Community Health Assessment

Experiences impact lifelong health
Adverse childhood experiences are potentially traumatic events that occur in childhood. These preventable conditions can include: violence, abuse, or growing up in a family with mental health and/or substance use problems. Toxic stress from these hurtful experiences can change a young person’s brain development and affect healthy growth. The outcomes are linked to several chronic health problems in adulthood.

Want to learn more? Source: https://www.cdc.gov/vitalsigns/

BY THE NUMBERS

<table>
<thead>
<tr>
<th>Problem</th>
<th>UP TO</th>
<th>Cases of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease</td>
<td>1.9 million</td>
<td></td>
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<tr>
<td>Overweight/obesity</td>
<td>2.5 million</td>
<td></td>
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<tr>
<td>Depression</td>
<td>21 million</td>
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</tbody>
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*Source: National Estimates based on CDC’s 2017 Behavioural Risk Factor Surveillance System*

Effects can add up over time:

■ Many people are not aware that any exposure to adverse conditions can increase the risk for health problems within a lifespan.

■ 61% of adults had at least one traumatic experience early in their lives.

■ Females and several ethnic minority groups were at greater risk to potential trauma.

WHAT CAN BE DONE?

Everyone Can:

■ Recognize challenges that families face; and offer support and encouragement to reduce stress; learn more: www.cdc.gov/copingwithstress

■ Get involved in community programs and policies that provide safe and healthy conditions for all children and families: City of Kent Parks & Recreation/Programs

If you or someone you know needs support with trauma, the Portage County Mental Health & Recovery Board services families in crisis including mental illness & depression.


Learn more: www.HealthyMindsinKent