

# MURC Snapshot

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## Adverse Childhood Experiences (ACEs) and COVID-19

- Data from the 2021 Adolescent Behaviors and Experiences Survey (ABES) indicate that **37.1% of U. S. high school students reported poor mental health** during the COVID-19 pandemic (Anderson, Swedo, Trinh, Ray, et al).
- **Adverse Childhood Experiences (ACEs)** are traumatic events that occur in childhood (ages 0-17 years) such as neglect, experiencing or witnessing violence, or having a family member attempt or die by suicide (Anderson, Swedo, Trinh, Ray, et al).
- **Adverse Childhood Experiences (ACEs) are associated with poor mental health and suicidal behaviors**, and a high prevalence of ACEs have been documented during the COVID-19 pandemic (Anderson, Swedo, Trinh, Ray, et al).

## Adverse childhood experiences (ACEs) are common, potentially traumatic events



**3 in 4** high school students experienced **at least one ACE** during the pandemic

These students were more likely to report poor mental health and suicidal behavior



**We can prevent ACEs and support adolescents who have experienced them with timely, effective care**

[bit.ly/mm7141a2](https://www.cdc.gov/healthyyouth/data/abes/reports.htm)

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<https://www.cdc.gov/healthyyouth/data/abes/reports.htm> Accessed February 16, 2024.

Anderson, Swedo, Trinh, Ray, et al. Adverse childhood experiences during the covid-19 pandemic and associations with poor mental health and suicidal behaviors among high school students-adolescent behaviors and experiences survey, United States, January-June 2021. MMWR 2022 Oct 14(71) 41:1301-1305.