

WHY TRAUMA MATTERS IN PRIMARY CARE



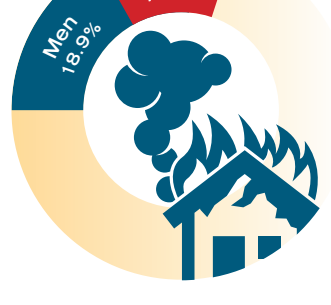
TRAUMA IS COMMON



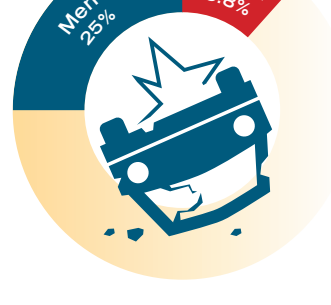
59% of men and women experience at least **one adverse childhood experience (ACE)** in their life and 9% experience five or more ACEs



Witness someone being badly injured or killed



Are involved in a fire, flood or other natural disaster



Experience life-threatening accident/assault



48% of children have experienced at least **one of nine types of adverse experiences**, including physical or emotional abuse or neglect, deprivation, addictions or exposure to violence.

TRAUMA HAS IMPACT

The impact of trauma is very broad and can impact a person across many parts of life: health, behavioral health, family, work, school and more.

SOCIETAL AND ECONOMIC

\$161 Billion: cost of untreated trauma-related alcohol and drug abuse alone in 2000

Children with trauma experiences are **2½ times** more likely to have repeated a grade in school



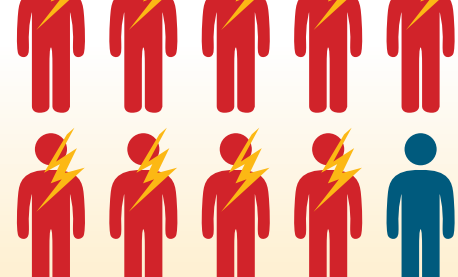
Children who learn **resiliency skills** mitigate negative effects, often enabling them to engage better in school

BEHAVIORAL HEALTH



90% of people seen in public behavioral health clinics have experienced trauma

43-80% of individuals in psychiatric hospitals have experienced physical or sexual abuse



UP TO 90% of people who receive public mental health care have been exposed to trauma



2/3 adults in addiction treatment experienced child abuse and neglect



70% of teens in addiction treatment have history of trauma exposure

PTSD

Posttraumatic stress disorder affects **2-5%** of people and is one of the most common and least recognized anxiety disorders in primary care. Little is known about PTSD in the primary care setting.

PHYSICAL HEALTH

Children with histories of traumatic experiences are **twice as likely** to have chronic health conditions.



Women with no PTSD symptoms who reported traumatic events had **45% higher rates** of cardiovascular disease.

Women with PTSD symptoms have a **two-fold increased risk** for type 2 diabetes.

Women with four or more PTSD symptoms had **60% higher rates** of cardiovascular disease.

Almost half are caused by unhealthy behaviors like smoking, obesity, lack of exercise and medical factors such as high blood pressure.

DNA in people with PTSD shows increased levels of a gene that made them more vulnerable to multiple types of sicknesses.

Multiple traumatic events during childhood are related to a **10-point difference** in systolic blood pressure.

Learn more about trauma, stress and primary care. Visit www.TheNationalCouncil.org/TIPC.

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