Adverse childhood experiences (ACEs) are linked to substance use problems, mental health issues, and chronic health conditions. Studies can use a variety of indicators, but the 2016 Minnesota Student Survey (MSS) asked 8th, 9th, and 11th graders about 7 ACEs.*

ACEs are common: most people have experienced at least one; powerful: the effects are wide-ranging; and cumulative: multiple ACEs can lead to increasingly negative outcomes. Unfortunately, some young people are at increased risk of multiple ACEs.

**Poverty**

Poverty is the #1 indicator associated with 6 of 7 ACEs.

- 21% of students with 2 or 3 poverty indicators have 4 or more ACEs compared to 6% of those with 1 indicator and only 2% with 0 indicators.

Poverty indicators include:
- Experiencing homelessness
- Having to skip meals because there’s no money
- Receiving free or reduced-price lunch

**LGBTQ**

Gender minorities & Bisexual students are the #2 & #3 groups associated with high numbers of ACEs.

- 14% of gender minority students and 13% of bisexual students have 4 or more ACEs, compared to an average of 4%.

Includes only 9th and 11th graders. Gender minority students identify as transgender, genderqueer, genderfluid, or unsure of their gender.

**Race/Ethnicity**

Pacific Islander, Native American, Multiracial students also have relatively high numbers of ACEs.

- 10% of Pacific Islander,
- 9% of Native American,
- 8% of Multiracial,
- 6% of Hispanic,
- 5% of African American,
- & 3% of White students have 4 or more ACEs

*For more information on the Minnesota Student Survey, please visit:
https://education.mn.gov/MDE/dse/health/mss/ or SUMN.org

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