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Poverty and Adverse Childhood Experiences

After watching the videos and doing the required stimulations I realized how much poverty and adverse childhood experiences affected children. These kids had to grow up so much faster than other children do, making adult decisions instead of playing and learning. They did without things that are for most people's everyday needs. This made me realize how much I take for granted. We do not realize what we have till it is gone. I can only imagine how living through some of these issues has affected their health.

Early adversity dramatically affects health across a lifetime. High doses of adversity not only affect the brain structure and function, but it also affects the developing immune system, and developing hormone systems. These children need a reliable healthcare team to assist with their physical, mental, and spiritual health.

Many things slip through the cracks when people are in a financial bind, one of those being healthcare. The expenses of Dr appointments, medications, and transportation to and from add up if you do not have assistance. Things get pushed back and ignored until it becomes a major issue that can not be ignored any longer. Thankfully, we have programs to assist people who need healthcare and can not afford it, such as Medicaid, but some people do not qualify or do not have resources to apply for it.

Poverty and adverse childhood experiences may affect how children view healthcare workers. Healthcare workers may seem like a threat to some children. These children may need more time to warm up to the nurses caring for them. To give quality care nurses must be patient and understanding of what the child is going through, and how it is affecting their life. These children may not be seen consistently by a healthcare provider, so when they are seen it can be overwhelming for them.

As a child, my parents got divorced and both were struggling to make it on their own. There were things that we went without, but we always had a roof over our heads, and parents that did everything they could to take care of us. We had to make decisions based on cost not quality. We were healthy kids for the most part, so we did not see a Dr regularly. I had some dental issues and needed a root canal on two back teeth. There was no way we could afford it to have it done, so I agreed to have the two teeth pulled. As an adult, I wish we could have been able to afford the correct procedure, and gotten my teeth fixed correctly. This is small compared to what other people face, but a good example of how people make decisions when they can not afford to do things that are better for them.

Adverse Childhood experiences are the single greatest public health threat facing our nation. Sadly, this is a common problem that many people face. It affects the way people think, how they live their life, and their health. If we can understand them and what they are going through, then we can truly care for them. This realization can change the lives of people all around the world. I can only imagine the impact that this potentially has in the overall health of people.