

Respond to the questions below based on your review of the video: How childhood trauma affects health across a lifetime by Nadine Burke Harris

1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime.

Adverse childhood experience impact health across a lifetime and regard to brain development, the immune system hormonal system and how an individual's DNA is composed and transcribe. As children become adults it can lead to heart disease and even lung cancer and reduce life expectancy by 20 years.

2a) What percentage of the population has experienced at least 1 ACE?

The percentage of the population that has experience at least 1 Ace is 67%.

2b) What percentage experienced at least 4 or more ACES?

The percentage of the population that experienced at least four or more ACES is 12.6%

3a) How might childhood trauma impact brain development?

Childhood trauma impacts the brain development in regards to the pressure and reward center of the brain, impulse control that could lead to ADHD, MRI results when doing brain scans, and the brain fear/response reaction.

3b) How might that impact shape human behavior?

This might impact human behavior in regard to an individual deciding to engage in high-risk behavior and the development of different medical conditions due to an array of stressors.

4) What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress?

The best practices and intervention for children and families impact the by adversity and toxic stress is implementing some sort of prevention and treatment. Having children routinely screened and a multi-disciplinary treatment team for those who have high results scores. Informing parents of what exactly their child may be experiencing along with different treatment options to help as a long term option