

Human Behavior Reflection #5

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.

ACE can impact brain development, Immune System, hormonal system, how DNA is read and transcribed as well as triples the odds of heart disease, lung cancer, and decrease life expectancy by 20 years. The higher your ACE score the more health concerns the person has. Some health concerns also include Pulmonary disease, Hepatitis, depression, and suicidal Ideality.

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

67%

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

12.6 % or 1 in 8 persons.

3a) How might childhood trauma impact brain development?

ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs can affect the Nucleus accumbens which controls how we react to pleasure and rewards and inhibits the prefrontal cortex which controls Impulse controls and executive functions which is critical for learning. It can also affect our bodies Hypothalamic Pituitary Adrenal axis that helps our body to determine flight or fright.

3b) How might that impact shape human behavior?

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs may cause people to engage in risky behavior, exhibit heightened aggression or violence, and display difficulties in maintaining relationships. Additionally, ACEs may lead to poor adult outcomes or decisions, like consuming alcohol, tobacco, and drugs.

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

Some of the practices mentioned are Routine screening. Screening the child during their routine medical exams to see if they are high risk and have more than 1 ACE. In addition, once it is determined that a child has one or more ACES referring them to a Multi-disciplinary treatment

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team. This treatment team will include members that will make home visits, educate parents, provide nutritional education and when needed prescribe medications.