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Human Behavior in the social environment 2

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Reflection #5

1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime. According to the Ted Talk that Nadine Burke Harris did on how Childhood trauma affects health across a lifetime, she stated that there was a correlation between ACEs and health outcomes. In other words, the higher you score on your ACE test, the more probability you have of suffering from a health complication. For example, a person who scored four or more on their test was two and a half more likely to experience pulmonary disease & the same goes for hepatitis. When it came to depression, the amount doubled. People who scored four or more on their ACE test had a 4x higher probability to battle depression. Lastly, a person who had seven or more on their ACEs test nearly tripled the lifetime risk of experiencing lung cancer.

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

67% of the population has experienced at least 1 ACE .

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

12.6% of the population has experienced at least 4 or more ACES, which is equivalent to 1 in 8.

3a) How might childhood trauma impact brain development? Childhood trauma impacts brain development by affecting the nucleus accumbens which is the center of the brain that helps to process pleasures and rewards. Adverse childhood trauma can also impact the brain development by altering the production of neurotransmitters and hormones. For example, if a person is constantly in a “fight or flight” mode, their brain could develop an imbalance in the brain systems, this can cause them to suffer from depression, anxiety, panic attacks, insomnia, and many more health complications.

3b) How might that impact shape human behavior? Adverse childhood experiences can impact how humans behave. For example, a person who has suffered from neglect and abandonment as a child, can develop trust issues and insecurity as an adult. This can lead to that same person not being able to be committed in friendships or have serious relationships. Also, there have been numerous studies that have suggested that depression and addiction share

common mechanisms and anatomical pathways. These are some ways that ACEs can impact the behavior of humans.

4) What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress? Some of the best practices mentioned were home visits, Mental health care, care coordination, nutrition, holistic intervention, and when needed Medication. Parental training is another form of reducing adversity and toxic stress.