

Negative childhood experience study

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Typically, a family's goal is to provide a sustainable and welcoming environment for its children. However, there are some that a of atmosphere.

According to an ISU study performed by Clinton Gudmunson, assistant professor of human development and family studies, 55 least one occurrence of childhood abuse or household dysfunction before the age of 18.

Adverse Childhood Experiences are divided into two categories: physical, emotion or sexual childhood abuse and household dys substance abuse and divorce.

The Mid-Iowa Health Foundation offered a research grant for a researcher to analyze the data for this study. Gudmunson stated along with the help from his graduate assistant, Lisa Ryherd.

Gudmunson decided to analyze the study "Adverse Childhood Experiences in Iowa: A new way of understanding lifelong health" negative childhood experiences lead to numerous adult dysfunctions. It has been found that Adverse Childhood Experiences are

"The brain becomes accustomed to stress, which will have negative impacts in brain development," Gudmunson said. "It's impoi with stressful situations, but also to have an environment they are comfortable in with helpful and supportive adult relationship:

Without these elements, Gudmunson stated that the stress becomes prolonged and affects how the brain will develop. Thus, the li problems increases, including heart disease, diabetes, cancer, substance abuse and depression.

The environments that children experience early in life affect their attitudes, behaviors and brain development. It shapes who th grow up to be healthy and productive members in their community, Gudmunson said.

Gudmunson's study also showed that one in five Iowa adults have experienced one of the adverse childhood experiences. The re: Iowans who had four or more adverse childhood experiences are more likely to be smokers, and on average, have had seven bad

The Centers for Disease Control and Prevention and the Iowa Department of Public Health conducted the research through a group of 1,000 participants. When the study was completed, Gudmunson evaluated the findings for the Central Iowa ACEs Steering Committee and local child advocacy organizations.

Later, Gudmunson and Ryherd presented their study findings in West Des Moines to more than 600 attendees, made up of health care providers and community members.

“It was more common for people to have an [Adverse Childhood Experience] rather than none,” Gudmunson said.

He also stated that people who have had Adverse Childhood Experiences are more likely to not have insurance and skip scheduled medical appointments.

Gudmunson said that the study highlights the importance of keeping young children away from high-stress situations.

“We need to find a safe way to ask questions to help the person as a whole instead of looking at ACEs as individual problems with specific characteristics because they have long term effects on all adults,” Gudmunson said.

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