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HPIO analysis: 36% of depression in Ohio potentially preventable with elimination of adverse childhood experiences

(COLUMBUS, Ohio) – Analysis by the Health Policy Institute of Ohio estimates that 36% of depression diagnoses in Ohio can be attributed to experiencing multiple adverse childhood experiences, or ACEs. If exposure to ACEs were eliminated among Ohioans, an estimated 36% of depression diagnoses could be prevented.

Similarly, in Ohio, 33% of current smoking, 25% of inability to afford care, 24% of asthma, 20% of chronic obstructive pulmonary disease and 19% of heavy drinking is potentially preventable with the elimination of exposure to ACEs.

The findings were included in a [fact sheet](#) released by HPIO based on a [policy brief](#) the Institute released in August. Last week HPIO released a [fact sheet](#) describing the prevalence of ACEs in Ohio, which highlighted that more than two-thirds of Ohioans have been exposed to at least one ACE.

ACEs, potentially traumatic events that occur during childhood, can generally be grouped into three categories: abuse, household challenges and neglect.

Consistent with national research findings, Ohioans who reported experiencing more ACEs were also more likely to report the following negative health outcomes and behaviors:

- Ever being diagnosed with depression, asthma and/or poor respiratory health
- Being a current smoker and/or heavy drinker
- Delaying health care because of cost in the past year

“Preventing and mitigating the impact of ACEs are critical components of any plan to advance the health and well-being of Ohioans,” the policy brief stated.

The analysis, the first of its kind in the state of Ohio, is based on 2015 Behavioral Risk Factor Surveillance System (BRFSS) ACEs data. For any questions about the analysis, or if you would like to talk with authors of the report, please call or text Nick Wiselogel at 614.530.9918 or email nwiselogel@hpio.net.