

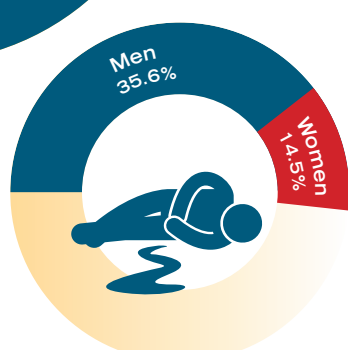
# WHY TRAUMA MATTERS IN PRIMARY CARE



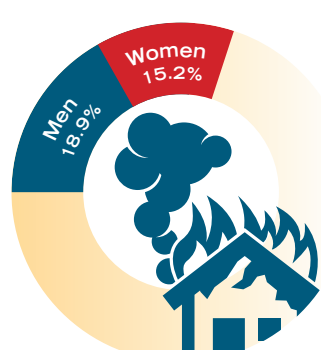
## TRAUMA IS COMMON



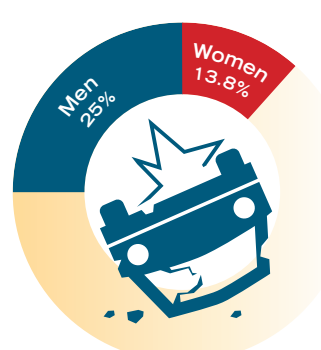
**59%** of men and women experience at least **one adverse childhood experience (ACE)** in their life and 9% experience five or more ACEs



Witness someone being badly injured or killed



Are involved in a fire, flood or other natural disaster



Experience life-threatening accident/assault



**48%** of children have experienced at least **one of nine types of adverse experiences**, including physical or emotional abuse or neglect, deprivation, addictions or exposure to violence.

## TRAUMA HAS IMPACT

The impact of trauma is very broad and can impact a person across many parts of life: health, behavioral health, family, work, school and more.

### SOCIETAL AND ECONOMIC

**\$161 Billion:** cost of untreated trauma-related alcohol and drug abuse alone in 2000

Children with trauma experiences are **2½ times** more likely to have repeated a grade in school

Children who learn **resiliency skills** mitigate negative effects, often enabling them to engage better in school

### BEHAVIORAL HEALTH



**90%** of people seen in public behavioral health clinics have experienced trauma

**43-80%** of individuals in psychiatric hospitals have experienced physical or sexual abuse



**UP TO 90%** of people who receive public mental health care have been exposed to trauma



**2/3** adults in addiction treatment experienced child abuse and neglect



**70%** of teens in addiction treatment have history of trauma exposure

## PTSD

Posttraumatic stress disorder affects **2-5%** of people and is one of the most common and least recognized anxiety disorders in primary care. Little is known about PTSD in the primary care setting.

## PHYSICAL HEALTH

Children with histories of traumatic experiences are **twice as likely** to have chronic health conditions.

Women with no PTSD symptoms who reported traumatic events had **45% higher rates** of cardiovascular disease.

Women with PTSD symptoms have a **two-fold increased risk** for type 2 diabetes.

Almost half are caused by unhealthy behaviors like smoking, obesity, lack of exercise and medical factors such as high blood pressure.

Women with four or more PTSD symptoms had **60% higher rates** of cardiovascular disease.

**1/2** of PTSD cases are caused by unhealthy behaviors like smoking, obesity, lack of exercise and medical factors such as high blood pressure.

**60% HIGHER** rates of cardiovascular disease for women with four or more PTSD symptoms.

**±10** point difference in systolic blood pressure for multiple traumatic events during childhood.

**DNA** in people with PTSD shows increased levels of a gene that made them more vulnerable to multiple types of sicknesses.

Multiple traumatic events during childhood are related to a **10-point difference** in systolic blood pressure.

**±10** point difference in systolic blood pressure for multiple traumatic events during childhood.

Learn more about trauma, stress and primary care. Visit [www.TheNationalCouncil.org/TIPC](http://www.TheNationalCouncil.org/TIPC).

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