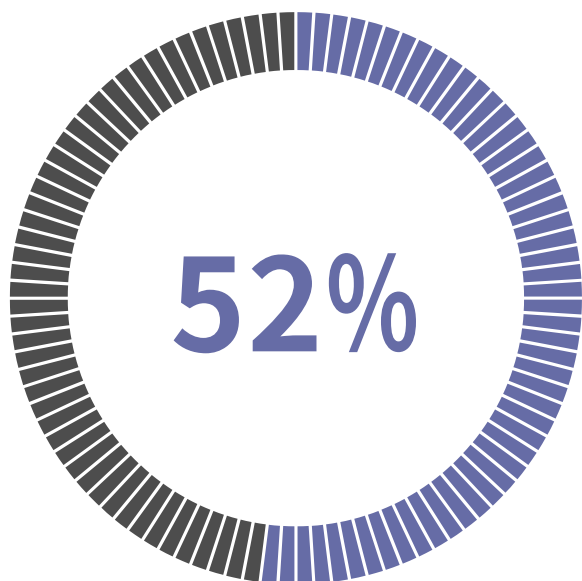


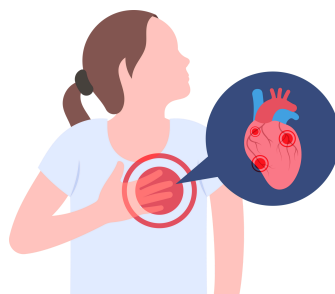
One of the first major studies of trauma happened in the 1980's. A lot of research has been done since that time. Thousands of people have been interviewed in the United States and all over the world.

Here is some information to help you understand how common trauma is.

- 70% of people around the world have been through at least 1 traumatic event.
- 82% of Americans have been through at least 1 traumatic event.
- 30% of people have been through at least 4 traumatic events.



One of the most famous studies of trauma was known as the ACES Study. The ACES Study has looked at the way trauma in kids can affect their health as an adult. 52% of people in the study had at least 1 traumatic experience as a child or teenager. As an adult they were at a higher risk for all of these problems:



- Heart disease
- Strokes
- Asthma
- Kidney disease
- COPD
- Cancer
- Risk of smoking
- Alcoholism
- Drug abuse
- Depression
- Obesity
- Suicide attempts
- STDs

