



A MINUTE OF HEALTH WITH CDC

Bad Memories

Adverse Childhood Experiences — Five States, 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Memories and experiences from childhood can have good and bad long-term effects on a person's physical and emotional well-being. A recent CDC study found that more than half of respondents reported some type of adverse childhood experience that continues to affect them today. Experiences included verbal, physical, or sexual abuse; witnessing domestic violence; and family substance abuse. Such events can lead to depression, heart disease, diabetes, cancer, and substance abuse. If you feel like adverse childhood experiences are affecting you today, talk to your health care provider.

Thank you for joining us on *A Minute of Health with CDC*.

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