



# Kent City Health Department

414 E. Main St. Kent OH 44240

330-678-8109

## FACT SHEET

NOVEMBER 2019

[www.kentpublichealth.org](http://www.kentpublichealth.org)

### BY THE NUMBERS

#### Preventing Childhood Trauma

- In 2015 – 40% of Portage County adults reported that they or a family member had been diagnosed with depression.

Source: [Portage County Community Health Assessment](#)

#### Experiences impact lifelong health

Adverse childhood experiences are potentially traumatic events that occur in childhood. These preventable conditions can include: violence, abuse, or growing up in a family with mental health and/or substance use problems. Toxic stress from these hurtful experiences can change a young person's brain development and affect healthy growth. The outcomes are linked to several chronic health problems in adulthood.

Want to learn more? Source: <https://www.cdc.gov/vitalsigns/>



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

<b>*UP TO 21 MILLION CASES OF DEPRESSION</b>	<b>*UP TO 2.5 MILLION CASES OF OVERWEIGHT/OBESITY</b>	<b>*UP TO 1.9 MILLION CASES OF HEART DISEASE</b>
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\*SOURCE: National Estimates based on CDC's 2017 Behavioural Risk Factor Surveillance System



*If you or someone you know needs support with trauma, the Portage County Mental Health & Recovery Board services families in crisis including mental illness & depression. Addictions call: 330-678-3006 / 24 Hour Help call: 330-678-4357*

Learn more: [www.HealthyMindsinKent](http://www.HealthyMindsinKent)

### PROBLEM

#### Effects can add up over time:

- Many people are not aware that any exposure to adverse conditions can increase the risk for health problems within a lifespan.
- 61% of adults had at least one traumatic experience early in their lives.
- Females and several ethnic minority groups were at greater risk to potential trauma.

### WHAT CAN BE DONE?

#### Everyone Can:

- Recognize challenges that families face; and offer support and encouragement to reduce stress; learn more: [www.cdc.gov/copingwithstress](http://www.cdc.gov/copingwithstress)
- Get involved in community programs and policies that provide safe and healthy conditions for all children and families: [City of Kent Parks & Recreation/Programs](http://CityofKentParks&Recreation/Programs)

