

# Adverse Childhood Experiences (ACEs) and Adult Cigarette Smoking in Iowa

Childhood abuse, neglect, and exposure to other traumatic stressors are termed [adverse childhood experiences](#) (ACEs). While exposure ACEs is common among adults who do not smoke cigarettes, exposure is much more common among Iowa adults who smoke. In 2013, 55% of nonsmoking adults compared to 76% of smoking adults were exposed to one or more ACE.

Exposure to ACEs is associated not only with an increased risk of smoking but a host of other health and social problems, many of which are smoking-related —COPD, cardiovascular disease, depression and disability.

In 2012-13:

35% of Iowans who had exposure to four or more ACEs smoked

Adults who were exposed to four or more ACEs were more than three times as likely to smoke than were adults not exposed to ACEs (35% vs. 11% smoking rate, respectively).

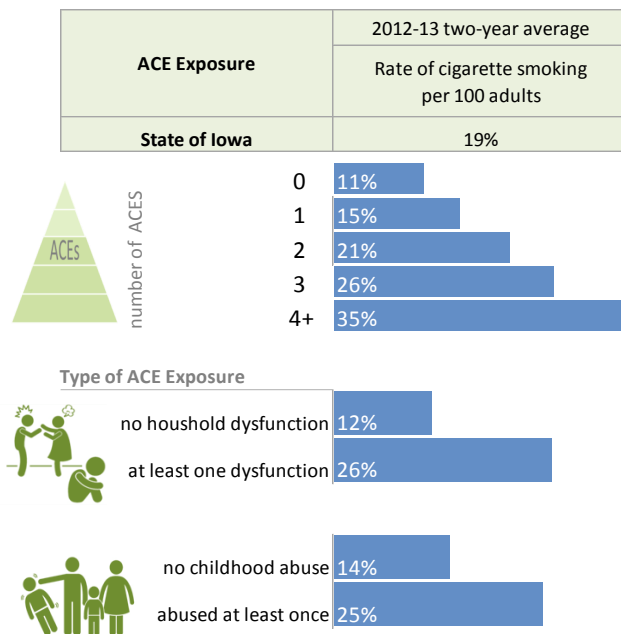
26% of Iowans who had at least one family dysfunction smoked

Adults who, as children, experienced one or more significant family dysfunction were more than twice as likely to smoke than were adults who experienced no family dysfunction (26% vs. 12% smoking rate, respectively).

24% of Iowans who were abused during childhood smoked

Adults who were physically or emotionally abused as children were 80% more likely to smoke than were adults who experienced no childhood abuse. (25% vs. 14% smoking rate, respectively).

19% of Iowa adults overall smoked.



Note: ACEs can be divided into two categories, experiences of: household or family dysfunction (behaviors not necessarily directed at a child including parental substance abuse, spousal abuse, divorce and mental illness); and, child abuse (physical, sexual or emotional maltreatment of a child).