

California Adults With Adverse Childhood Experiences (ACEs) Are at Greater Risk for Serious Psychological Distress and Report Perceived and Unmet Need for Mental Health Care Services

Exhibit A1 / Prevalence of Adverse Childhood Experiences (ACEs) Before Age 18 Among Adults by Adverse Childhood Experience Categories, California, 2022

Adverse Childhood Experiences	Prevalence Among California's Adult Population
Lived with anyone who was depressed/mentally ill/suicidal	22.4%
Lived with problem drinker or anyone who used illegal drugs	28.7%
Lived with anyone separated or divorced	26.0%
Lived with anyone who served jail/prison time	7.8%
How often adults in home physically fought each other	Once: 6.3%, More than once: 14.3%, Never: 79.5%
How often adults in home physically hurt respondent	Once: 5.9%, More than once: 17.1%, Never: 77.0%
How often adults in home swore at or insulted respondent	Once: 7.3%, More than once: 31.5%, Never: 60.3%
How often adults or older person in home touched respondent sexually	Once: 5.5%, More than once: 7.8%, Never: 86.7%
How often adult/older person in home made respondent touch them sexually	Once: 4.1%, More than once: 5.8%, Never: 90.1%
How often adult or older person in home forced respondent to have sex	Once: 1.7%, More than once: 3.0%, Never: 95.4%

Source: 2022 California Health Interview Survey

Exhibit A2 / Prevalence of Positive Childhood Experiences (PCEs) Before Age 18 Among Adults by Positive Childhood Experience Categories, California, 2022

How often able to talk to family about feelings before age 18	All of the time: 17.0% Most of the time: 19.2% Some of the time: 21.5% A little of the time: 22.4% Never: 19.8%
How often felt family stood by you during difficult times before age 18	All of the time: 39.6% Most of the time: 25.3% Some of the time: 15.9% A little of the time: 11.4% Never: 7.7%
How often felt safe and protected by adult in home before age 18	All of the time: 53.2% Most of the time: 23.7% Some of the time: 11.6% A little of the time: 6.4% Never: 5.1%
How often had at least two non-parent adults take genuine interest in you before age 18	All of the time: 30.4% Most of the time: 21.8% Some of the time: 19.6% A little of the time: 11.6% Never: 16.6%
How often felt supported by friends before age 18	All of the time: 30.0% Most of the time: 32.3% Some of the time: 21.9% A little of the time: 9.9% Never: 6.0%
How often felt sense of belonging at high school before age 18	All of the time: 22.8% Most of the time: 28.4% Some of the time: 22.8% A little of the time: 13.6% Never: 12.3%
How often enjoyed participating in community traditions before age 18	All of the time: 21.1% Most of the time: 23.4% Some of the time: 24.3% A little of the time: 14.4% Never: 16.9%

Source: 2022 California Health Interview Survey

Exhibit A3 / Percentages of Adults Reporting Adverse Childhood Experiences (ACEs) by Sociodemographic Characteristics, California, 2022

	0 ACEs		1 to 3 ACEs		4 or More ACEs	
	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval
Adult Population (29,561,000)	32.8%	31.8–33.7	47.1%	46.0–48.2	20.1%	19.4–20.8
Age Group						
18 to 35	26.7%	25.0–28.5	48.8%	46.7–50.9	24.5%	23.0–25.9
36 to 49	31.8%	29.9–33.6	46.4%	44.4–48.5	21.8%	19.9–23.7
50 to 64	33.2%	41.4–35.0	47.0%	45.2–48.8	19.8%	18.4–21.2
65 and older	41.7%	39.6–43.8	45.7%	43.7–47.7	12.6%	11.6–13.7
Race and Ethnicity						
American Indian or Alaska Native (NL)	23.9%	14.2–33.5	39.3%	28.0–50.6	36.8%	23.0–50.6
Asian (NL)	50.8%	48.5–53.1	40.3%	37.9–42.7	8.8%	7.4–10.3
Black or African American (NL)	24.6%	21.1–28.1	49.6%	45.5–53.6	25.9%	22.5–29.2
Native Hawaiian or Pacific Islander (NL)	20.3% (!)	8.0–32.6	70.0%	55.1–84.8	9.7% (!)	0.0–20.6
Two or more races (NL)	24.2%	18.4–30.0	48.5%	43.0–55.1	27.3%	25.8–31.7
White (NL)	32.3%	31.0–33.6	49.0%	47.5–50.4	18.8%	17.7–19.8
Latinx	28.6%	26.8–30.5	47.2%	45.1–49.2	24.2%	22.8–25.7
Self-reported Gender						
Men	34.2%	32.8–35.6	46.9%	45.3–48.5	18.9%	17.8–20.1
Women	31.4%	30.4–32.4	47.4%	46.1–48.7	21.2%	20.2–22.2

Source: 2022 California Health Interview Survey

(!) = statistically unstable estimate (coefficient of variation is ≥ 0.30)

NL = non-Latinx

Exhibit A4 / Percentages of Adults Reporting Positive Childhood Experiences (PCEs) by Sociodemographic Characteristics, California, 2022

	0 PCEs		1 to 3 PCEs		4 or More PCEs	
	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval
All California Adults (29,561,000)	10.8%	9.5–10.6	32.0%	31.1–33.0	57.9%	57.0–58.8
Age Group						
18 to 35	10.2%	8.9–11.4	37.2%	35.5–39.0	52.6%	50.7–54.4
36 to 49	11.4%	10.1–12.7	32.3%	30.5–34.1	54.5%	54.5–58.2
50 to 64	10.1%	9.2–11.1	30.9%	29.3–32.5	59.0%	57.3–60.6
65 and older	8.5%	7.4–9.5	25.7%	24.0–27.3	65.9%	64.1–67.6
Race and Ethnicity						
American Indian or Alaska Native (NL)	12.0% (!)	2.0–22.1	43.0%	25.5–60.5	45.0%	31.3–58.7
Asian (NL)	8.4%	7.0–9.7	30.0%	27.7–32.4	61.7%	59.0–64.3
Black or African American (NL)	10.9%	7.9–13.9	26.9%	23.8–29.9	62.3%	58.2–66.3
Native Hawaiian or Pacific Islander (NL)	6.0% (!)	1.1–10.9	39.1% (!)	16.2–62.0	55.0%	33.2–76.7
Two or more races (NL)	11.8%	9.0–14.6	31.6%	26.9–36.4	56.6%	51.3–61.8
White (NL)	8.7%	7.9–9.6	28.6%	27.2–29.9	62.7%	61.3–64.1
Latinx	12.0%	10.7–13.2	37.1%	35.5–38.7	50.9%	49.3–52.6
Self-reported Gender						
Men	8.5%	7.6–9.3	32.0	30.6–33.3	59.6%	58.3–60.9
Women	11.6%	10.8–12.5	32.1	30.9–33.3	56.3%	55.1–57.5

Source: 2022 California Health Interview Survey

(!) = statistically unstable estimate (coefficient of variation is ≥ 0.30)

NL = non-Latinx

Exhibit A5 / Percentages of Adults With at Least 1 ACE Who Reported Past Year Serious Psychological Distress, Perceived Need for Mental Health Care, and Unmet Need for Mental Health Services by Sociodemographic Characteristics, 2022

	Past year serious psychological distress – Percentage (95% Confidence Interval)		Perceived need for mental health services in the past year		Unmet need for mental health services in the past year	
	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval	Percentage	95% Confidence Interval
Adult Population with at least 1 ACE (19,876,000)	20.8%	19.9–21.8	31.6%	30.6–32.6	37.3%	36.2–38.4
Race and Ethnicity						
American Indian or Alaska Native (NL)	13.4% (!)	0.0–27.5	27.4%	13.4–41.3	24.7% (!)	8.3–41.1
Asian (NL)	20.1%	17.3–23.0	26.6%	23.5–29.7	39.5%	36.8–42.3
Black or African American (NL)	16.4%	12.9–19.9	29.9%	25.6–34.2	27.7%	23.5–31.8
Native Hawaiian or Pacific Islander (NL)	40.3% (!)	13.4–67.2	39.6%	14.2–65.1	34.0% (!)	8.7–59.2
Two or More Races (NL)	25.8%	20.1–31.5	44.3%	38.2–50.3	38.4%	32.6–44.2
White (NL)	19.0%	17.7–20.4	33.9%	32.3–35.6	28.5%	27.3–29.7
Latinx	23.1%	21.5–24.8	30.0%	28.2–31.7	36.0%	34.5–37.4
Self-Reported Gender						
Men	16.5%	15.1–18.1	25.6%	24.0–27.3	33.0%	31.6–34.3
Women	24.7%	23.5–26.0	37.2%	35.7–38.6	33.0%	31.8–34.0

Source: 2022 California Health Interview Survey

(!) = statistically unstable estimate (coefficient of variation is ≥ 0.30)

NL = non-Latinx