2018 & 2020 Nevada Behavioral Risk Factor Surveillance System (BRFSS)

Adverse Childhood Experiences (ACEs)
Special Report



Acknowledgements

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Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) was established and sponsored by the Centers for Disease Control and Prevention (CDC) as a national system of health-related telephone surveys. The main purpose of the BRFSS is to monitor and assess the prevalence of chronic disease, health-related risk behaviors, and use of preventive services among adults. Data from the BRFSS is often used to inform and assess public health interventions and policy. The Nevada BRFSS is an annual anonymous voluntary telephone survey of adults (aged 18 years or older). This special report provides the combined 2018 and 2020 Nevada BRFSS prevalence estimates of behavioral health outcomes for adults with different levels of exposure to adverse childhood experiences (ACEs). The data from this report help describe the prevalence of ACE exposure in Nevadans and its association with poor mental health and substance use outcomes and can be used to inform ACEs prevention, intervention, and mitigation.

Methods

The Nevada BRFSS is conducted using Random Digit Dialing (RDD) of both landlines and cell phones. To calculate an estimated prevalence based off a smaller sample of the population, the BRFSS uses iterative proportional fitting or raking as a weighting methodology to adjust for any bias in the sample. Raking incorporates demographic variables, such as education level, marital status, and home ownership, into the statistical weighting process. This method reduces potential bias and increases the representativeness of estimates. Additionally, raking enables the incorporation of telephone ownership (landline and/or cellular telephone) into the weighting methodology.

The 2018 and 2020 Nevada BRFSS included CDC core measures and state-added questions. Lifetime ACE exposure was measured using 11 state-added questions collapsed into the following 8 categories: physical abuse, emotional abuse, sexual abuse, household mental illness, household substance use, household domestic violence, incarcerated household member, and parental separation or divorce. These 11 ACE questions were summed to create a total ACE score (range 0-8) (Table 2). ACE score was only calculated for respondents who answered at least one ACE question (n=4,518). Differences in health-risk behaviors by a collapsed ACE score (0 ACEs, 1-2 ACEs, 3+ ACEs) were assessed using a weighted chi-square test.

This report focuses on the relationship between lifetime ACE exposure and select substance use, emotional health, and physical health outcomes. Estimates for the combined 2018 and 2020 Nevada BRFSS are displayed for most indicators. Chart titles reflect indicators for which only one year of data is available. Weighted prevalence estimates are displayed in bar charts for each outcome. Prevalence estimates are displayed on charts with a vertical axis ranging from 0 to 50%. Lines on the bars represent 95% confidence intervals. Corresponding p-values are also included for every comparison.

Executive Summary

ACE exposure is common among Nevadans. Lifetime prevalence estimates for each ACE exposure are as follows: 23.8% physical abuse, 31.2% emotional abuse, 14.5% sexual abuse, 17.9% household mental illness, 32.1% household substance use, 21.4% household domestic violence, 10.3% incarcerated household member, 34.8% parental separation or divorce (Table 2). Nearly two-thirds of respondents have experienced at least 1 ACE and 29.9% have experienced 3 or more ACEs (Table 2).

A higher percentage of females experienced 3 or more ACEs compared to males (32.1% and 27.5% respectively; Table 3). Younger respondents (18-34 years of age) had the highest prevalence of exposure to 3 or more ACEs (38.4%) compared to those aged 35-64 years (30.2%) and those aged 65 years and older (17.0%). Respondents who identified as Black non-Hispanic (33.3%) and other non-Hispanic (41.9%) were more likely to experience high ACE exposure (3 or more ACEs) (Table 3). Respondents with the highest educational attainment (college graduates) had the lowest prevalence of any ACE exposure (59.0% reported 1 or more ACEs) compared to respondents with some college (69.2%) and those with a high school degree or less (66.6%; Table 3). Married respondents were more likely to experience 3 or more ACEs (35.4%) compared to single respondents (23.9%). Homeowners had a lower prevalence of any ACE exposure (61.6% reported 1 or more ACEs) compared to those who do not own a home (72.5%; Table 3). High ACE exposure (3 or more ACEs) was more common in Washoe (34.2%) and other Counties (35.5%) compared to Clark County (27.9%).

There was no significant difference in ACE exposure and the following categories: income, health care coverage, and previous military service (Table 3).

In the 2018 and 2020 Nevada BRFSS analyses, there was a strong dose response relationship between ACE exposure and fair/poor mental health, suicidal ideation, and substance use. The 2019 Nevada Middle School Youth Behavioral Risk Survey (YRBS): Adverse Childhood Experiences (ACEs) Special Report¹ and in the 2019 Nevada High School Youth Behavioral Risk Survey (YRBS): Adverse Childhood Experiences (ACEs) Special Report² also explored the relationship between ACEs and select health behaviors. While the findings of the 2018 and 2020 Nevada BRFSS and the 2019 Nevada YRBS are not directly comparable due to differences in methodology and measurement, the 2019 Nevada YRBS also found that the influence of ACEs was strongest between ACES and depressive symptoms, suicidal ideation, and substance use.¹,² These trends are detailed below.

Mental Health

- 29.7% of adults with 3+ ACEs experienced 1-13 days of not good mental health in the 30 days before the survey compared to 23.9% with 1-2 ACEs and 16.0% with 0 ACEs (*p*<.0001; Figure 17).
- There was a graded relationship between ACE exposure and the percentage of middle school (see Figure 6 in the 2019 NV Middle School YRBS: ACEs Special Report) and high school students (see Figure 9 in the 2019 NV High School YRBS: ACEs Special Report) who felt sad or hopeless almost every day for two or more weeks in a row during the 12 months before the survey.

Suicidal ideation

- 8.0% of adults with 3+ ACEs seriously considered attempting suicide in the past 12 months before compared to 2.7% with 1-2 ACEs and 0.4% with 0 ACEs (p<.0001; Figure 16).
- There was a graded relationship between ACE exposure and the percentage of middle school (see Figure 7 in the 2019 NV Middle School YRBS: ACEs Special Report) and high school students (see Figure 10 in the 2019 NV High School YRBS: ACEs Special Report) who seriously considered attempting suicide during the 12 months before the survey.

Tobacco Use

- 20.2% of adults with 3+ ACEs currently smoke compared to 15.1% with 1-2 ACEs and 8.8% with 0 ACEs (*p*<.0001; Figure 1).
- There was a graded relationship between ACE exposure and the percentage of middle school (see Figure 14 in the 2019 NV Middle School YRBS: ACEs Special Report) and high school students (see Figure 18 in the 2019 NV High School YRBS: ACEs Special Report) who smoked cigarettes during the 30 days before the survey.

Electronic Vapor Product Use

- 27.0% of adults with 3+ ACEs currently use e-cigarette or electronic vaping products compared to 23.4% with 1-2 ACEs and 13.0% with 0 ACEs (*p*=0.0213; Figure 4). This graded relationship is also observed for lifetime e-cigarette or electronic vaping product use (*p*<.0001; Figure 3).
- There was a graded relationship between ACE exposure and the percentage of middle school and high school students who used electronic vapor products in the 30 days before the survey (see Figure 18 in the 2019 NV Middle School YRBS: ACEs Special Report and Figure 22 in the 2019 NV High School YRBS: ACEs Special Report respectively) and who have ever used electronic vapor products (see Figure 16 in the 2019 NV Middle School YRBS: ACEs Special Report and Figure 20 in the 2019 NV High School YRBS: ACEs Special Report respectively).

Alcohol Use

- 21.5% of adults with 3+ ACEs are binge drinkers compared to 16.6% with 1-2 ACEs and 12.3% with 0 ACEs (*p*<.0001; Figure 6). This graded relationship is also observed for heavy drinking (*p*<.0001; Figure 5).
- There was a graded relationship between ACE exposure and the percentage of high school students (see Figure 26 in the 2019 NV High School YRBS: ACEs Special Report) who participated in binge drinking during the 30 days before the survey.

Marijuana Use

- 21.5% of adults with 3+ ACEs used marijuana in the 30 days before the survey compared to 16.6% with 1-2 ACEs and 5.6% with 0 ACEs (p<.0001; Figure 9).
- There was a graded relationship between ACE exposure and the percentage of middle school (see Figure 25 in the 2019 NV Middle School YRBS: ACEs Special Report) and high school students (see Figure 31 in the 2019 NV High School YRBS: ACEs Special Report) who used marijuana during the 30 days before the survey.

Other Substance Use

- 21.1% of adults with 3+ ACEs have taken a prescription drug without a prescription compared to 12.5% with 1-2 ACEs and 7.2% with 0 ACE (p<.0001; Figure 10).
- 28.6% of adults with 3+ ACEs have taken a prescription drug in a way not directed by a doctor compared to 11.1% with 1-2 ACEs and 7.2% with 0 ACEs (p<.0001; Figure 11).
- There was a graded relationship between ACE exposure and the percentage of middle school (see Figure 32 in the 2019 NV Middle School YRBS: ACEs Special Report) and high school students (see Figure 39 in the 2019 NV High School YRBS: ACEs Special Report) who ever took prescription pain medicine without a doctor's prescription or differently than prescribed.

Participant Characteristics

Table 1. Demographic characters of participants- Nevada BRFSS, 2018 & 2020

		N ^a	Unweighted %	Weighted %
Total		4518	100%	100%
•	Male	2167	48.0%	49.5%
Sex	Female	2350	52.0%	50.5%
	18-34 years	895	19.8%	28.8%
Age	35-64 years	2131	47.2%	50.4%
	65 years or older	1492	33.0%	20.8%
	White ^b	3040	68.2%	50.4%
	Black ^b	202	4.5%	9.1%
Race/Ethnicity	Asian ^b	107	2.4%	7.5%
	Hispanic	777	17.4%	27.8%
	Other ^b	330	7.4%	5.3%
Marital status	Married	2329	51.9%	52.0%
	Single	2158	48.1%	48.0%
	High school or less	1542	34.3%	43.8%
Education	Some college	1472	32.7%	35.7%
	College graduate	1488	33.1%	20.5%
	Less than \$25,000	848	22.6%	25.0%
Income	\$25,000 to <\$50,000	903	24.0%	25.0%
	\$50,000 and greater	2005	53.4%	50.0%
	Clark	1671	37.0%	71.5%
County	Washoe	1350	29.9%	15.5%
	Other	1497	33.1%	13.0%

^a Sample size in total and subgroups may differ due to missing data

^b Non-Hispanic

Prevalence of Individual Adverse Childhood Experiences (ACEs) and **ACE** score

Table 2. Prevalence of individual ACE questions and ACE score*- Nevada BRFSS 2018 & 2020

ACE category	Question		N	% ^a
	Total		4518	100.0%
	Did a parent or adult in your home ever hit,		1084	23.8%
Physical abuse	beat, kick, or physically hurt you in any way?	No	3375	76.2%
Emotional abuse	Did a parent or adult in your home ever swear	Yes	1447	31.2%
Emotional abase	at you, insult you, or put you down?	No	2990	68.8%
	Did anyone at least 5 years older than you or	Yes	625	12.6%
	an adult, ever touch you sexually?	No	3804	87.4%
Sexual abuse⁺	Did anyone at least 5 years older than you or an adult, try to make you touch them	Yes	475	10.4%
	sexually?	No	3953	89.6%
	Did anyone at least 5 years older than you or	Yes	254	5.6%
	an adult, force you to have sex?	No	4179	94.4%
Household mental illness	Did you live with anyone who was depressed,	Yes	860	17.9%
	mentally ill, or suicidal?	No	3593	82.1%
	Did you live with anyone who was a problem	Yes	1331	27.3%
Household substance use**	drinker or alcoholic?	No	3157	72.7%
	Did you live with anyone who used illegal street drugs or who abused prescription	Yes	642	14.4%
	medications?	No	3842	85.6%
Household domestic	Did your parents or adults in your home ever	Yes	901	21.4%
violence	slap, hit, kick, punch or beat each other up?	No	3520	78.6%
Incarcerated household	Did you live with anyone who served time or was sentenced to serve time in a prison, jail,	Yes	415	10.3%
member	or other correctional facility?	No	4080	89.7%
Parental separation or	Were your parents separated or divorced?	Yes	1505	34.8%
divorce	, ,	No	2976	65.2%
	0	1496	34.0%	
	ACE Score	1-2	1629	36.1%
		3+	1393	29.9%

^aWeighted column percentages

^{*}Note: Respondents missing all ACE data were excluded.

^{*14.5%} of respondents experienced some form of sexual abuse ** 32.1% of respondents experienced some form of household substance use

Table 3. Participant characteristics by ACE score- Nevada BRFSS, 2018 & 2020

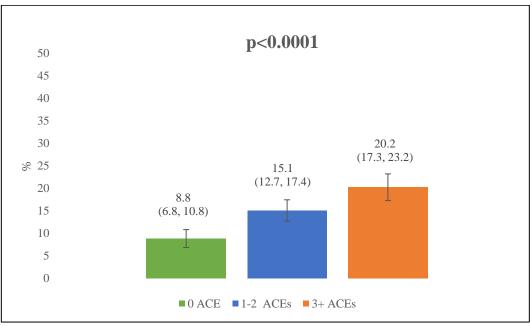
-		0 ACEs		1-2 ACEs		3+ ACEs		P-value
		N ^a	% ^b	Na	% ^b	Na	% ^b	
Overall Total	Total	1496	34.0%	1629	36.1%	1393	29.9%	
Sex	Male	728	33.9%	815	38.6%	624	27.5%	0.0323
	Female	768	34.2%	814	33.7%	768	32.1%	
	18-34 years	216	26.9%	309	34.7%	370	38.4%	<.0001
Age	35-64 years	660	33.8%	747	35.9%	724	30.2%	
	65 years or older	620	44.5%	573	38.5%	299	17.0%	
	White ^c	988	31.2%	1133	37.4%	919	31.4%	
	Black ^c	59	24.9%	80	41.8%	63	33.3%	
Race/Ethnicity	Asian ^c	54	50.8%	35	27.8%	18	21.4%	0.0001
	Hispanic	292	39.3%	249	34.6%	236	26.2%	
	Other ^c	78	24.1%	109	34.0%	143	41.9%	
Marital atatus	Married	648	26.9%	853	37.7%	828	35.4%	<.0001
Marital status	Single	836	41.7%	767	34.4%	555	23.9%	
	High school or less	490	33.4%	565	37.4%	487	29.2%	0.0023
Education	Some college	432	30.8%	532	35.9%	508	33.3%	
	College graduate	566	41.0%	527	33.5%	395	25.5%	
	Less than \$25,000	236	31.2%	288	35.8%	324	32.9%	0.1563
Income	\$25,000 to <\$50,000	259	27.8%	342	37.2%	302	35.0%	
	\$50,000 and greater	687	34.2%	726	36.4%	592	29.3%	
Home ownership	Own	1063	38.4%	1077	36.5%	739	25.1%	<.0001
	Rent/other arrangement	417	27.5%	543	35.1%	652	37.4%	
County	Clark	606	35.9%	605	36.2%	460	27.9%	<.0001
	Washoe	403	28.0%	497	37.8%	450	34.2%	
	Other	487	30.8%	527	33.7%	483	35.5%	
Health care	Yes	718	30.3%	882	35.2%	932	34.5%	0.1740
coverage*	No	138	34.6%	154	37.0%	146	28.4%	0.1749
Votoron	Yes	231	32.8%	261	39.1%	189	28.1%	0.5000
Veteran	No	1261	34.2%	1366	35.8%	1202	30.1%	0.5393

a Sample size in total and subgroups may differ due to missing data b Weighted row percentages C Non-Hispanic

^{*}Respondents aged 18-64 years

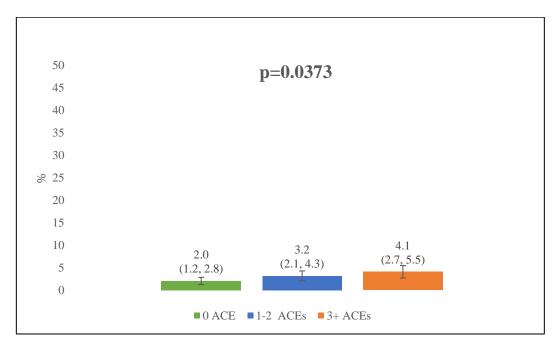
Select Behavioral Health Outcomes by ACE Score Tobacco Use

Figure 1. Percentage of adults who are <u>current</u> smokers*, by ACE score- Nevada BRFSS 2018 & 2020



^{*}Current smokers are defined as adults who have smoked at least 100 cigarettes in entire life AND who currently smoke every/ some days.

Figure 2. Percentage of adults who use chewing tobacco, snuff, or snus every day or some days, by ACE score- Nevada BRFSS 2018 & 2020



Electronic Vapor Product Use

Figure 3. Percentage of adults who <u>have ever</u> used an e-cigarette or other electronic vaping device, by ACE score- Nevada BRFSS 2018 & 2020

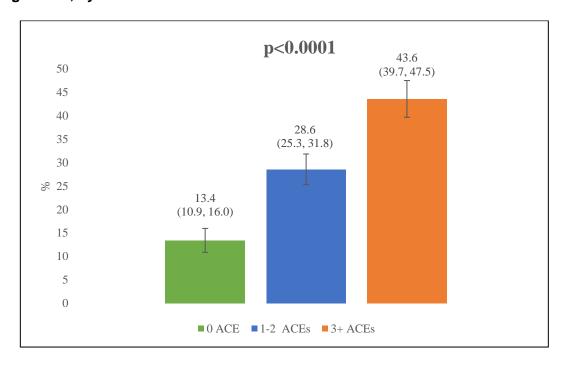
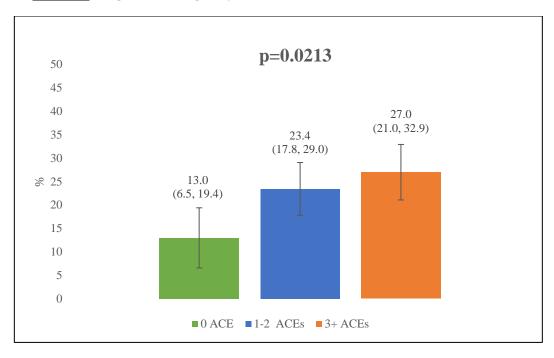
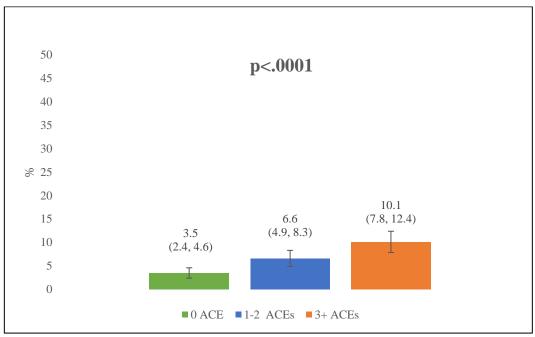


Figure 4. <u>Current</u> e-cigarette usage, by ACE score- Nevada BRFSS 2018 & 2020



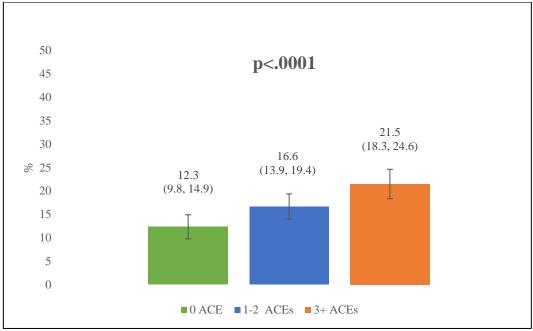
Alcohol use

Figure 5. Percentage of adults who are heavy drinkers* by ACE score- Nevada BRFSS 2018 & 2020



^{*} Heavy drinkers defined as adult men having more than 14 drinks per week and adult women having more than 7 drinks per week

Figure 6. Percentage of adults who are binge drinkers* by ACE score- Nevada BRFSS 2018 & 2020



^{*}Binge drinkers defined as males having five or more drinks on one occasion, females having four or more drinks on one occasion

Figure 7. Percentage of adults who have driven after having too much to drink, during the past 30 days, by ACE score – Nevada BRFSS, 2018 & 2020.

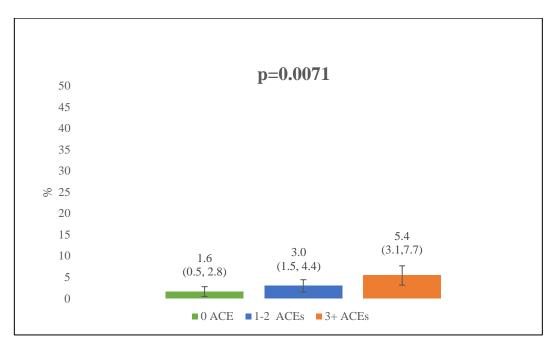
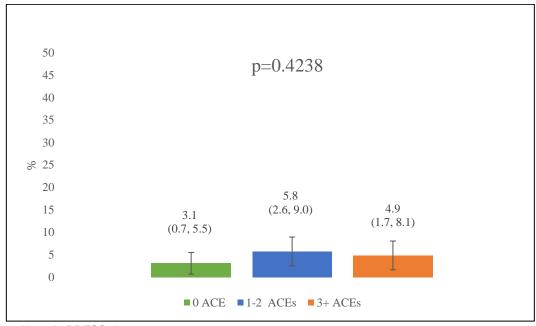


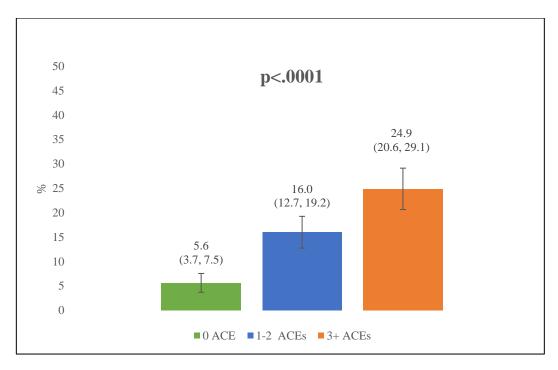
Figure 8. Percentage of adult women who have been pregnant who had at least one drink of any alcoholic beverage after learning they were pregnant, by ACE score- Nevada BRFSS 2018⁺



⁺Only 2018 Nevada BRFSS data

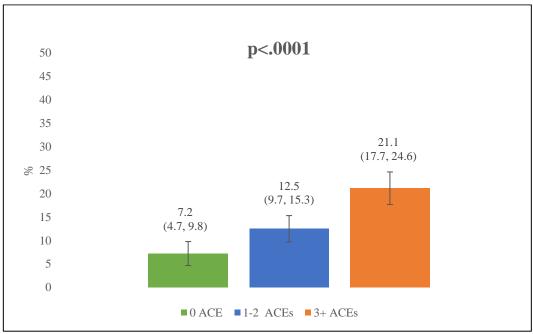
Marijuana Use

Figure 9. Percentage of adults who used marijuana or cannabis during the <u>past 30 days</u>, by ACE score- Nevada BRFSS 2018 & 2020



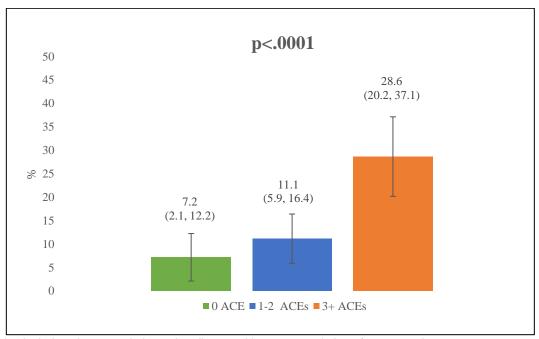
Other Substance Use

Figure 10. Percentage of adults who <u>have ever</u> taken a prescription drug* without a doctor's prescription, by ACE score- Nevada BRFSS 2018 & 2020



^{*}Examples include Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax.

Figure 11. Percentage of adults who <u>have ever</u> used any prescription pain reliever in any way* not directed by a doctor, by ACE score- Nevada BRFSS 2020+



^{*} Examples include using prescription pain relievers without a prescription of your own, in greater amounts, more often, or longer than you were told to take it.

⁺Only 2020 Nevada BRFSS data

Figure 12. Percentage of adults who used prescription drugs without a doctor's order, just to "feel good," or to "get high during the past 30 days, by ACE score- Nevada BRFSS 2018 & 2020

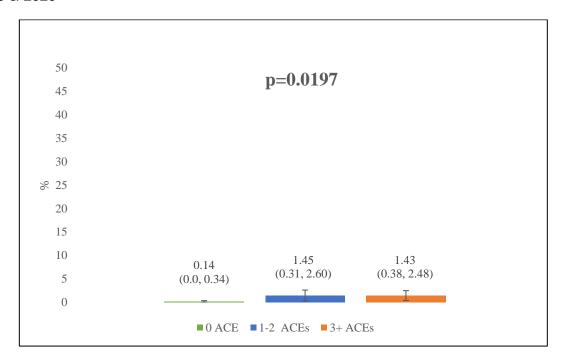
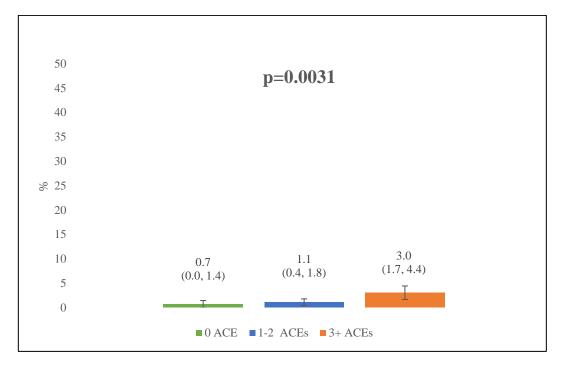
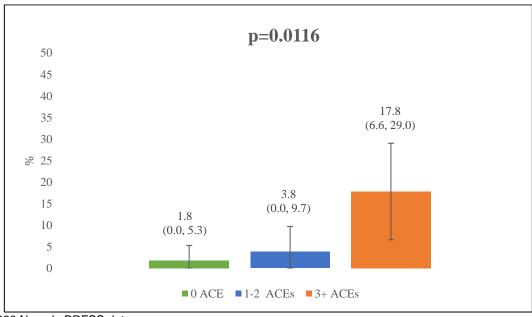


Figure 13. Percentage of adults who used any illegal drug, not including marijuana during the <u>past 30 days</u>, by ACE score- Nevada BRFSS 2018 & 2020



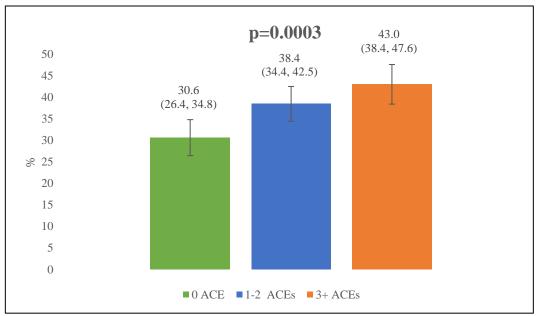
Gambling

Figure 14. Percentage of adults who <u>have ever</u> had a gambling problem, by ACE score-Nevada BRFSS 2020⁺



⁺Only 2020 Nevada BRFSS data

Figure 15. Percentage of adults who have gambled* in the <u>past 12 months</u>, by ACE score-Nevada BRFSS 2018 & 2020



^{*}Gambling includes betting money or possessions on any of the following activities: Casino gaming, including slot machines and table games; or lottery, including scratch tickets, pull tabs, and lotto; sports betting; internet gambling; bingo; or any other type of wagering.

Mental Health

Figure 16. Percentage of adults who have seriously considered attempting suicide in the past 12 months, by ACE score -Nevada BRFSS 2018 & 2020

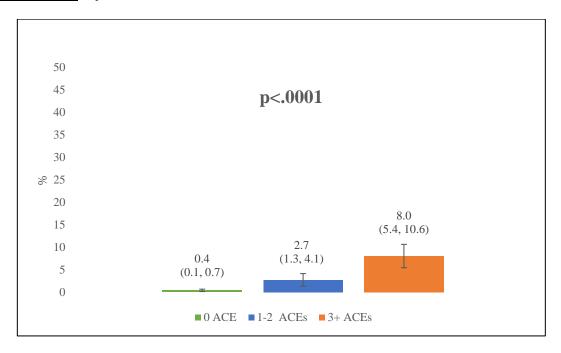
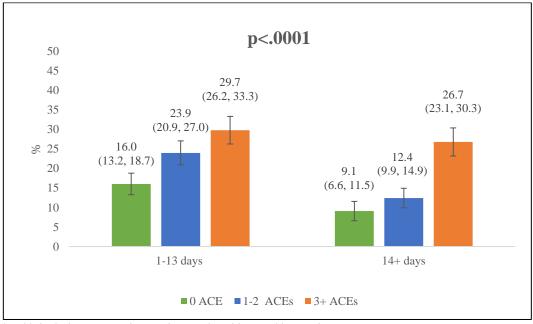


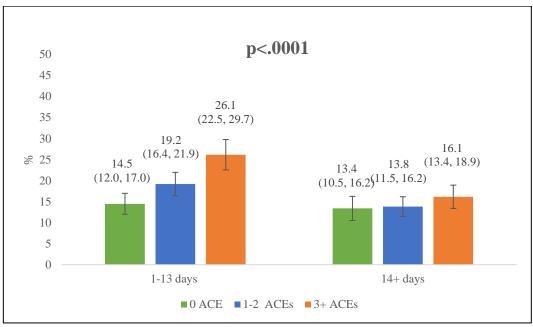
Figure 17. Percentage of adults with 1-13 and 14+ days of not good mental health* in the past 30 days, by ACE_score- Nevada BRFSS, 2018 & 2020.



^{*} Mental health includes stress, depression, and problems with emotions

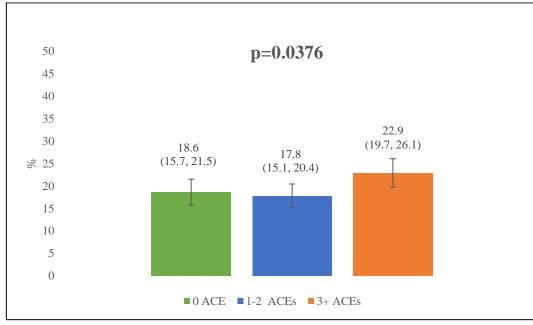
Physical Health

Figure 18. Percentage of adults with 1-13 and 14+ days of not good physical health* in the past 30 days, by ACE score- Nevada BRFSS, 2018 & 2020



^{*}Physical health includes physical illness and injury

Figure 19. Percentage of adults with fair or poor health, by ACE score- Nevada BRFSS 2018 & 2020



Healthcare indicators

Figure 20. Percentage of adults who have <u>never</u> or have not visited a doctor for a routine checkup for <u>2 or more years</u>, by ACE score- Nevada BRFSS 2018 & 2020.

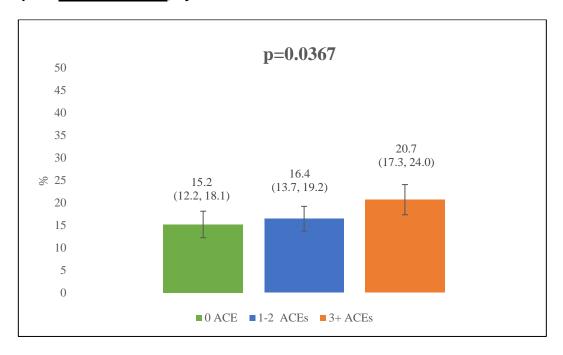


Figure 21. Percentage of adults who needed to see a doctor but could not because of cost in the last 12 months, by ACE score- Nevada BRFSS 2018 & 2020.

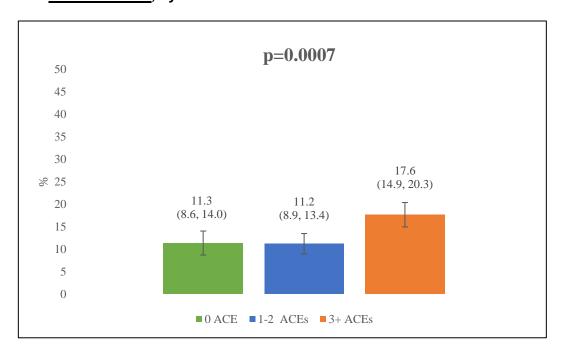
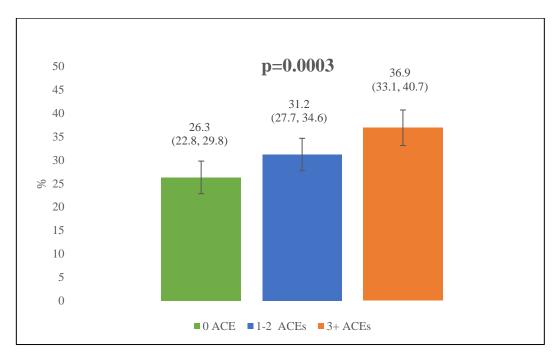


Figure 22. Percentage of adults who do not have a personal doctor or a health care provider, by ACE score- Nevada BRFSS 2018 & 2020.



References

- Maxson, C. Lensch, T., Diedrick, M., Zhang, F., Peek, J., Clements-Nolle, K., Yang, W. State of Nevada, Division of Public and Behavioral Health and the University of Nevada, Reno. 2019 Nevada Middle School Youth Risk Behavior Survey (YRBS): Adverse Childhood Experiences (ACEs) Special Report. https://scholarworks.unr.edu//handle/11714/7538
- 2. Maxson, C. Lensch, T., Diedrick, M., Zhang, F., Peek, J., Clements-Nolle, K., Yang, W. State of Nevada, Division of Public and Behavioral Health and the University of Nevada, Reno. 2019 Nevada High School Youth Risk Behavior Survey (YRBS): Adverse Childhood Experiences (ACEs) Special Report. https://scholarworks.unr.edu//handle/11714/7537