As a Matter of fact
The Relationship Between Child Maltreatment and Adult Health

The lasting adverse effects of child maltreatment on adult health issues are clear. Adults who were abused or neglected as children are at a greater risk for a variety of adverse physical and mental health conditions when compared with adults who were not maltreated as children. Preventing child abuse and neglect not only protects children, it creates healthier adults.\(^{(1-5)}\)

### 1. Physical Ailments

- Autoimmune Disorders\(^{6-8}\)
- Arthritis\(^{6, 8-9}\)
- Lung Disease\(^{6, 9-10}\)
- Heart Disease\(^{6, 11}\)
- Obesity & Increased BMI\(^{8, 12-15}\)
- Migraines & Frequent Headaches\(^{16-18}\)
- Hypertension\(^{6, 19}\)
- GI Disorders\(^{6, 20}\)
- Peptic Ulcers\(^{6, 21}\)
- Type 2 Diabetes\(^{6, 22}\)
- Liver Disease\(^{6, 23}\)
- Chronic Pain\(^{24-25}\)

### 2. Mental Health Conditions

- Depression\(^{26-29}\)
- Anxiety\(^{26, 29}\)
- PTSD\(^{26, 29}\)
- Suicide Attempts\(^{2, 29-31}\)
- Sleep Disorders\(^{29}\)
- Panic Disorders\(^{26}\)
- Phobias\(^{26}\)

### 3. Risk Behaviors

- Alcohol Related Problems\(^{8, 26, 32}\)
- Drug Use\(^{8, 28}\)
- Eating Disorders\(^{12, 29}\)
- Poor Pre- and Post-Natal Care\(^{33}\)
- Anti-Social Behaviors\(^{28}\)
- Sexual Risk Behaviors\(^{3, 8, 34-36}\)
- Daily Cigarette Smoking\(^{37}\)
- Self-Mutilation\(^{40}\)

### 4. Medical Services Utilization

Individuals who experienced maltreatment during childhood utilize more medical and mental health services, including more emergency room visits resulting in higher healthcare costs.\(^{38-41}\)

### 5. Sexual Victimization

Women with a history of child sexual abuse are much more likely to be revictimized sexually and physically as adults.\(^{8, 35, 42-43}\)