## Childhood Trauma Can Lead to Type 2 Diabetes in Women

Diabetes has been on a steady rise in the U.S the past decade, affecting 1 in 10 Americans. The prevalence has been linked to both physiological and psychological behaviors. The behaviors have been associated as a U.S. cultural norm. However, researchers have been correlating those affected by Type 2 Diabetes (T2DM) also have a higher prevalence of adverse childhood experiences (ACE).

Kaiser and Permanente, and The Centers of Disease Control & Prevention (CDC) developed a study that identified the association between ACEs and health determinants, such as T2DM. Additional studies have related a higher prevalence of T2DM in women, possessing 4 or ACEs by almost double, when compared to women who had zero ACEs. The risk from ACEs, comes from the response to the stress associated with the experience. Many of the women diagnosed with T2DM response behaviors were interrelated to the risk factors for T2DM, such as, sedentary lifestyle, smoking, alcohol use and poor diet choices (leading to obesity & fatty liver).

The CDC and World Health Organization have tirelessly sought to combat the prevalence of T2DM, with minimal success. Prevention, education and resources are available to the public but have done little in changing human behavior(s). This study proposal, focuses on ACEs to quantify the risk associated with higher ACEs and women diagnosed with T2DM



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