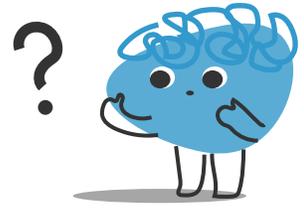


ADHD *At a Glance*



What is ADHD? How Common is it? What are Defining Traits?

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition affecting attention, impulse control, and activity level. It affects about 9–10% of U.S. children. Common traits include distractibility, impulsivity, high activity level, trouble following instructions, disorganization, and challenges with emotional regulation.

How is ADHD diagnosed?

Diagnosis is based on behavior patterns seen over time in more than one setting (home, school, community). Providers use caregiver interviews, teacher reports, developmental history, and behavior rating scales. There is no single test for ADHD.



Onset & Causes

Symptoms generally appear before age 12 and may be noticed in preschool or early elementary years. Causes involve genetic, environmental, and neurological factors.

Treatment

Treatment may include behavior therapy, parent coaching, school supports (movement breaks, structured routines), and medication when appropriate.

Who diagnoses ADHD?

ADHD can be diagnosed by pediatricians, developmental-behavioral pediatricians, child psychologists, child psychiatrists, and neurologists.

What specialties treat ADHD?

ADHD can be treated by pediatricians, developmental-behavioral pediatricians, psychologists, psychiatrists, occupational therapists, and educational specialists.

Questions to ask your doctor

- How is progress monitored?
- What school supports help?
- Are medications recommended?



Diet & Supplements

Healthy eating can support focus. Helpful foods include fruits, vegetables, proteins, whole grains, water, and healthy fats like salmon, tuna, peanut butter, and walnuts. Limit artificial colors, preservatives, sugar, and fried foods. Providers may check iron, vitamin D, or zinc. Consult a doctor before using supplements.

Scan QR codes to explore resources.

American Academy of Pediatrics (AAP)



CHADD (Children and Adults with ADHD)



HealthyChildren.org

