

What is ADHD?

Attention-deficit/Hyperactivity Disorder (ADHD) is exhibited by not being able to focus, being overactive, not being able to control behavior, or a combination of these. For these symptoms to be diagnosed as ADHD, they must be out of the normal range for a person's age and development.



What causes ADHD?

ADHD is the most commonly diagnosed behavioral disorder in children. Although it usually begins in childhood, it is a condition that affects many adults as well. It is not clear what causes ADHD, but a combination of genes and environmental factors likely plays a role in the development of the condition. In addition to genetics, scientists are studying other possible causes and risk factors including:

- Brain injury
- Exposure to environmental risks (e.g., lead) during pregnancy or at a young age
- Alcohol and tobacco use during pregnancy
- Premature delivery
- Low birth weight

Resources



StrongHearts Native Helpline
(844) 762-8483

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
(866) 200-8098

Tips for Managing Symptoms and Staying Healthy

Being healthy is important for all children and can be especially important for children with ADHD. In addition to behavioral therapy and medication, having a healthy lifestyle can make it easier for your child to deal with ADHD symptoms. Here are some healthy behaviors that may help:

- Developing healthy eating habits such as eating plenty of fruits, vegetables, and whole grains and choosing lean protein sources
- Participating in daily physical activity based on age
- Limiting the amount of daily screen time from TVs, computers, phones, and other electronics
- Getting the recommended amount of sleep each night based on age

