

ADHD

ATTENTION DEFICIT / HYPERACTIVITY DISORDER

ADHD is a behavioral condition that makes focusing on everyday requests and routines challenging.

-American Psychological Association



8.7%

OF USA TEENS HAVE ADHD AND 4.4% ADULTS

Today roughly 1 in 9 children are affected by ADHD



common symptoms

- Difficulty staying focused and paying attention
- Hyperactivity
- Difficulty controlling behavior
- fidgety
- noisy
- unable to adapt to changing situations.
- difficulty getting organized
- struggle to make realistic plans
- difficulty thinking before acting

To Be **Honest**

A PROGRAM OF MOMENTUM FOR HEALTH

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