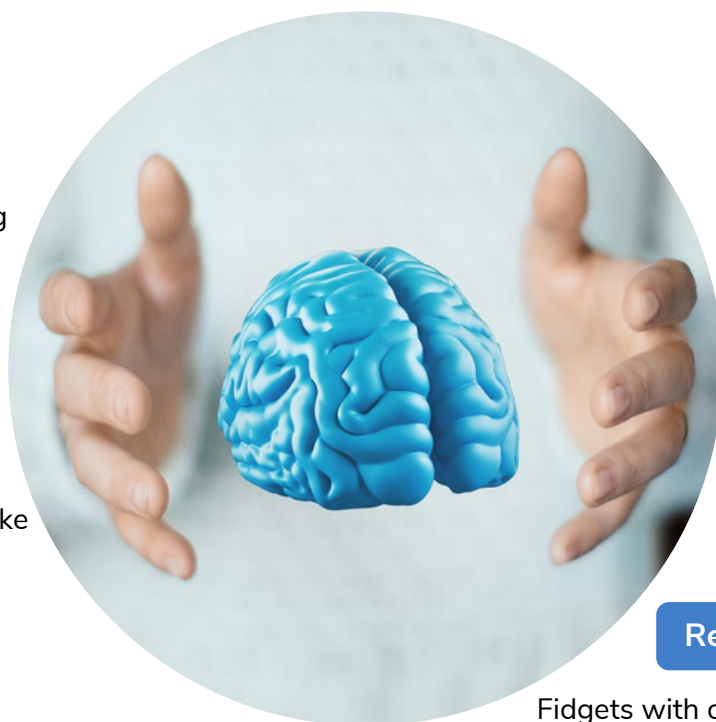


Attention Deficit Hyperactivity Disorder

ADHD is a disorder that is defined through analysis of behaviour

Defined Criteria for ADHD



Inattention

Difficulty paying attention to or holding attention to tasks, following instructions, organising tasks & activities, failure to finish tasks, making careless mistakes, does not seem to listen when spoken to directly.

Reluctance

General reluctance to do, or avoidance of things that dislike or that require mental effort over a long period of time.

Forgetfulness

Often easily distracted or forgetful in daily activities.

Hyperactivity

Often “on the go” acting as if powered by a motor, talks excessively, is frequently agitated and impatient and has trouble waiting their turn.

Impulsivity

Often blurts out an answer before a question has been completed or interrupts or intrudes on others. Moves about in situations where it is not appropriate

Restlessness & Fidgeting

Fidgets with or taps hands or feet, squirms in seat, leaves seat in situations when remaining seated is expected.

ADHD Characteristics

The definition for ADHD is defined by a list of criteria

People with ADHD show a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with day-to-day functioning and/or development. Diagnosis can only be done by a medical professional. ADHD can carry through into adulthood where symptoms might look different at older ages reflecting both the changing maturity of the individual and the changing circumstances and expectations on them.

UK Statistics

More common in boys than girls with an average incidence rate of <5%

Current data indicates a UK childhood incidence rate of 5% and an adult incidence rate of 3-4%, providing a total estimate of 2.6million people in the UK with ADHD (This breaks down to c.694,000 children with a gender split of roughly 4:1 boys:girls, and 1.9 million adults).

Diet & Nutrition

Diet and Lifestyle support for ADHD

Research shows that diet and lifestyle modifications, can play an important role in supporting individuals with ADHD to manage certain symptoms . An individualised approach to this condition is important as every person with ADHD responds differently.

More information available at <https://adhduk.co.uk/>

