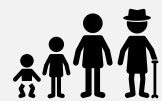


ADHD

Healthy Lifestyle



Act to increase life expectancy



Children and adults with ADHD experience greater rates of various health-related problems, and they also are at greater risk of earlier mortality than unaffected individuals.



Get more exercise



Greater use of screens for streaming TV programs and movies, surfing the Internet, checking social media websites, and engaging in Internet gaming as a result, their daily physical exercise level is often lower than that seen in typical children.



Obesity



ADHD children and adults increasingly prone to being overweight, with twice as many (40%+) being obese compared to typical children by adulthood (20%).



Greater likelihood of sleeping problems



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Experience daytime sleepiness, fatigue, "brain fog", or drowsiness, and, as a result, greater inattentiveness during the day.



Abnormal eating patterns



This abnormal eating pattern can lead to the risk of obesity and, in females, a chance to diagnose a binge-eating disorder or bulimia by mid-to-late adolescence



Tobacco, alcohol, and Caffeine



Some may turn to excessive alcohol, nicotine and caffeine use, particularly in social settings, to manage a comorbid anxiety disorder, which can afflict up to 25% of children and teens with ADHD and 35-45% of adults with ADHD.



Poor nutrition choice



Children with ADHD are more prone than typical children to consume "junk" (high-carbohydrate) foods instead of more nutritious meals and snacks



Accidental injuries.



The impulsive, risk-taking and sensation-seeking behaviour of many children and teens with ADHD results in their having more than three times the risk for falls to head trauma, broken bones, lacerations, burns, poisonings, and pedestrian-car and bicycling-car accidents.