

ADHD
AWARENESS MONTH
OCTOBER 2020

COMMON QUESTIONS RELIABLE ANSWERS

What are the long-term health implications of ADHD?



ADHD has been found to predispose individuals to engage in a number of adverse health and lifestyle activities.

Behavioral disinhibition biases people with ADHD towards poorer health choices, less use of health maintenance practices, and eventually towards negative health outcomes.



These risks are likely to be reduced or mitigated by early and sustained interventions to manage ADHD.

Changes in adverse health and lifestyle factors can improve quality of life as well as life expectancy.



People with ADHD should try to address first order healthy choice factors that reduce life expectancy such as obesity, smoking, excessive alcohol use, poor diet, poor sleep, limited exercise, etc.

Learn more at ADHDAwarenessMonth.org

Information adapted from Dr. Russell Barkley