

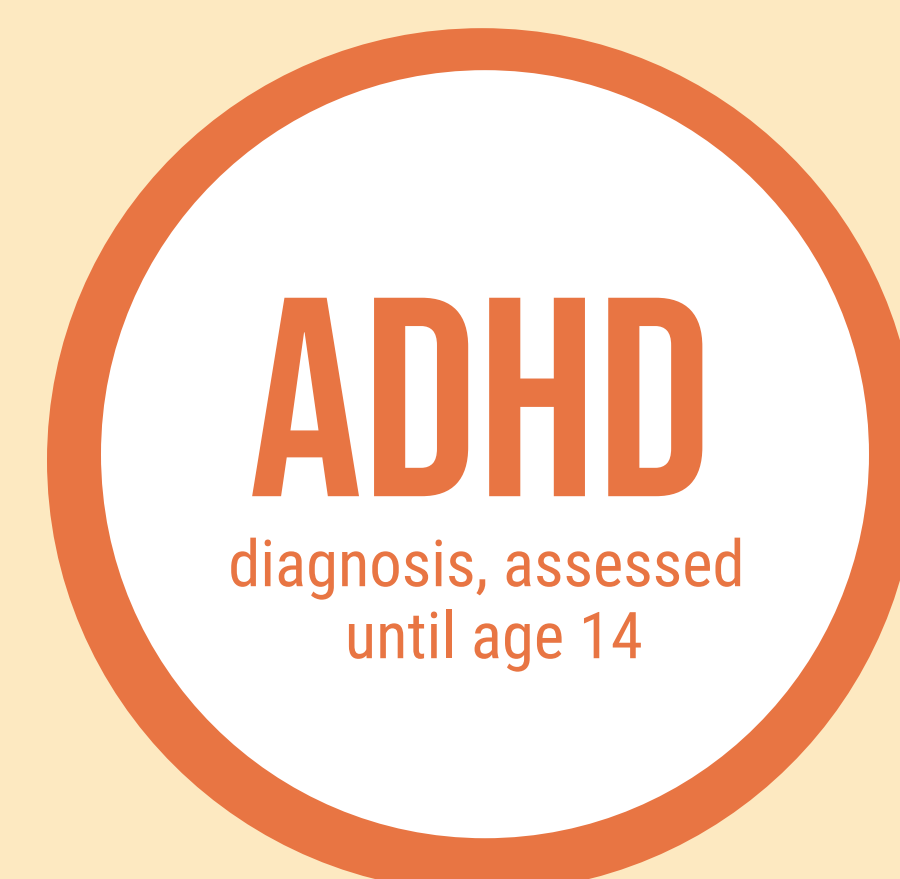
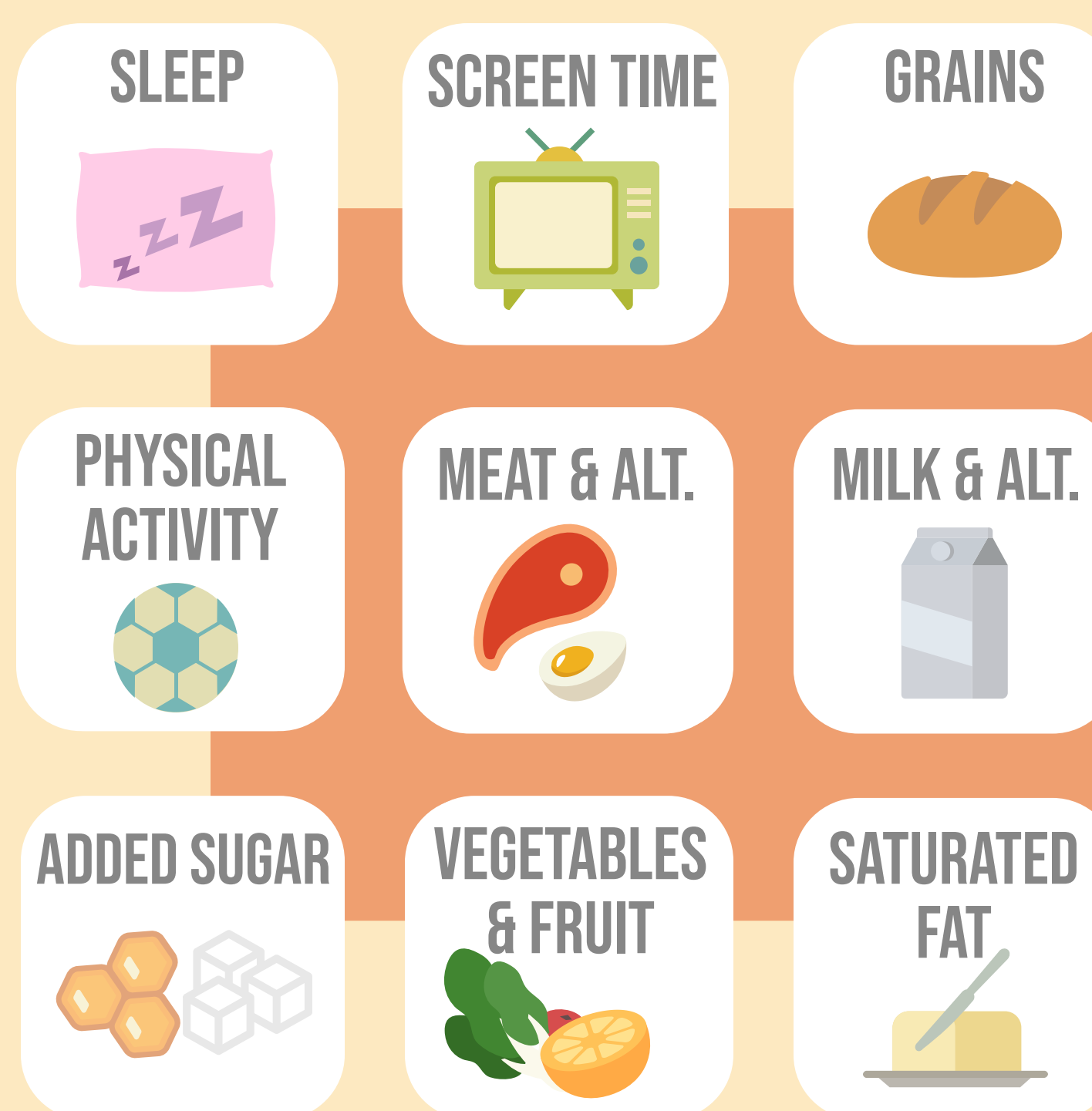
Lifestyle behaviours and ADHD diagnosis in children

1 IN 9 children will be diagnosed with ADHD



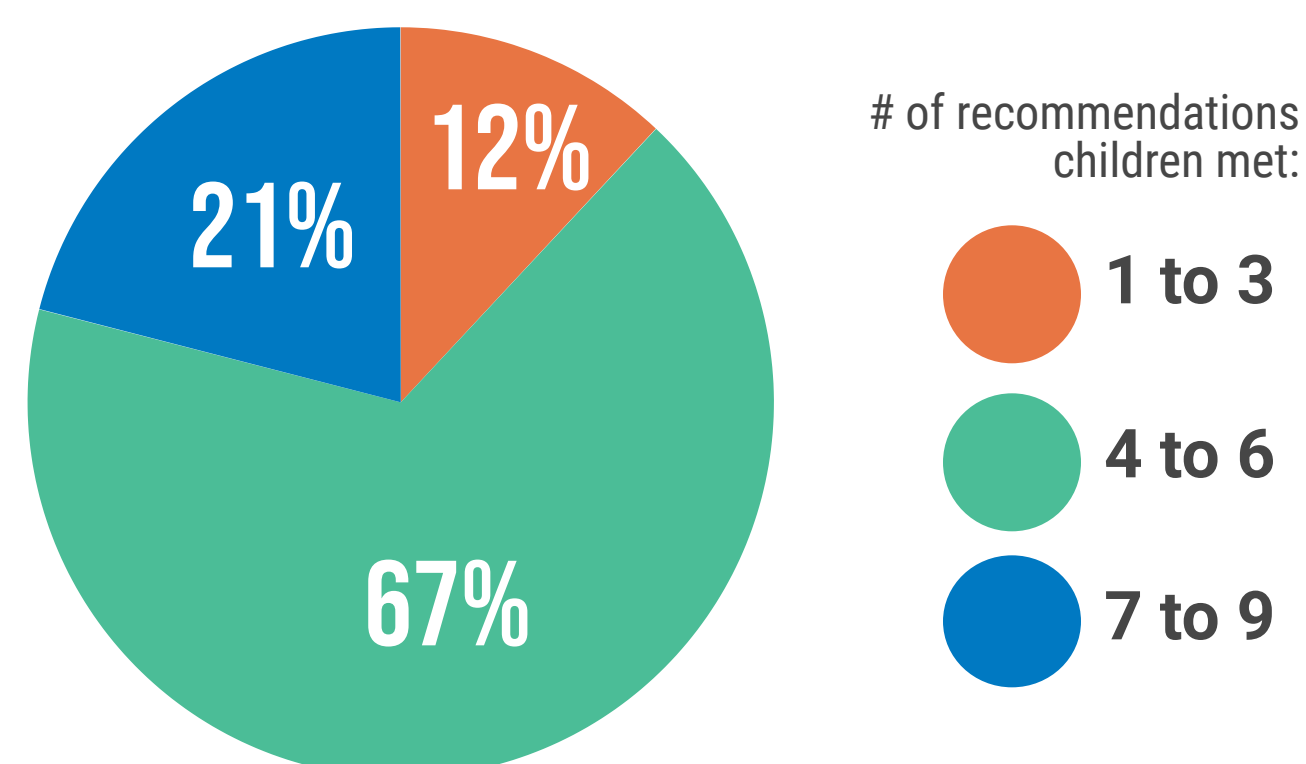
Childhood is an important time for establishment of patterns of lifestyle and also mental development

Meeting recommendations for **9 health behaviours in childhood** was linked to ADHD diagnosis in adolescence



Are children meeting recommendations?

Children grouped by number of recommendations they met (1-3, 4-6, and 7-9)

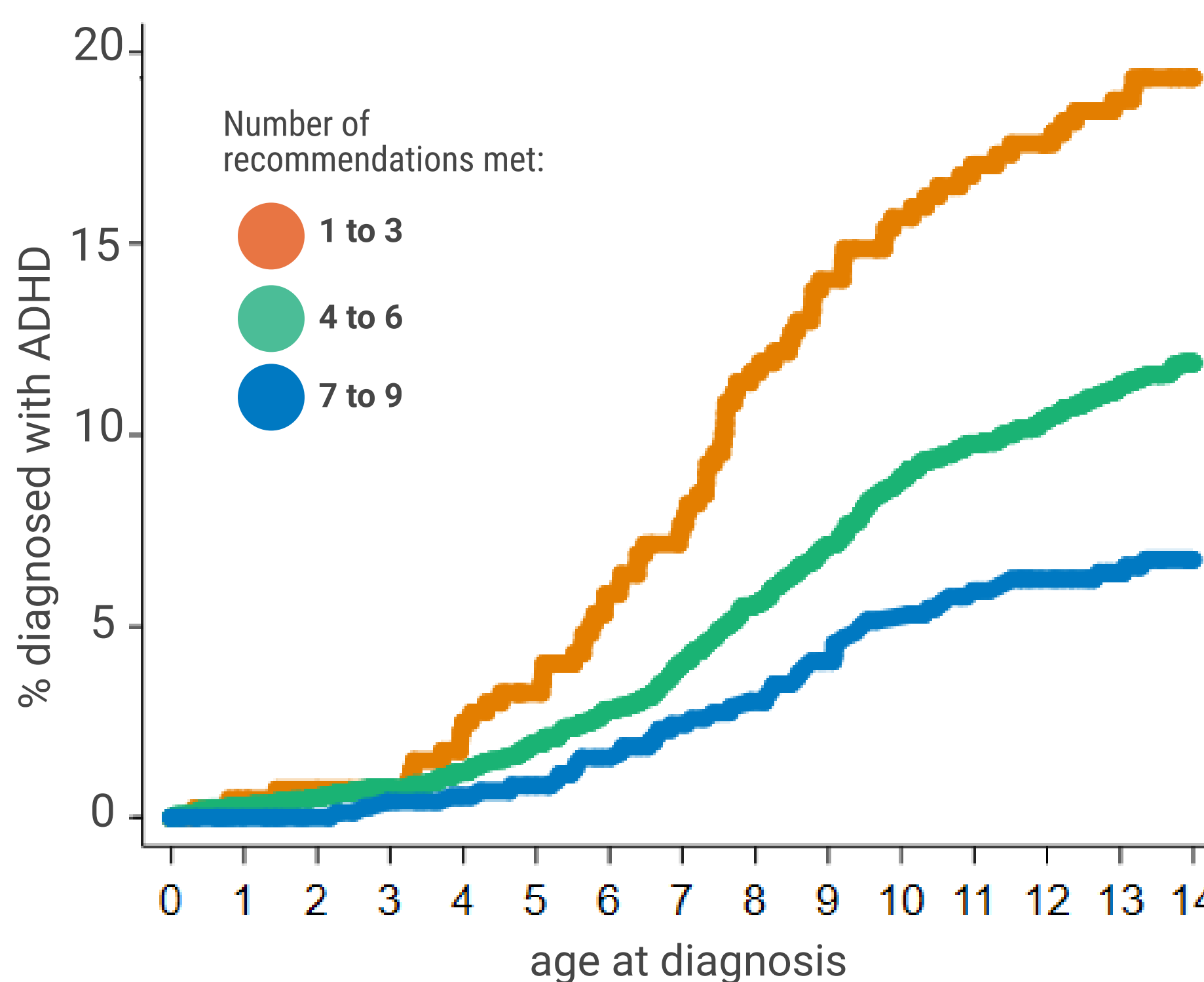


In a group of 3400 kids age 10/11, only **21% were meeting at least 7 of the 9 recommendations**



On average, children only met **5.3/9** recommendations

Meeting recommendations linked to risk of ADHD diagnosis



Children meeting fewer behaviours have higher rates of ADHD

In comparison, children meeting 7-9 recoms. had **58% lower risk** of being diagnosed with ADHD

Healthy lifestyle behaviours in childhood may have additional benefits for ADHD in adolescence



Encouraging a well-rounded lifestyle has even more benefits than single lifestyle factors!

SCAN FOR FULL TEXT

