

# Attention Deficit Hyperactivity Disorder (ADHD)

*This program is presented by the Centers for Disease Control and Prevention.*

Attention Deficit Hyperactivity Disorder, or A-D-H-D, is the most common behavioral disorder in children. It's usually first diagnosed in childhood and often lasts into adulthood.

A child with ADHD might have trouble paying attention, daydream a lot, forget or lose things often, talk too much, or act without thinking about the consequences. Most children have trouble focusing or behaving at some time or another, but kids with ADHD have these symptoms much longer than other kids, and the symptoms cause serious problems at home, at school, and with friends.

There are many risk factors for ADHD and no single cause. Scientists believe that genetics play an important role. Researchers do *not* believe that ADHD is caused by eating too much sugar or watching too much TV. However, chaotic environments or inconsistent parenting can make ADHD symptoms worse.

There is no single test to diagnose ADHD, and many other problems can have similar symptoms, including sleep disorders, anxiety, depression, and certain types of learning disabilities.

In most cases, ADHD is best treated with a combination of behavioral therapy and medication. No single treatment is the answer for every child and good treatment plans include close monitoring and follow-up.

In order to make sure your child reaches his or her full potential, it's really important to get help for ADHD as early as possible. If you're concerned that your child may have ADHD, talk to your health care provider.

For more information, visit [cdc.gov/ADHD](https://www.cdc.gov/ADHD).

*For the most accurate health information, visit [www.cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO.*