

ADHD & SITTING



2.1 million

Children between the ages of 5 to 11 have ADHD



3 million

Children between the ages of 12 to 17 have ADHD

CAUCASIAN:

4.1 million children have ADHD (8.7%)

AFRICAN AMERICAN:

904,000 children have ADHD (9.8%)

HISPANIC OR LATINO:

659,000 children have ADHD (5%)

(Source: CDC)

Fidgeting and moving is a natural way to help regulate symptoms and facilitate learning in children with ADHD and inhibiting movement in these kids makes it difficult for them to learn. **Children with ADHD can't fidget and move in a non-disruptive way in a sitting desk.**

(Source: ADHD, Not Just for Kids, Mark's Psychiatry)



For kids with ADHD, moving and fidgeting is an urge they cannot resist and hyperactivity, inattention and impulsivity are regular parts of their school day.

(Source: Improving Classroom Behavior: help ADHD children to stop fidgeting. ADDitude Magazine)

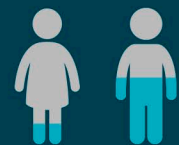


Researchers and medical experts are now linking ADHD symptoms to **PHYSICAL INACTIVITY** and concluding that **sedentary lifestyles amplify ADHD symptoms**. Researchers are also now beginning to explore the connection between **too much sitting and general inactivity** and the rapid increase in Attention Deficit Hyperactivity Disorder (ADHD) diagnoses. The hypothesis for that increase in diagnoses, whether or not they really have it: **the amount of time kids are sitting.**

(Source: www.washingtonpost.com)

ADHD IN AMERICA:

ADHD diagnoses are on the rise:



Boys are almost **three times more likely** to be diagnosed with ADHD than girls.

(Source: CDC)



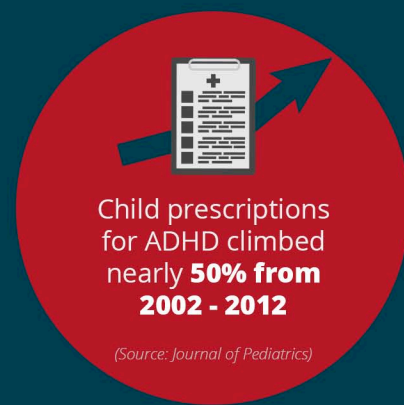
3.5

Million children are taking medication



5.2

Million children ages 3-17 are diagnosed with ADHD



(Source: Journal of Pediatrics)



21%

of teens with ADHD skip school on a regular basis, and **35% drop out** of school before finishing high school.

45%

of children with ADHD have been suspended from school at least once.

30%

of children with ADHD have either repeated a year in school.

(Source: Taking Charge of ADHD, Dr. Russell Barkley)