

## ADHD Awareness Month: Addressing Disparities in Diagnosis and Treatment

October is ADHD Awareness Month, dedicated to raising awareness about Attention Deficit Hyperactivity Disorder (ADHD) and combating the stigma associated with it. According to the Centers for Disease Control and Prevention (CDC), an estimated 7 million (11.4%) U.S. children aged 3–17 years have ever been diagnosed with ADHD (data from 2022).

ADHD is not just a childhood disorder; it often persists into adulthood. The American Psychiatric Association estimates that about 2.5% of adults in the U.S. have ADHD. Many adults remain undiagnosed, leading to challenges in employment, relationships, and daily functioning. Symptoms in adults can include difficulty with time management, organization, sustained attention, and impulsivity.

Significant racial and ethnic disparities exist in the diagnosis and treatment of ADHD. Studies have shown that African American and Hispanic people are less likely to receive an ADHD diagnosis compared to their white counterparts, even when exhibiting similar symptoms. This underdiagnosis can be attributed to factors such as limited access to healthcare, cultural stigmas surrounding mental health, and potential biases within the healthcare system.

Structural inequalities, including systemic racism and socioeconomic disparities, contribute to these gaps. Limited access to quality education, healthcare services, and supportive resources can hinder early identification and management of ADHD in marginalized communities. Addressing these disparities is crucial to ensure equitable support and improve outcomes for all individuals affected by ADHD.

### Actionable Steps

- **Increase Awareness and Education:** Promote understanding of ADHD symptoms and the importance of early diagnosis within all communities. ([Moving Forward with ADHD Awareness – CHADD](#))
- **Advocate for Equitable Healthcare Access:** Support policies and programs that reduce barriers to mental health services for underserved populations. ([What is the Point of Health Advocacy? | The ADHD Feed](#))
- **Participate in Community Outreach:** Engage with organizations that provide resources and support to individuals with ADHD and their families. ([Volunteer – CHADD](#))
- [CHADD of Tucson | Tucson AZ | Facebook](#)
- [ADHD/ADD in Young Adults: Thriving Beyond Limitations | Tucson \(addtucson.com\)](#)

### References

- Centers for Disease Control and Prevention. (2022). [Data and Statistics About ADHD](#).
- Morgan, P. L., Staff, J., Hillemeier, M. M., Farkas, G., & Maczuga, S. (2013). Racial and Ethnic Disparities in ADHD Diagnosis From Kindergarten to Eighth Grade. *Pediatrics*, 132(1), 85–93.