

What is the relationship between ADHD and obesity/eating habits?



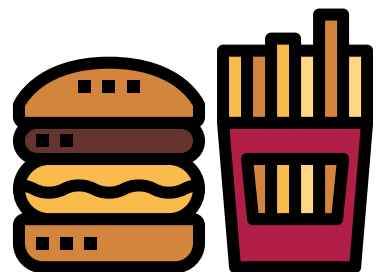
Individuals with ADHD have a higher body mass index (BMI) and a higher prevalence of obesity, with the odds ratio increasing with age.

People with ADHD more often suffer from eating disorders, particularly binge eating.



The mechanisms for this association include shared genetic transmission, dopamine dysregulation, mood lability, psychiatric comorbidities, low participation in physical activity, and poor eating habits.

Both children and adults with ADHD consume less healthy foods (vegetables, fruits, and dairy products) and more unhealthy foods (fatty, sweet, and processed foods).



Learn more at ADHDAwarenessMonth.org