

# How ADHD Impacts Estimated Life Expectancy

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# Health Outcomes of ADHD

- Dr. Russell Barkley presented his research at 2018 International Conference on ADHD
- JAD article
  - *Hyperactive Child Syndrome and Estimated Life Expectancy at Young Adult Follow-Up: The Role of ADHD Persistence and Other Potential Predictors*
  - Connecting ADHD type with hyperactivity to reduced estimated life expectancy (ELE)



# Health Concerns Related to ADHD

- Greater risk of traumatic brain injuries
  - Greater risk of accidental injuries
    - Across childhood into adulthood
  - Higher risk for early pregnancy and to contract sexually transmitted diseases
  - Poorer physical health by young adulthood
  - Greater occurrence of migraine headaches
  - Less healthy high carb diet
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# Findings




- The ADHD group had significantly less education
- Less annual income
- Greater frequency of alcohol use
- More likely to smoke 20+ cigarettes per day
- Less likely to be in excellent health
- Less likely to get 8+ hours of sleep
- More license suspensions/revocations



# Findings



- ADHD is a disorder of self-regulation
- Connected to several serious impairments in major life activities
- Linked to other health risks generally known to negatively impact life expectancy



As parents, coaches &  
professionals what can we  
do?

Discussion



# References



- Barkley, R.A., (2018, November). *Health Outcomes of ADHD: Is there an Effect on Life Expectancy?* PowerPoint slides presented at the 2018 Annual international Conference on ADHD Conference, St. Louis, MO.
- Barkley, R.A., Murphy, K.R., & Fischer, M. (2008). *ADHD in Adults: What the science says*. New York: Guilford Press.