

October 22, 2024

**MOTION BY SUPERVISOR LINDSEY P. HORVATH**

**Proclaiming October 2024 Attention Deficit Hyperactivity Disorder (ADHD) Awareness**

**Month in Los Angeles County**

ADHD is a neurodevelopmental disorder. ADHD is a highly genetic, brain-based syndrome that has to do with the regulation of a particular set of brain functions and related behaviors. These brain operations are collectively referred to as “executive functioning skills” and include important functions such as attention, concentration, memory, motivation and effort, learning from mistakes, impulsivity, hyperactivity, organization, and social skills.

Approximately 7.1 million children in the United States have ever received an ADHD diagnosis and 6.5 million have a current ADHD diagnosis. Approximately half of children with current ADHD have ever received ADHD medication, and only 44.4% have received behavioral treatment for ADHD in the past year. Nearly one-third of children diagnosed with ADHD have never received any kind of treatment for ADHD.

ADHD does not only impact children. ADHD can persist into adulthood. In some cases, adults with ADHD have never been diagnosed. The symptoms of ADHD in adulthood can cause difficulties in relationships, at home, and at work. Around 2.8% of adults worldwide have attention-deficit/hyperactivity disorder (ADHD). Other research estimates that around 6.7% of adults globally (or over 360 million) are affected by ADHD when cases without a childhood

MOTION

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diagnosis are included in the percentage.

Awareness about ADHD has grown significantly in the past few decades. It has been 20 years since the United States Senate proclaimed, “ADHD Awareness Day.” That day has turned into a month of increasing awareness, offering support, and driving meaningful change. As the knowledge of the condition grows, so does the likelihood that people will have access to the resources they need to manage it. Before ADHD awareness, many people with the condition had challenges understanding their symptoms, being diagnosed, and finding patient-centered treatment. While it is more likely today for someone to be diagnosed and appropriately treated, myths and disparities persist.

Women and girls have received ADHD diagnoses less frequently, leading some experts to believe that “girls don’t get ADHD.” The reality is that symptoms tend to manifest differently for people. Some experts also believe females tend to be better at “masking” symptoms. Increased awareness, education and destigmatization, have resulted in more women and girls receiving the diagnoses and treatment they need.

Ultimately, ADHD is a nondiscriminatory condition, meaning that it can affect people from all walks of life. By increasing education and empathy, people living with ADHD can receive increased support, be understood, and uplifted so they can live active, full lives.

**I, THEREFORE, MOVE** that the Board of Supervisors:

1. Proclaim the month of October 2024 as ADHD Awareness Month in Los Angeles County.
2. Encourage all County residents to visit [www.adhdawarenessmonth.org](http://www.adhdawarenessmonth.org) to better

understand ADHD, gain access to resources and support, and locate ADHD Awareness Month events during the month of October.

3. Encourage County department heads, supervisors, and human resources staff to increase their awareness and understanding of ADHD's impact in the workplace so current and prospective employees can be fully supported.

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