



## ADHD Awareness: From Stigma to Solutions

ADHD affects millions of children and adults, yet stigma and unequal access to care mean many in the Black community go undiagnosed or untreated. Understanding ADHD and addressing disparities can help more families find support and strategies for success.

### The Hidden Struggle Too Many Face

Attention-Deficit/Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder that impacts focus, self-control and daily functioning. It is often identified in childhood but can continue into adulthood. Studies show Black children are more likely to be diagnosed with ADHD or a learning disability than white or Hispanic children, with prevalence rates around 14%. Teachers often report symptoms, but many Black parents are hesitant to raise concerns due to fear of stigma or discrimination.

Social and economic barriers also shape how ADHD is diagnosed and treated. Poverty, racial marginalization and exposure to discrimination can make symptoms worse while also limiting access to appropriate care. Without early recognition and culturally sensitive support, children may struggle in school, at home and in relationships.

### Why It Matters

- About 17% of Black children have been diagnosed with ADHD or a learning disability
- Stigma and fear of discrimination discourage families from seeking help
- Economic barriers and systemic racism limit access to assessment and treatment

### What You Can Do

- Learn the signs: Inattention, impulsivity and hyperactivity can appear differently in every child
- Break the stigma: Talk openly about ADHD to normalize seeking help
- Support access: Advocate for assessments, culturally appropriate care and resources in schools and communities



For more info visit <https://coburnplace.org>

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