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SIGNS OF NUTRITION IN ADHD CHILDREN

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According to current studies and clinical practice ADHD children show probable changes in growth and development, mainly in signs of nutrition. ADHD can be associated with higher predisposition to obesity, higher values of signs of nutrition, as body mass index or higher value of fat. Growth and weight changes in ADHD children are usually described in connection to stimulants use, the most common medication of the disorder. However, present research confirmed that these changes could be more typical for the disorder than for the treatment. These characteristics are considered to be directly connected with the disorder.

The presented study compared anthropometric characteristics - mainly signs of nutrition - skin folds, abdominal circumference, in medicated and non-medicated ADHD boys (n=104, age 4-16 years) with the normal non-clinical population. The results of the presented study showed significant differences between children with ADHD and those without the diagnosis. The differences found to be statistically significant ($p < 0.01$) being signs of nutrition (percentage of fat, abdominal circumference) and also growth suppression (lower body height). Differences between the medicated and non-medicated groups corresponded only to a lower value of body fat in the medicated children.

ADHD can higher values of nutrition signs (percentage of fat, abdominal circumference, BMI, weight) in comparison to normal population. It could be caused by specific feeding customs which should be monitored in further studies.