State Profile: **ADHD Treatment in Iowa**

www.cdc.gov/adhd

Parent-Reported Medication Use and Behavioral Treatment Use for Attention-Deficit/Hyperactivity Disorder (ADHD) or Attention-Deficit Disorder (ADD) among 4-17 Year-Old Children with Special Health Care Needs (CSHCN): National Survey of CSHCN (2009-2010)

Best Practice for ADHD Treatment

Preschoolers (4-5 years of age):
- Behavior therapy as the first line of treatment
- Methylphenidate if behavior therapy is insufficient

Elementary school–age (6–11 years of age):
- US Food and Drug Administration (FDA)–approved medications for ADHD
- And/or behavior therapy
- Preferably both

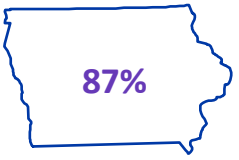
Adolescents (12–18 years of age):
- FDA-approved medications for ADHD with the assent of the adolescent
- May prescribe behavior therapy
- Preferably both

Current Practice for ADHD Treatment

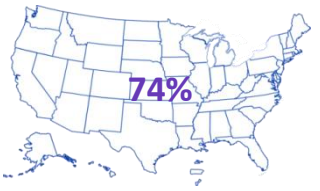
Medication Treatment

At any time during the past week, did your child [with ADHD] take medication for ADD or ADHD?

In 2009-10, **87%** of children with ADHD in Iowa took medication for ADHD during the past week, according to parent report.



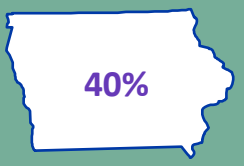
Among all states and D.C., the national average was **74%**.
Iowa ranked **2nd** highest out of 51.



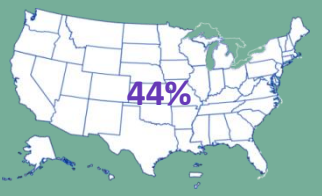
Behavioral Treatment

At any time during the past 12 months, did your child [with ADHD] receive behavioral treatment for ADD or ADHD, such as classroom management, peer interventions, social skills training, or cognitive-behavioral therapy?

In 2009-10, **40%** of children with ADHD in Iowa received behavioral treatment for ADHD during the past 12 months, according to parent report.



Among all states and D.C., the national average was **44%**.
Iowa ranked **37th** highest out of 51.



Both Treatments

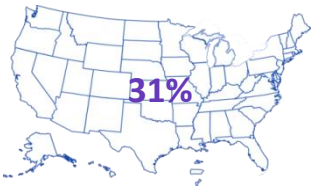
At any time during the past week, did your child [with ADHD] take medication for ADD or ADHD?

AND

At any time during the past 12 months, did your child [with ADHD] receive behavioral treatment for ADD or ADHD?

In 2009-10, **30%** of children with ADHD in Iowa received both treatments for ADHD, according to parent report.

Among all states and D.C., the national average was **31%**.
Iowa ranked **31st** highest out of 51.



*American Academy of Pediatrics (2011). ADHD: clinical practice guideline for the diagnosis, evaluation, and treatment of attention-deficit/hyperactivity disorder in children and adolescents. Pediatrics **128**(5): 1007-1022.*

National Center on Birth Defects and Developmental Disabilities
Division of Human Development and Disability