



Food Allergy Facts and Statistics

- Food allergy is a growing public health concern in the U.S.
- Though reasons for this are poorly understood, the prevalence of food allergies and associated anaphylaxis appears to be on the rise.
 - Peanut allergy doubled in children over a five-year period (1997-2002).
 - Research suggests that food-related anaphylaxis might be underdiagnosed.
 - An increasing number of school students have diagnosed life-threatening allergies.
 - A 2007 study has shown that milk allergy may persist longer in life than previously thought. Of 800 children with milk allergy, only 19% had outgrown their allergy by age 4, and only 79% had outgrown it by age 16.
- More than 12 million Americans have food allergies. That's one in 25, or 4% of the population.
- The incidence of food allergy is highest in young children – one in 17 among those under age 3.
- About 3 million children in the U.S. have food allergies.
- The CDC reported that food allergies result in over 300,000 ambulatory-care visits a year among children.
- Eight foods account for 90% of all food-allergic reactions in the U.S.: milk, eggs, peanuts, tree nuts (e.g., walnuts, almonds, cashews, pistachios, pecans), wheat, soy, fish, and shellfish.
- There is no cure for food allergies. Strict avoidance of food allergens and early recognition and management of allergic reactions to food are important measures to prevent serious health consequences.
- Even trace amounts of a food allergen can cause a reaction.
- Most people who've had an allergic reaction to something they ate thought that it was safe.
- Food allergies are life-altering for everyone involved and require constant vigilance.
- Early administration of epinephrine (adrenaline) is crucial to successfully treating anaphylactic reactions. Epinephrine is available by prescription in a self-injectable device (EpiPen® or Twinject®).