THE PSYCHOSOCIAL TOLL OF FOOD ALLERGIES



FOOD ALLERGY PATIENTS

and families have to think about every bite of every meal, every day.

A SINGLE MISTAKE

can cause severe illness, or even death. There are no approved treatments to prevent reactions. This relentless stress

FAKES A TOL

on mental and emotional health.

AMONG FOOD ALLERGY CENTERS SURVEYED

MORE THAN 90 PERCENT SERVE PATIENTS & PARENTS WHO HAVE **ANXIETY** RELATED TO FOOD ALLERGY.



NEARLY 70 PERCENT

TREAT PATIENTS WHO SUFFER FOOD ALLERGY-RELATED

PANIC ATTACKS

OF 500 PATIENTS & CAREGIVERS SURVEYED

TWO-THIRDS REPORT **MENTAL HEALTH CONCERNS** RELATED TO FOOD ALLERGY.





ONLY **1 IN 6** PATIENTS AND **1** IN **7** CAREGIVERS HAD RECEIVED FOOD ALLERGY-RELATED MENTAL HEALTH SERVICES.

MORE THAN HALF WANT RESOURCES

TO HELP THEM COPE WITH FOOD ALLERGY STRESS AND ANXIETY.



BULLYING



* Data provided by the FARE Patient Registry and the FARE Clinical Network

TREAT PATIENTS WHO REPORT FOOD ALLERGY



DON'T BE AFRAID TO SEEK SUPPORT. YOU ARE NOT ALONE ON THIS JOURNEY! For more information, visit foodallergy.org