Food Allergy is a Growing Public Health Issue

15 million Americans with food allergies
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Includes

5.9 million children (1 in 13)
Putting It Into Perspective

- If the food allergy community were a state, it would be the 5th largest state in the U.S. by population.

- The number of people with food allergies in the U.S. is greater than the entire populations of New York City, Los Angeles and Chicago combined.
Food Allergy is on the Rise

- According to a 2013 study by the Centers for Disease Control and Prevention, there has been a **50% increase** in food allergy among children between 1997 and 2011.

- In addition, more than **30 percent** of children with a food allergy (almost 1 in 3) have multiple food allergies.
Food Allergies at School

- 8 percent of children in the U.S. (1 in 13) has a food allergy – roughly 2 in every classroom.

- Approximately 20-25 percent (about 1 in 4) of epinephrine administrations in schools involve individuals whose allergy was unknown at the time of the reaction.

- More than 15 percent of school-aged children with food allergies have had a reaction in school.

- Food allergy reactions happen in multiple locations throughout the school, and are not limited to the cafeteria.
Food Allergies are Life-Threatening

- A food allergy reaction sends someone to the emergency room every 3 minutes, resulting in 210,000 visits each year.

- 40% of children with food allergies have experienced a severe or life-threatening reaction.

- Food allergy is the leading cause of anaphylaxis outside the hospital setting.
Epinephrine

- Epinephrine is the only medication that can reverse the symptoms of anaphylaxis.
- Antihistamines cannot reverse the symptoms of anaphylaxis.
- Adults who have been diagnosed with a food allergy and prescribed epinephrine should carry it with them at all times.
Food Allergies in the Workplace

- A food allergy may be considered a disability under current federal laws, such as Section 504 of the Rehabilitation Act of 1973, Title I of the Americans with Disabilities Act of 1990 (ADA), and the ADA Amendment Act of 2008.

- Employees with food allergies can request reasonable accommodations to ensure a safe and comfortable working environment.
Workplace Strategies

- Place signage in the kitchen with information about anaphylaxis and how to spot the signs of an allergic reaction.
- If you’re planning a work event with food, ask the allergic employee what foods will work for them so they can be included.
- Be understanding if the employee needs to take sick days or unexpected leave.
Learn More and Get Involved!

www.foodallergy.org