Note to participants...

The material covered in this presentation is merely for educational purposes and should not be used to replace the medical judgment of qualified healthcare professionals. Information reflects that reviewed as of 2014, but is subject to change based on ongoing research.

Each case should be handled individually taking into account, the unique circumstances of one’s environment and condition. Any specific questions should be directed to the appropriate healthcare professional or specialist.
Overview

- Definitions
- Prevalence
- Symptoms
- Prevention Strategies
- Common Allergens
- Allergy Plan
- “SPOT THAT ALLERGEN!” Activity
Definitions

• **Food allergy**…
  • immune system mistakenly attacks specific parts of food, usually proteins

• **Food allergen**…
  • Specific parts of food or ingredients, usually proteins, that trigger an immune-based response
True or False?
Food allergies are more common in children than adults.

TRUE
Prevalence

- In the United States, food allergies affect...
  - 4% of adults*
  - 8% of children* (under 18 years of age)

- Rate of reported food allergies in 2011 was 50% higher than in 1997*

- Higher chance if parent has allergies (asthma, eczema, food allergy, hay fever)

*www.foodallergy.org
True or False?

A person will always have the same allergic reaction when exposed to the same allergen.

FALSE
Symptoms of Allergic Reactions

- Usually appear within 2 minutes – 2 hours

### Respiratory (lungs)
- wheeze, cough, shortness of breath, chest tightness

### Eyes, Nose
- itchy, tearing, redness, swelling, sneezing, runny nose

### GI
- itchiness/swelling in mouth, nausea, vomiting, diarrhea

### Skin
- redness, itchy, hives, rash, swelling

### Cardiovascular (heart, vessels)
- Dizzy, fainting,
- Chest pain
- Rapid heartbeat
- Drop in blood pressure
- Loss of consciousness
- Anaphylaxis
True or False?

Food allergies can be dangerous.

TRUE
Anaphylaxis

- Most severe allergic reaction
- Involves multiple body systems – skin, respiratory tract, cardiovascular, etc.
- Can affect breathing and blood circulation
- Can cause death
- First line of treatment: epinephrine

*www.foodallergy.org*
Anaphylaxis

- **Common causes:**
  - Peanuts
  - Tree nuts
  - Fish
  - Shellfish
  - Insect stings
  - Medication
  - Latex

- **Risk factors:**
  - Asthma
  - Lack of preparedness
  - Previous anaphylactic episode

*www.foodallergy.org*
True or False?

There is a cure for food allergies.

FALSE
Prevention

- NO CURE

- Strict avoidance of allergens:
  - Clean hands & surfaces with water & soap
  - Avoid cross-contact
  - Read food labels
  - Contact food manufacturers
  - Communicate with families
  - Keep accurate menus

- Learn from previous incidents
Prevention – Cooking & Preparing Food

- Thorough cleaning of hands with running water and soap or commercial wipes
  - Antibacterial gels **NOT EFFECTIVE**
- Thorough cleaning of surfaces with spray cleaners, sanitizing wipes
- Have separate cutting boards/utensils for preparing allergen-free foods
- Prevent **cross-contact**

*www.foodallergy.org*
**Cross Contamination**
- When *microorganisms* (bacteria) contaminate food during preparation & storage.
- **PROPER COOKING** of contaminated food will lower the risk of getting sick.

**Cross Contact**
- When one food comes into contact with another food and their *proteins* mix.
- **COOKING does not** reduce or eliminate the risk.
Examples

Cross Contamination vs. Cross Contact

- Raw potatoes that were chopped on the same cutting board that was used to slice raw shrimp

- **PROPER COOKING** of potatoes (contaminated food) **will** lower the risk of getting sick

- Deep frying french fries in the same oil that was used to fry shrimp

- **COOKING** the potatoes **does not** reduce or eliminate the risk
Labeling Laws

- Food Allergen Labeling and Consumer Protection Act (FALCPA) 2004, effective 2006
- Applies to domestic and imported packaged foods that FDA regulates
- Easily identify 8 most allergenic foods and those derived from these foods
Most Common Allergens

1. ____________  5. ____________
2. ____________  6. ____________
3. ____________  7. ____________
4. ____________  8. ____________

These 8 foods account for **90%** of food allergic reactions in the United States.

*Note: There are more than **160 foods** that can cause allergic reactions.
Most Common Allergens

1. Milk
2. Eggs
3. Tree nuts
4. Peanuts

5. Fish
6. Crustacean Shellfish
7. Soy
8. Wheat
Other Allergens

- Corn
- Gelatin
- Meat
- Seeds (sesame, sunflower, poppy)
- Spices
- Medications
- Insect stings
- Latex

*www.foodallergy.org*
Identifying Allergens on Labels

- In ingredients list

  - **Ingredients:** Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono- and diglycerides (emulsifier)
Identifying Allergens on Labels

- After the ingredients list

- **Ingredients**: Enriched flour, sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides (emulsifier)

- Contains: **Wheat, Milk, Eggs and Soy**
Identifying Allergens on Labels

- Optional Disclaimer Statements (does not reflect specific risk):

  “May contain traces of peanuts and other tree nuts.”

  “Manufactured in a facility that also processes milk, egg, peanuts and tree nut products.”

  “This product is manufactured on equipment that processes products containing eggs.”

  “Corn used in this product contains traces of soybeans (cross contamination).”
Manufactured by ©DIAMOND BAKERY CO. LTD.
P.O. BOX 17760 • HONOLULU, HAWAII 96817
(808) 847-3551

INGREDIENTS: ENRICHED, UNBLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, LARD (BHT, CITRIC ACID), SALT, SODIUM BICARBONATE, YEAST, AND MALT
Contains: wheat. May contain traces of peanuts and tree nuts.
Ingredients: Whole Durum Wheat Flour, Semolina, Durum Wheat Flour, Oat Fiber.

Contains wheat ingredients. This product is manufactured on equipment that processes products containing eggs.

Barilla America, Inc.
Bannockburn, IL 60015
Product of USA
Prevention – Reading labels

- Contact food manufacturer if you have questions
Milk Allergy

- Most common allergen in infants & young children

- **Prevalence:** 2.5% in children younger than 3 years

- Most children outgrow

- Avoid milk from other domestic animals (example: goat)

- **Considerations:** calcium, vitamin D, protein, potassium

*www.foodallergy.org*
True or False?

A food intolerance is the same thing as a food allergy.

FALSE
Food intolerance

- When body has trouble digesting certain foods
- Some overlapping symptoms (cramps, diarrhea, etc.) as allergic reactions
- Differs from food allergy:
  - immune system is **not** involved
  - **not** life threatening
- Example: Lactose intolerance
  - Body cannot digest lactose sugar in milk
Peanut

- Part of the legume family (beans, peas, lentils)
- **Prevalence**: number of children with peanut allergy more than tripled between 1997 & 2008

Tree nut

- **Examples**: walnut, almond, hazelnut, cashew, pistachio, brazil nut, macadamia nut, pine nut

**Both**

- Often a life-long allergy
- Used in similar foods (baked goods, candy, etc.)
- FDA exempts highly refined oil from FALCPA
- **Considerations**: child-favorite food, shelf-stable, affordable protein
Nut-Free Policy

**PROs**
- Potentially reduces exposure
- Helpful if children / staff unable to bear responsibility

**CONs**
- False sense of security
- May limit potential learning opportunities
- Ban other allergenic foods too?
- Restrictive for other families & children
- Cannot guarantee “peanut-free”
Allergy Plan
Allergy Plan: School Responsibilities

Hawaii State Licensing Rules for GCC, BAS, FCC, IT programs:

- “…Children shall not be offered foods to which they are allergic or, for religious reasons cannot consume. Provision shall be made to secure such information from the parent or guardian and the parent or guardian of the child shall arrange for nutritious substitute foods.”

Allergy Plan: School Responsibilities

- Hawaii State Licensing Rules for IT programs:
  - “…Signs of **food sensitivity or allergy** shall be reported to the parent or guardian **on the day** this has been observed.”

Allergy Plan: School Responsibilities

- **Current Food Allergy Action Plan**
- Clean everything!
- Read food labels – call manufacturer
- Recognize symptoms
- Considerations for atypical activities
- Designate allergy-free zones
- Work as a team
  - Inform parents of reactions
  - Ensure no sharing
Allergy Plan: School Responsibilities

*Written menus*
- 1 month in advance
- Share with parents
- Amend any changes to foods actually served
- Date, retain menus

*Introduction of new foods*
- Obtain list of tolerated foods (<18 months)
- Discuss new foods **BEFORE** serving to child
- Introduce new foods 1 at a time; wait a few days before introducing another

*Preventing Childhood Obesity in Early Care and Childhood Programs, 2010*
Allergy Plan: Parent’s Responsibility

- Provide a Food allergy action plan:
  - Child’s history
  - Current doctor’s order
  - Emergency contact information
- Communicate with school staff regularly
- Provide substitutions; list of foods to avoid
- Provide appropriate medications
- Educate child
- Medical ID bracelet or necklace
- Chaperone field trips
Allergy Plan: Child’s Responsibility

- Never trade or share food
- Never eat foods with unknown ingredients
- Recognize symptoms
- Notify adults immediately
- Wash hands
- Responsibilities increase with age
  - Carry medication
  - Read labels
Questions?
Resources

- The Food Allergy & Anaphylaxis Network
  www.foodallergy.org/

- USDA Food & Drug Administration – Food Allergy Labeling
  www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/default.htm