

Examine the impact of living with food allergies based on published quality of life (QoL) studies

Identify various support/resources for caregivers that address identified challenges

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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## Surrounded By Support

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### Disclosures



- Received an honorarium from Nutricia
- Nothing else to disclose, and no other potential conflicts to report

*The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America*

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### Learning Objectives



- Examine the impact of living with food allergies based on published quality of life (QoL) studies VKO
- Identify common challenges of caring for a child with food allergies
- Identify various support/resources for caregivers that address identified challenges VKI

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**A. 0-25%**

**B. 26-50%**

**C. 51-75%**

**D. 76-100%**

[illegible]

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### A. School

## B. Social

### C. Family Dynamics

## D. Finances

[illegible]

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### A. School

## B. Social

### C. Family Dynamics

## D. Finances

[illegible]

What's It Like to LIVE with Food Allergies?

  
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- School**
  - More than 1/3 of children and teens with food allergies (ages 8-17), reported being bullied **specifically** because of their food allergies – usually by classmates.<sup>1</sup>
- Social**
  - 40% of parents reported experiencing hostility from other parents when trying to accommodate their child's food allergy.<sup>2</sup>
- Relationships**
  - 1 in 4 parents report that food allergies causes a strain on their marriage.<sup>3</sup>
  - Mothers rated their own psychological and physical quality of life worse than fathers rated theirs, and had higher scores than fathers for anxiety and stress<sup>4</sup>
- Finances**
  - Caring for children with food allergies costs U.S. families nearly \$25 billion annually.<sup>5</sup>

1. Shamesh E., et. al. Pediatrics. 2013  
2. Warren, et. al. Ann Allergy Asthma Immunol 2015  
3. Gupta, et. al. Pediatr Allergy Immunol 2010  
4. King, et. al. Allergy. 2009  
5. Gupta, B. et. al. JAMA Pediatr. 2013

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Common Challenges: School

  
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Changed schools?



Decided to homeschool?



Skipped out on an important school function?



Became a school volunteer to be near your child?



Attended a school field trip to be near your child?



Asthma and Allergy Foundation of America (2019) - My Life With Food Allergy: Parent Survey Report. Retrieved from [aafa.org/foodallergylife](http://aafa.org/foodallergylife)

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Common Challenges: Socializing

  
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Left a restaurant in the middle of dining?



Avoided certain restaurants?



Volunteered to host certain events in order to ensure FA safety?



Cancelled or significantly changed vacation plans?



Avoided airline travel?



Asthma and Allergy Foundation of America (2019) - My Life With Food Allergy: Parent Survey Report. Retrieved from [aafa.org/foodallergylife](http://aafa.org/foodallergylife)

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### Common Challenges: Relationships



Stopped talking to family/friends/ others because of their lack of understanding or empathy with FA?

36%

Changed family traditions to accommodate FA?

82%

18%

64%

Asthma and Allergy Foundation of America (2019) - My Life With Food Allergy: Parent Survey Report. Retrieved from [aafa.org/foodallergy/life](https://aafa.org/foodallergy/life)

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### Common Challenges: Finances



The average yearly cost for a child with food allergies is \$4184.



About 1/3 of this budget is dedicated to buying allergy-friendly foods



Low-income families will spend 2.5 times as much on hospitalizations due to a lack of funds and access to specialty care, allergen-friendly foods and medication.



21% of children diagnosed with food allergies experience low food security

Source: Gupta R, et. al. JAMA Pediatr. 2013

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### Common Challenges: Finances



IMPACT ON FINANCES (N=457)

|                                                                  |     |
|------------------------------------------------------------------|-----|
| My family had to seek social assistance (housing, food)          | 29% |
| My family had to seek financial assistance (for example, a loan) | 27% |
| My family incurred more debt (like credit card debt)             | 49% |
| My family declared bankruptcy                                    | 10% |
| It impacted my ability to get another job later                  | 14% |
| We had to sell our house                                         | 2%  |
| We had to sell our car                                           | 2%  |
| Other                                                            | 24% |

Asthma and Allergy Foundation of America (2019) - My Life With Food Allergy: Parent Survey Report. Retrieved from [aafa.org/foodallergy/life](https://aafa.org/foodallergy/life)

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“...And How Does That Make You Feel?”



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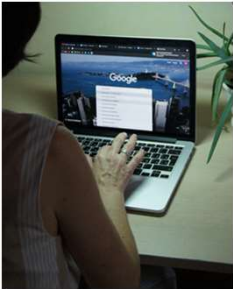
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Don't worry! I got my medical degree from...



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Let's Examine the Evidence...

- 92% of allergy parents say they're always or occasionally fearful of their food allergic child's safety<sup>1</sup>
- 75% of allergy parents reported that food allergies cause fear/anxiety for their family<sup>1</sup>
- Greater maternal overprotection was associated with lower child QoL as well as greater dietary and social limitations independent of food allergy outcomes<sup>2</sup>

1. Kids with Food Allergies. My Life with Food Allergies Survey. 2019  
2. Warren, et. al. Curr Allergy Asthma Rep 2016;16:38

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What Can We DO About This?



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What Can We DO About This?



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What Can We DO About This?



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Recognizing and Responding



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Label Reading



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Nutritional Needs and Recipes



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What Can We DO About This?



Provide  
Reliable  
Resources for  
INCLUSION



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Normalizing Life with Food Allergies





- Food Allergies: A Complete Guide For Eating When Your Life Depends On It (by Scott Sicherer, MD)
- Understanding and Managing Your Child's Food Allergies (by Scott Sicherer, MD)
- Parenting a Positive Reaction: A parent's guide to help promote safe care at school for your food allergy child. (by Lisa Musician)

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Normalizing Life with Food Allergies



- **The Bugabees**  
by Amy Recob
- **The Bugabees (Buggybops) friends for all time**  
by Amy Recob
- **Not today butterflies**  
by Nicole Ondatje
- **My Year of Epic Rock**  
by Andrea Pyros



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Normalizing Life with Food Allergies

  
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Community Support

- Connection opportunities with “veteran” food allergy families and those that are newly diagnosed
  - 1-on-1 connections
  - Host an event
  - Discuss pros/cons of joining “online communities”



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Navigating Relationships

  
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- Direct communication
  - Explicit in WHAT
  - Collaborative in HOW
- Include siblings in the conversation(s)

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School Support

  
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- 504 plans
- Family Collaboration with Schools
- Provider Networking within the community



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LIVING with Food Allergies



There's an app for that...



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LIVING with Food Allergies



Travel and Dining Resources

- Miss Allergic Reactor (Allie Bahn) ([missallergicreactor.com](http://missallergicreactor.com))
- Equal Eats (Personalized Chef Cards) ([equaleats.com](http://equaleats.com))
- Pixie Lizzie (Food Allergy Travel Agent) ([pixielizzie.com](http://pixielizzie.com))



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What Can We DO About This?



Address the Logistics



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What if More Support is Needed?

  
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Reach out/Refer Out:

■ Safe and Included-Safeandincluded.com



■ Food Allergy Counselor Directory (FAC) –  
FoodAllergyCounselor.com (allergy informed therapists)

  
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Summary:

  
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Food allergies affect ALL aspects of life:

■ School

■ Social

■ Family Dynamics

■ Finances

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Summary: What Can We DO?

  
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Provide valid and reliable resources about:

■ Recognizing and Responding to Anaphylaxis

■ Label Reading

■ Nutritional Needs and Recipes

■ Normalization and Community Support

■ Navigating Relationships

■ School Connections

■ Dining and Travel

■ Financial Support

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Where Can We Go for **INFO?**



Resources Mentioned in Workshop (in no particular order):

1. American Academy of Allergy, Asthma, & Immunology (AAAAI)
2. American College of Allergy, Asthma, and Immunology (ACAAI)
3. Food Allergy and Anaphylaxis Connection Team (FAACT)
4. Food Allergy Research & Education (FARE)
5. Kids With Food Allergies (KFA)
6. Allergic Living
7. Nutricia North America 
8. Mommy's Home Cooking (Lots of egg-free recipes)
9. Minimalist Baker
10. Nora Cooks
11. Allergy Awesomeness
12. Whole30® recipes (many are grain and dairy free)

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Where Can We Go for **INFO?** (Cont'd)



Resources Mentioned in Workshop (in no particular order):

13. Amazon for Books mentioned
14. US Department of Labor (ADA/504 plan laws)
15. Spokin
16. Allergy Eats
17. Miss Allergic Reactor
18. Equal Eats
19. Pixie Lizzie
20. Safe and Included
21. Food Allergy Counselor Directory

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REMEMBER:



Education  
will lead to awareness.  
Awareness  
will lead to kindness.  
Kindness  
will lead to  
safety & inclusion.



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Contact Me





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1. Shemesh E, Annunziato RA, Ambrose MA, Ravid NL, Mullarkey C, Rubes M, Chuang K, Sicherer M, Sicherer SH. Child and Parental Reports of Bullying in a Consecutive Sample of Children with Food Allergy, Pediatrics. 2013 Jan; 131(1):e10-7.

2. Gupta RS, et. al. Pediatr Allergy Immunol. 2010 Sep; 21(6):927-34.

3. King, R.M., et. al. Impact of peanut allergy on quality of life, stress and anxiety in the family. Allergy. 2009; 64:461-468.

4. Warren CM, et. al. Ann Allergy Asthma Immunol. 2015 Feb;114(2):117-25.

5. Warren, et. al. Curr Allergy Asthma Rep 2016;16:38.

6. Kids with Food Allergy 2019 parental survey:  
<https://community.kidswithfoodallergies.org/blog/the-social-and-emotional-impact-of-food-allergies>

7. Gupta R, Holdford D, Bilaver L, Dyer A, Holl JL, Meltzer D. The Economic Impact of Childhood Food Allergy in the United States. JAMA Pediatr. 2013;167(11):1026–1031.

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