The New Epidemic

- 1 in 5 Americans has some type of allergy
- 1 in 13 children in the US has food allergies (Approximately 2 per classroom)
- 1 in 4 children have their first allergic reaction at school
- Number of people worldwide with allergies is increasing with steepest increase in food allergies in children – Increased 50% between 1997 - 2011
- No cure – Just avoidance or management
Common Allergens

- Peanuts, tree nuts, milk, eggs, wheat, soy, fish, shellfish cause 90% of food allergic reactions in US
- Other allergens include: Latex, insects, sesame, pharmaceutical drugs, environmental factors – Not required on labels
- Cross contact/contamination
- Cross-Reactivity - Proteins in one food are similar to the proteins in another
Why??

- Many theories – No real answers
- Diet – Western, GMO’s
- Overuse of antibiotics
- Developed countries are too clean
- Decrease in gut bacteria – (bacteria strain Clostridia)
- Chemical Cleaners
Recognize the Symptoms

Drippy nose, itchy eyes, dry throat, rashes and hives, nausea, vomiting, diarrhea, labored breathing, lethargy, anaphylaxis or anaphylactic shock

Children could describe as:
- There is a frog in my throat. / My lips feel tight.
- My tongue feels full or itches.
- My throat feels thick.
- It feels like a bump on the back of my tongue. (or throat)
Suggestions for Allergy Accommodations

- Be mindful of top 8 allergens – Know ingredient contents of foods sold in concession areas
- Clearly identify or easily make available ingredients of foods sold in concession areas (Red Sox Baseball Game - Visible chart, Laminated sheets in binder)
- Use latex-free gloves
Suggestions for Allergy Accommodations

- Offer options for campers – Try to isolate different ingredients – Ice cream as well as ice cream sandwiches, canola oil instead of vegetable oil, one nut-free concession area, potato chips not cooked in peanut oil
Suggestions for Allergy Accommodations

- Use fragrance free cleaning products for public areas of the camp
- Use items other than food for incentives or rewards and review reward items as many non-food items contain allergens (latex or dyes)
Emergency Preparedness
And
Prevention
Emergency Preparedness

- Create camp rules and procedures for dealing with allergies
  - Be informed of the availability of emergency care
  - Review the health records submitted by parents and physicians/ Provide opportunity for parents to bring in info and speak to camp personnel prior to beginning of camp
  - Require emergency action plans for campers with allergies and have them easily accessible
Emergency Preparedness

- Provide food allergy education to all staff
- Maintain an appropriate sense of confidentiality and respect for individual privacy.
- Identify the camp core emergency response team.
- Assure that appropriate personnel are familiar with symptoms of allergic reactions, cross contamination, cross reactivity, the use of epinephrine, temperature of epinephrine, where medication is located, and the protocols.
Prevention

- Read Labels – (Food Allergen Labeling and Consumer Protection Act of 2004 - FALCPA)
  - Look for hidden ingredients (spices, natural flavors)
  - Each label should be read each time as ingredients can change
  - Only top 8 allergens required by law to be included – Sesame or cross reactive foods are not included
  - Also cross contamination of equipment may or may not be identified
  - If you can’t read it don’t use it!
Prevention

- Prohibit trading or sharing food during lunch or snack time

- Ensure food service or kitchen personnel are aware of, can identify the children with food allergies and the top 8 food allergens, and understand cross contamination
Prevention

- Have campers wash hands when they first get to camp
- Have campers wash hands before and after handling or consuming food (snacks/lunch)
- Clean hard surfaces in areas where food is consumed with soap and water before and after snacks or meals to remove allergens.
Social and Emotional

- Structure and plan activities so that all students with or without allergies can safely participate in all camp activities.

- Allergy free tables – Be sure camper doesn’t feel isolated from other students – Alternate students at table to promote social relationships.

- Approximately 1/3 of all students with food allergies have been bullied.

- Reinforce policies on bullying and discrimination. Teasing or taunting about a food allergy should not be permitted.
Reduce anxiety for both campers and parents by being prepared and welcoming!
“CDC Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs”

http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf
Resources

“The Food Allergy Book: What School Employees Need to Know”
http://www.neahin.org/assets/pdfs/foodallergybook_english.pdf

Video – “An Emerging Epidemic: Allergies in America”
https://vimeo.com/73910827
Resources

FARE – Food allergy Research and Education
http://www.foodallergy.org/

Kids with Food Allergies – A Division of the Asthma and Allergy Foundation of America
http://www.kidswithfoodallergies.org/page/welcome.aspx

AllergyHome
http://www.allergyhome.org/