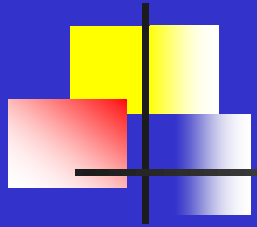


# The New Epidemic



- 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



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- 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



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**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



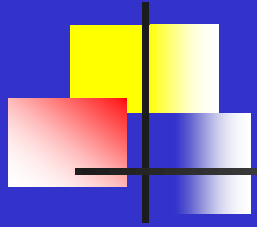
# Suggestions for Allergy Accommodations

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- 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)







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# Emergency Preparedness And Prevention



# Emergency Preparedness

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- **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

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- ✓ 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

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- **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

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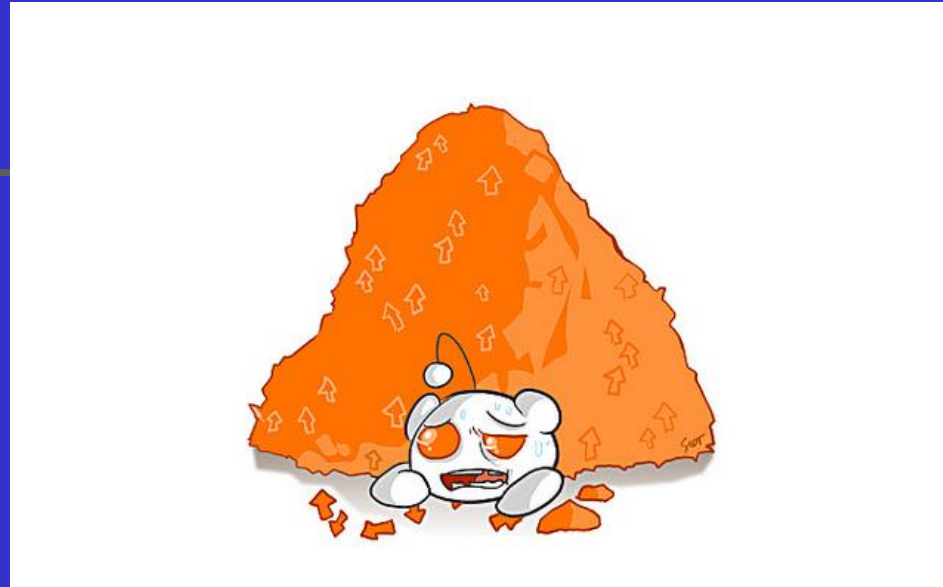
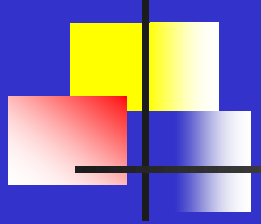
- **Have campers wash hands when they first get to camp**
- **Have campers wash hands before and after handling or consuming food (snacks/lunch)**
- **Clean hard surfaces in areas where food is consumed with soap and water before and after snacks or meals to remove allergens.**



# Social and Emotional

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- ❑ **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!**



# Resources

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**“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](http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf)**

# Resources



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**“The Food Allergy Book: What School Employees Need to Know”**

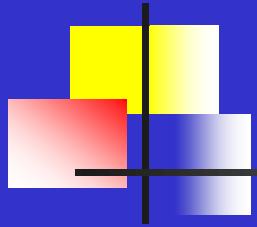
**[http://www.neahin.org/assets/pdfs/foodallergybook\\_english.pdf](http://www.neahin.org/assets/pdfs/foodallergybook_english.pdf)**

**Video – “An Emerging Epidemic: Allergies in America”**

**<https://vimeo.com/73910827>**

# Resources

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**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/>**