



Food Allergy 101

PRESENTER: NORTHEAST GEORGIA FOOD ALLERGY SUPPORT GROUP

CO-FOUNDER, JENNIFER ADDINGTON

More than
15 million
people have
food allergies.



Eight foods
account for
90% of all
allergic
reactions.



ALWAYS
carry
epinephrine.



Symptoms
can range
from
mild to life-
threatening.



Avoidance is
the only way
to prevent a
reaction.



There is
NO
cure for food
allergies.

There is hope. There is help.

Know someone that has severe, potentially fatal food allergies? Would you like to get together with other parents who are facing the same challenges that you are?
JOIN US!! We will face the challenges together!



Northeast Georgia Food Allergy Support Group
Advocating. Educating. Supporting.



Jennifer Addington & Sandy Sosebee, Founders • Find us on Facebook

Website: www.northeastgafoodallergy.org

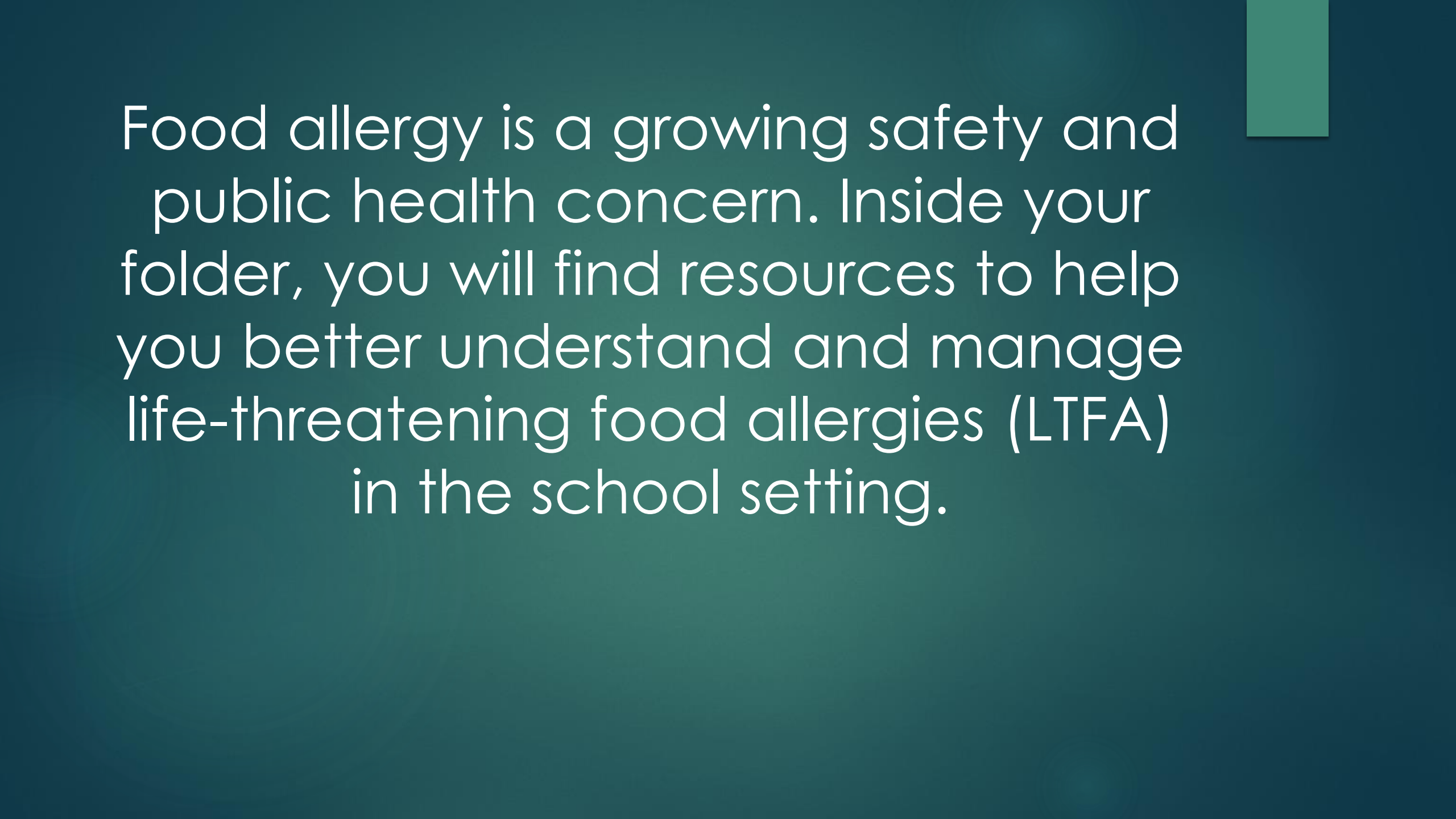
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Mission: committed to being an advocate & raising awareness in the local community by encouraging, educating & supporting families affected by food allergies

Northeast Georgia Food Allergy Support Group was founded in 2011. Our mission is committed to being an advocate & raising awareness in the local community by encouraging, educating & supporting families affected by food allergies.

Our support group is recognized with FARE (Food Allergy Research & Education) and FAACT (The Food Allergy & Anaphylaxis Connection Team)- the national food allergy source in the USA.

My support group is invited into Fannin County School District every year to educate our elementary aged children and educators on Food Allergies and the BE A PAL program, Protect A Life.



Food allergy is a growing safety and public health concern. Inside your folder, you will find resources to help you better understand and manage life-threatening food allergies (LTFA) in the school setting.

What is a Food Allergy?

- ▶ A Food Allergy is when your body's immune system reacts to a food protein because it has mistaken that food protein as a threat.
- ▶ The food you are allergic to is called a "food allergen." The response your body has to the food is called an "Allergic Reaction."

What is the difference between a Food Allergy and a Food Intolerance?

- ▶ Unlike a food intolerance, food allergies involve the immune system and can be life-threatening. With a food allergy, your immune system makes too much of an antibody called IgE (Immunoglobulin). IgE antibodies fight the “threatening” food allergens by releasing histamine and other chemicals. This chemical release causes the symptoms of an allergic reaction.
- ▶ A food intolerance is when your body has trouble digesting a food. It can make you feel badly, usually with an upset stomach or gassiness, but it's NOT life threatening.

8 Foods cause most food allergy reactions in the US.

- ▶ Milk
- ▶ Egg
- ▶ Peanuts
- ▶ Tree-Nuts
- ▶ Wheat
- ▶ Soy
- ▶ Fish
- ▶ Shellfish

Symptoms of an allergic reaction

Mouth

- Itchy, tingling, swelling of lips/tongue

Nose

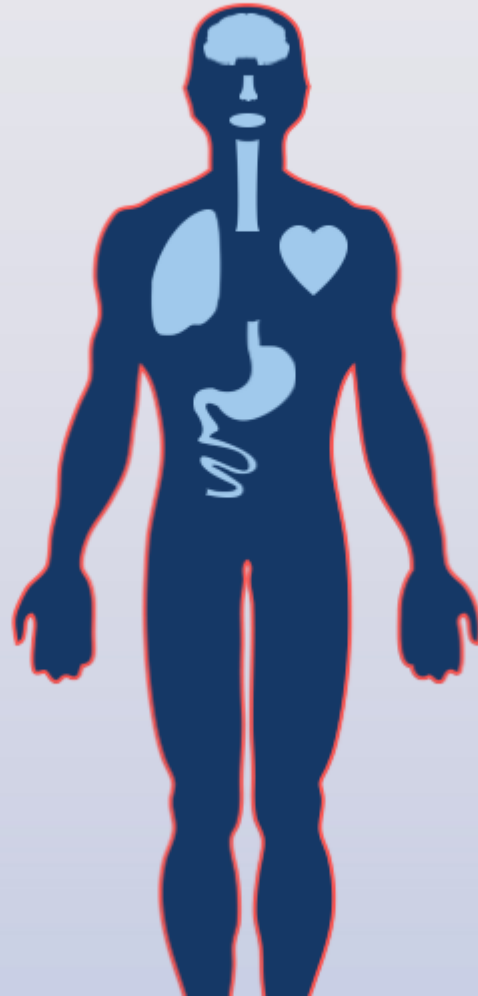
- Hay fever-like symptoms: runny, itchy nose; sneezing; and/or watery, red eyes

Skin

- Hives, rash, redness, itching
- Flushing (redness and warmth)
- Swelling of face or extremities

Gut

- Cramps/pain
- Nausea, vomiting, diarrhea



Throat

- Hoarseness
- Tightening of throat, difficulty swallowing
- Hacking cough

Lungs

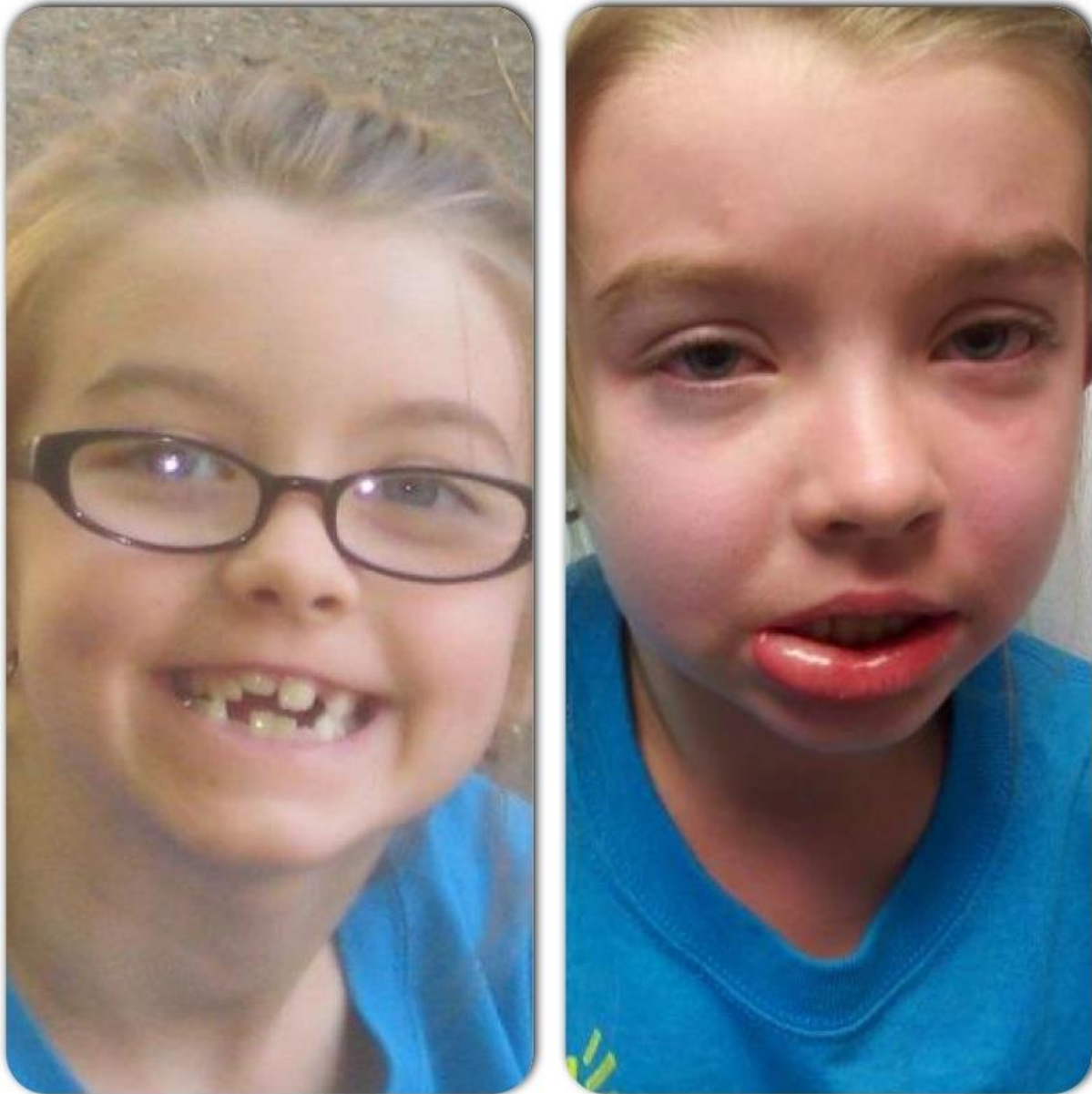
- Shortness of breath, wheezing
- Repetitive, hacking cough

Heart

- Low blood pressure, weak pulse
- Pale, blue color
- Dizzy, fainting

Mental

- Anxiety, "sense of impending doom"
- Lethargy



This is a sample of
what an
anaphylactic
reaction can look
like.

How Quickly Do Anaphylaxis Symptoms Appear?

- For some individuals, the reaction begins slowly and gradually gets worse, for others it develops more quickly and can become life threatening within a few minutes, which is why all reactions need to be taken seriously and treated promptly.

Why do people die from anaphylaxis?

- Delay in the administration of epinephrine
- Was not administered at all

Timing of Food-Induced Anaphylactic Reaction in the School Setting.

Initial Onset of Symptoms

- 10 Minutes
- 20 Minutes

Time of Epinephrine Dose

- 125 Minutes
- 180 Minutes

Onset of Severe Symptoms

- 125 Minutes
- 150 Minutes

Time of Death

- 180 Minutes
- 300 Minutes

All times are in minutes after ingestion. All cases were accidental ingestion. Source: New England Journal of Medicine

Food Allergies in School

- ▶ Approximately 20-25% of epinephrine administrations in schools involve individuals whose allergy was unknown at the time of the reaction.
- ▶ More than 15% 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. Care must be exercised regarding bake sales, classroom parties, and snacks outside of the cafeteria.

Best Practice in school settings

- The recommendation is that every school with a child at risk for anaphylaxis has a full time registered professional nurse on staff, responsible for the development of the Individual Healthcare Plan (IHP), or Emergency Care Plan (EPC)/Food Allergy Action Plan (FAAP)
- Every child at risk for anaphylaxis will have one or more of the following: Emergency Care Plan, Food Allergy Action Plan, an Individual Health Plan and/or a 504 plan to include a specific classroom plan
- The school will contact local Emergency Medical Service to inform them that a student with life threatening allergy is enrolled (*Note: Not all ambulances carry epinephrine.*)

Best Practice in school settings

- Staff will be trained on food allergy prevalence, symptoms and reaction prevention at least annually and as needed. Drills should be practiced.
- All necessary staff should be trained in epinephrine auto-injector administration.
- All necessary staff should be aware of epinephrine auto-injector location (unlocked)
- Develop an emergency shelter-in-place (disaster) plan.

Best Practice in school settings

- Include food allergy education into curriculum, i.e.: Educate students on hand washing, not trading/sharing food, Food Allergy Awareness Be A Pal Program. *Please note that hand sanitizer does not remove the food allergen*
- Substitute Food items in classroom lesson plans and special events
- Provide a policy for managing food allergies on field trips.
- Notify substitute teachers and provide a copy of student's ECP/FAAP in the substitute's folder.

Be A Pal: Protect A Life

FARE developed the Be A Pal: Protect A Life from Food Allergies program to help educate the friends of children with food allergy. This program provides educators with the tools for teaching students how to help friends who have food allergies.

By getting peers involved in a positive manner early in the school year, you foster a positive, supportive environment for your student with food allergies, and build another layer of protection against food- allergic reactions.



Food Allergy Bullying: It's not a Joke

- ▶ Food allergy bullying is a growing problem in schools across the country. About a third of kids with food allergies report that they have been bullied specifically because of their allergies.
- ▶ The "It's Not a Joke" PSA is intended to help raise awareness about the serious, potentially life-threatening nature of food allergies, and the dangers of food allergy bullying. Unfortunately, because many people do not understand the potentially deadly nature of this disease, what can be seen as a prank is actually very harmful and potentially very dangerous.

ABOUT A THIRD OF
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OF THEM.



CDC's National Guidelines for Managing Food Allergies in Schools

- ▶ The CDC guidelines seek to protect the physical and emotional health of students with food allergies by providing practical information and strategies for schools while reinforcing federal laws and regulations. The guidelines are intended to support the implementation of school food allergy management policies in schools and early childhood programs, and guide improvements to existing practices. Implementing these guidelines may help schools reduce allergic reactions, improve response to life-threatening reactions, and ensure current policies are in line with laws that protect children with serious health issue.
- ▶ Download the guide here: <http://www.foodallergy.org/cdc>

Food Allergy Awareness Week

May 10-16, 2015



Jennifer Addington & Sandy Sosebee founders of Northeast Georgia Food Allergy Support Group represented our state on May 27th, 2014 at the State Capitol when Governor Nathan Deal signed the proclamation for Food Allergy Week in GA (May 11-17th, 2014)!

Governor Nathan Deal encourages all Georgians to recognize the value and importance of food allergy management & anaphylaxis prevention and awareness.

Please visit us online at
www.northeastgafoodallergy.org



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