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A Slightest Trace Can Be Deadly. Let's Shine a Light on Food Allergies.

May 13th -19th is Food Allergy Awareness Week

Eau Claire, WI – May 15th, 2018- Did you know that a food allergy reaction sends someone to the ER every 3 minutes? Food allergies affect as many as 15 million Americans. Of those people, 5.9 million of them are children. **That's a shocking 1 in every 13 children with food allergies, or about 2 in each classroom.**

Eight foods cause the majority of all food allergy reactions in the U.S. They are: shellfish, fish, milk, eggs, tree nuts, peanuts, soy, and wheat. A food allergy reaction can result in anaphylaxis- a severe, whole-body reaction. Symptoms develop quickly, often within seconds or minutes. Symptoms may include: hives, vomiting, trouble breathing, swelling of the throat, a sudden drop in blood pressure, shock and death.

“Too often, people do not understand how dangerous an allergic reaction can be,” says Susan Krahn, Public Health Nutritionist with the Eau Claire City-County Health Department, and mother of a child with a food allergy. “When it comes to children with food allergies, it truly ‘takes a village’ to keep them safe.”

For parents of a child with food allergies, every day brings new situations where food is involved and an allergen may be present. Think of the places you bring snacks for your child – the library, the park, the store. For a child with a food allergy, **eating even the slightest trace of a food allergen could trigger a reaction.**

We don't know all the causes of food allergies.

Research suggests they develop from a mix of genetic and environmental influences. While promising therapies are being studied in clinical trials, there is currently no cure for food allergies. **New research has found that early introduction of peanut (around 6 months of age), followed by regularly eating foods containing peanuts may help protect children at high risk for peanut allergy.** If you delay introduction of peanuts, it may actually increase the risk. We're still learning what this means for other food allergens.

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Food Allergy Research & Education (FARE), the nation's leading non-profit dedicated to food allergy, encourages Americans to recognize food allergy as a serious public health issue during **Food Allergy Awareness Week- May 13-19, 2018**. The goal of Food Allergy Awareness Week is to shine a spotlight on the seriousness of food allergies. Spread the word with free resources at www.foodallergyweek.org.

SHiNE a LIGHT on FOOD ALLERGIES

Food Allergy Awareness Week • May 13–19, 2018

What Friends Can Do

- 💡 Understand that food allergies are serious and potentially life-threatening.
- 💡 Food allergies are not a choice. Be supportive, understanding and a good listener.
- 💡 If you're not sure how you can help, ask.
- 💡 Know how to respond in case of emergency.

 Do your part at foodallergy.org



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