

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.

©2023 Nutricia North America – Nurses may claim CE credit for this webinar. RDs may claim CE credit for this webinar through 05/31/2024. To obtain a certificate of attendance: 1) Complete this [survey](#)



Nutricia Learning Center

Surrounded By Support

Lisa B. Rosenberg

M.Ed., MSW, LCSW


Founder of Safe and Included, Food Allergy Counseling and Consulting

September 20, 2023



1

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

2

Learning Objectives




- Examine the impact of living with food allergies based on published quality of life (QoL) studies VK0
- Identify common challenges of caring for a child with food allergies
- Identify various support/resources for caregivers that address identified challenges VK1

3

Poll Question

Respond in the right-hand panel in the live event – Click 'SUBMIT' when done


NUTRICIA LEARNING CENTER

About how many of your patients/families are diagnosed with food allergies?

A. 0-25%

B. 26-50%


C. 51-75%

D. 76-100%

4

Poll Question

Respond in the right-hand panel in the live event – Click 'SUBMIT' when done


NUTRICIA LEARNING CENTER

What aspects of your patients' lives are affected by their food allergy diagnosis? (select all that apply) VK0

A. School

B. Social


C. Family Dynamics

D. Finances

5

Poll Question

Respond in the right-hand panel in the live event – Click 'SUBMIT' when done


NUTRICIA LEARNING CENTER

What aspects of your patients' lives are reported to be NEGATIVELY affected by their food allergy diagnosis? (select all that apply) VK0

A. School


B. Social

C. Family Dynamics

D. Finances

6

What's It Like to LIVE with Food Allergies?



NUTRICIA LEARNING CENTER

- 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.¹
- Social**
 - 40% of parents reported experiencing hostility from other parents when trying to accommodate their child's food allergy.²
- Relationships**
 - 1 in 4 parents report that food allergies causes a strain on their marriage.³
 - Mothers rated their own psychological and physical quality of life worse than fathers rated theirs, and had higher scores than fathers for anxiety and stress⁴
- Finances**
 - Caring for children with food allergies costs U.S. families nearly \$25 billion annually.⁵


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

7


Common Challenges: School


NUTRICIA LEARNING CENTER


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

8


Common Challenges: Socializing


NUTRICIA LEARNING CENTER


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

9

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/foodallergylife

10

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

11

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/foodallergylife

12

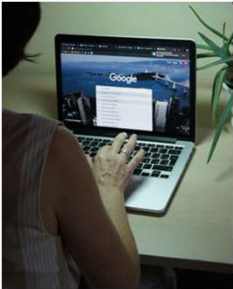
“...And How Does That Make You Feel?”




NLC
NUTRICIA LEARNING CENTER

13

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



&



NLC
NUTRICIA LEARNING CENTER

VKO

14

Let's Examine the Evidence...

- 92% of allergy parents say they're always or occasionally fearful of their food allergic child's safety¹
- 75% of allergy parents reported that food allergies cause fear/anxiety for their family¹
- Greater maternal overprotection was associated with lower child QoL as well as greater dietary and social limitations independent of food allergy outcomes²


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

NLC
NUTRICIA LEARNING CENTER

VKO

15

What Can We DO About This?



VK0

NLC
NUTRICIA LEARNING CENTER

16

What Can We DO About This?



VK0

NLC
NUTRICIA LEARNING CENTER

17

What Can We DO About This?



VK0

NLC
NUTRICIA LEARNING CENTER

18


Recognizing and Responding

VK0

NLC
NUTRICIA LEARNING CENTER

19

Label Reading

VK0

NLC
NUTRICIA LEARNING CENTER

20

Nutritional Needs and Recipes

VK0

NLC
NUTRICIA LEARNING CENTER

21

What Can We DO About This?




Provide
Reliable
Resources for
INCLUSION




VK0

22

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)

23

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



24

Normalizing Life with Food Allergies




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”



25

Navigating Relationships



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

26

School Support



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



27

VK0

LIVING with Food Allergies



There's an app for that...



28

VK0

LIVING with Food Allergies



Travel and Dining Resources

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



29

VK0

What Can We DO About This?



Address the Logistics



30

What if More Support is Needed?


NUTRICIA LEARNING CENTER

Reach out/Refer Out:

■ Safe and Included-Safeandincluded.com




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


VKO

31

Summary:


NUTRICIA LEARNING CENTER

Food allergies affect ALL aspects of life:

■ School


■ Social

■ Family Dynamics

■ Finances

32

Summary: What Can We DO?


NUTRICIA LEARNING CENTER

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

33

Where Can We Go for **INFO?**

VK1

NLC

NUTRICIA LEARNING CENTER

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

VK0

 (Lots of egg-free recipes)

9. Minimalist Baker

10. Nora Cooks

11. Allergy Awesomeness

12. Whole30® recipes (many are grain and dairy free)

34

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

NLC

NUTRICIA LEARNING CENTER

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

35

REMEMBER:

NLC

NUTRICIA LEARNING CENTER

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

SAFE & INCLUDED

OPEN ALLERGY COOPERATIVE

FOR DIETITIANS & NURSES

copyright © 2019 by Lisa B. Rosenberg

(safeandincluded.com)

36

Contact Me






Lisa B. Rosenberg, M.Ed, MSW, LCSW
Lisa@SafeandIncluded.com
(856)-492-4357

37

References



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.

38



Thank you!

Nutricia Learning Center
is provided by
Nutricia North America



© 2023 Nutricia North America

39
