



FOOD ALLERGIES AND OTHER HEALTH CONCERNS

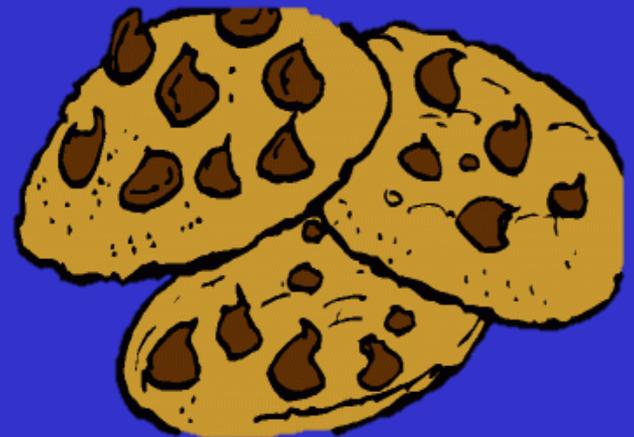
Making sure our kids are safe and happy!!

FOOD ALLERGY

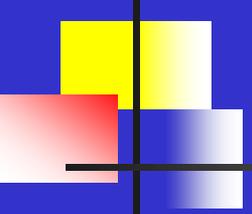


“ A food allergy occurs when the body’s immune system sees a certain food as harmful and reacts by causing symptoms.”

From: Kids with Food Allergies –A Division of the Asthma and Allergy Foundation of America

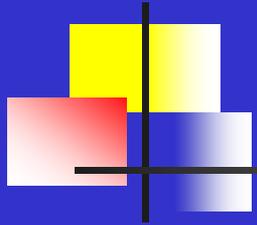


The New Epidemic



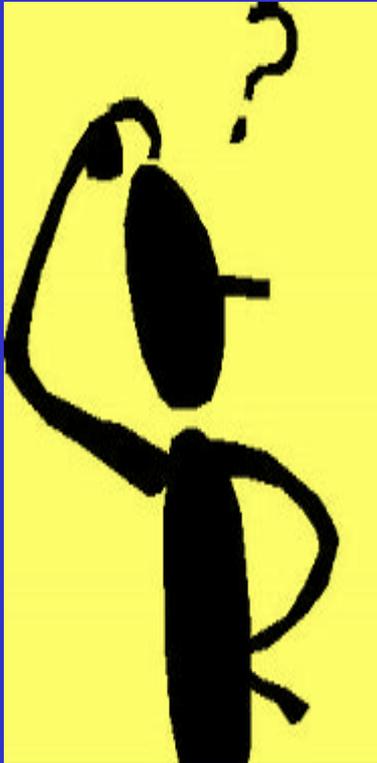
- 1 in 5 Americans has some type of allergy
- 1 in 13 children in the US has food allergies- (abnormal immune responses to food proteins)
Approximately 2 per classroom
- 1 in 4 children have their first allergic reaction at school
- Number of people worldwide with allergies is increasing with steepest 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??



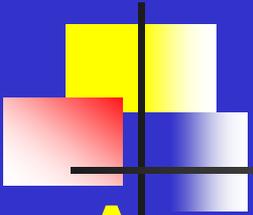
- Many theories – No real answers
- Diet – Western, GMO's
- Overuse of antibiotics
- Developed countries are too clean
- Decrease in gut bacteria – (bacteria strain *Clostridia*)
- Chemical Cleaners

Anaphylaxis



- Anaphylaxis refers to a severe life threatening allergic reaction that can affect several different body systems at one time.
- Can start with mild symptoms and may have no skin symptoms
- Epinephrine is the medication given to reverse the symptoms of anaphylaxis.
- Many first time allergic reactions occur in school

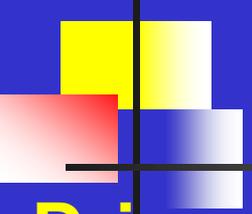
Anaphylaxis



Anaphylaxis can affect any or all of the following:

- **Skin and Mucous Membranes – (lips, tongue, mouth, eyes)**
- **Upper and Lower Respiratory Tract –(nose, throat, lungs)**
- **Gastrointestinal Tract – (stomach pain, cramping, nausea, vomiting)**
- **Cardiovascular – (heart)**
- **Neurologic and Emotional- confusion, lethargy, sense of doom**

Recognize the Symptoms



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

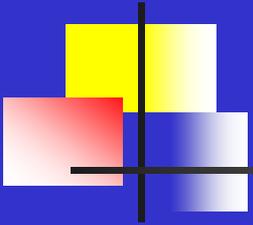
Children could describe as :

There is a frog in my throat. / My lips feel tight.

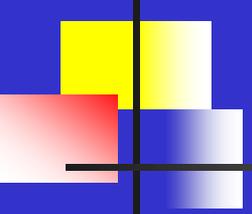
My tongue feels full or itches.

My throat feels thick.

**It feels like a bump on the back of my tongue.
(or throat)**



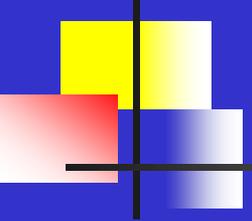
“A Day in the Life of a Food Allergy Mom” Video



Allergy Bullying

- **Approximately 1/3 of all students with food allergies have been bullied**
 - **Of those bullied,**
 - 80% said it's solely regarding food allergy and carried out at school by classmates.**
 - 21% reported bullying by teachers or other school staff**
 - 86% report multiple episodes**

Allergy Bullying

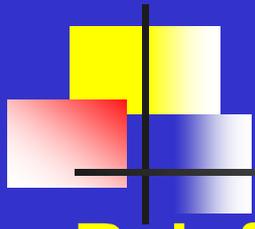


57% described physical events like

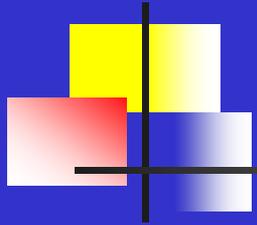
- **being touched by their allergen**
- **having an allergen thrown or waved at them**
- **intentional contamination of their food with their allergen**
- **comments to provoke fear – “I have peanuts in my pocket.” or “I want to rub kiwi all over your body.”**

Campers with Allergies

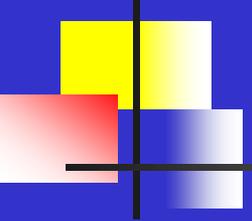
Social and Emotional



- Reinforce policies on bullying and discrimination. Teasing or taunting about a food allergy should never be permitted. Include allergies and other medical issues as a topic in camp wide bullying prevention education.
- 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

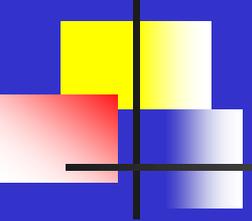


Emergency Preparedness And Prevention



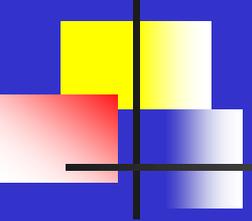
Emergency Preparedness

- **Create camp rules, procedures, and protocols 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

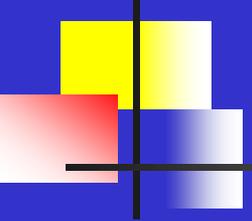
- **Read Labels – (Food Allergen Labeling and Consumer Protection Act of 2004 - FALCPA)**
 - ✓ **Look for hidden ingredients (spices, natural flavors)**
 - ✓ **Each label should be read each time as ingredients can change**
 - ✓ **Only top 8 allergens required by law to be included – Sesame or cross 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.**

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)





Other Health Concerns

Emergency Medical Health Policies and Procedures/Emergency Response Protocol:

- Ensure campers have medical release forms, consent for treatment, authorization for medication and emergency action plans completed and staff has access
- Make sure all individuals that encounter the camper are aware of any health concerns and know the protocols to respond appropriately



Other Health Concerns

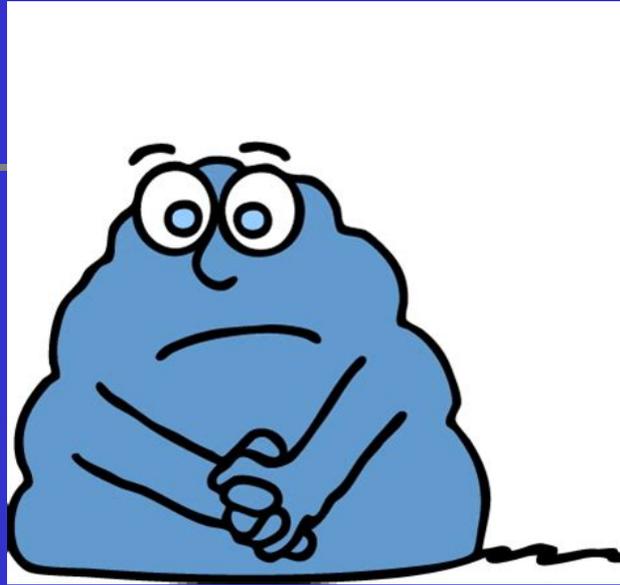
- **Staff training on use of epinephrine (epi-pen or other devices) and locations and storage**
- **Ask an EMT/Paramedic from a local fire department to conduct an Inservice for your staff on basic protocols for emergencies and health concerns**



Medication

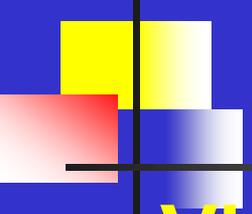


- **Staff cannot administer any medicine including TYLENOL without consent from the parent/caregiver!!!**
- **If possible, parent should demonstrate how to use medication provided for camper**
- **Make sure all individuals that encounter the camper are aware of any health concerns and how to respond appropriately**
- **Ensure all staff are familiar with campers' medications, the expiration dates, and their administration**



**Reduce anxiety for both campers
and parents by being prepared
and welcoming!**

Resources



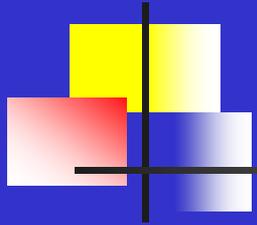
Video – “Food Allergies at Camp – What Staff Needs to Know”

<http://www.allergyhome.org/camps/food-allergies-in-camps-what-staff-need-to-know/>

Video – “An Emerging Epidemic: Allergies in America”

<https://vimeo.com/73910827>

Resources



FARE – Food allergy Research and Education

<http://www.foodallergy.org/>

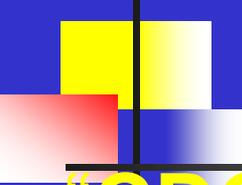
**Kids with Food Allergies – A Division of the
Asthma and Allergy Foundation of America**

<http://www.kidswithfoodallergies.org/page/welcome.aspx>

Florida Senate Bill 284

➤ **http://laws.flrules.org/files/Ch_2013-063.pdf**

Resources



“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

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

http://www.neahin.org/assets/pdfs/foodallergybook_english.pdf