



Living with food allergy and intolerance in Ireland

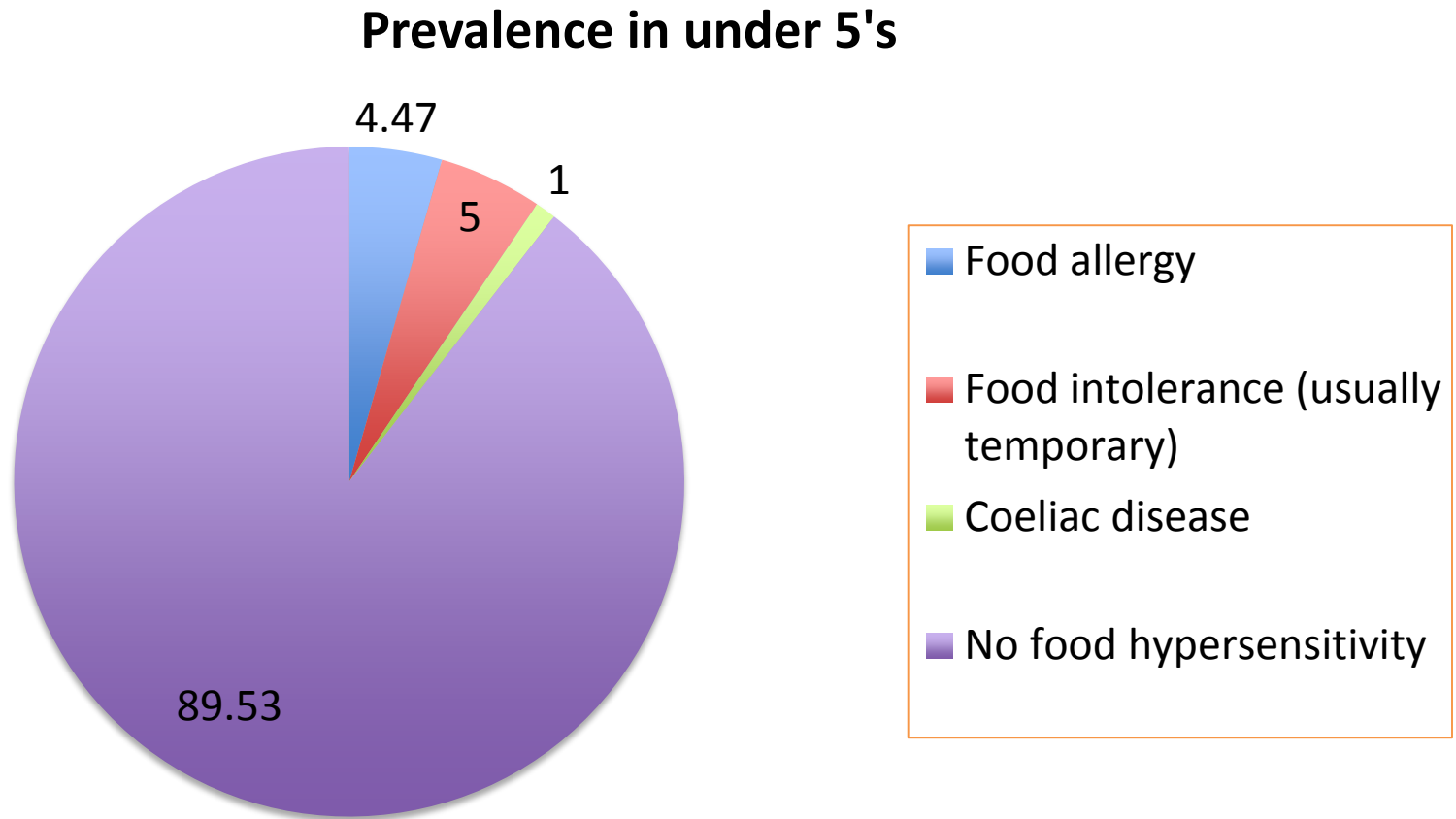
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Secretary to the Irish Food Allergy Network
September 2016.



Food allergy/intolerance –so what!

- 
- Prevalence of food allergy: 5-8% children & 1-2% adults
 - New Irish prevalence data shows similar rates to UK and Europe
 - Coeliac disease: 1%
 - Prevalence of food intolerance: lactose intolerance ~5%, gluten??, other???
 - Overall prevalence of food sensitivity: estimates 10 – 45% of the population
 - Catering approach is essentially the same

A true picture of the numbers involved Ireland under 5's



Food intolerance reactions can look like this...



True versus perceived?



**Do you suffer from
any of the following?**

Weight control problems - Eczema
Gut pain with headaches
Arthritis - Asthma - Irritable bowel syndrome
Feeling run down - Migraine - Bloating etc...

**Our Food Intolerance
Test can help you!**

**Feel Better
and Look Good!**



Avoiding milk and egg and peanut

MILK

Lactoglobulin	Casein or curd
Milk solids	Caseinates
Non fat milk	Hydrolysed Casein
Whey	Butter fat
Whey solids	Butter oil
Whey syrup	Hydrolysed whey protein

Hydrolysed whey sugar/solids*

EGG

Albumen	Globulin
Lecithin – E322	Ovalbumen
Livetin	Ovomucin
Ovoglobulin	
Pasteurised egg	
Ovovitellin	Dried egg
Vitellin	Frozen egg

Lysozyme

Avoid any ingredient which begins with 'ovo' or 'ova'.

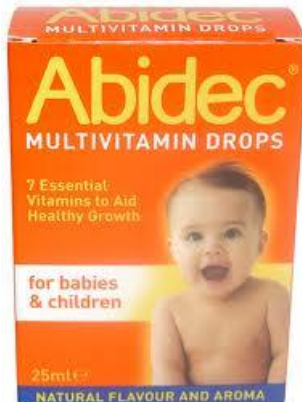
PEANUT

Ground nuts	Ground pea
Earth nuts	Pinder
Goober	Monkey nuts
Lupin	

Every label, every time

Medicine
Hand cream

Cosmetics
Shampoo
Toothpaste

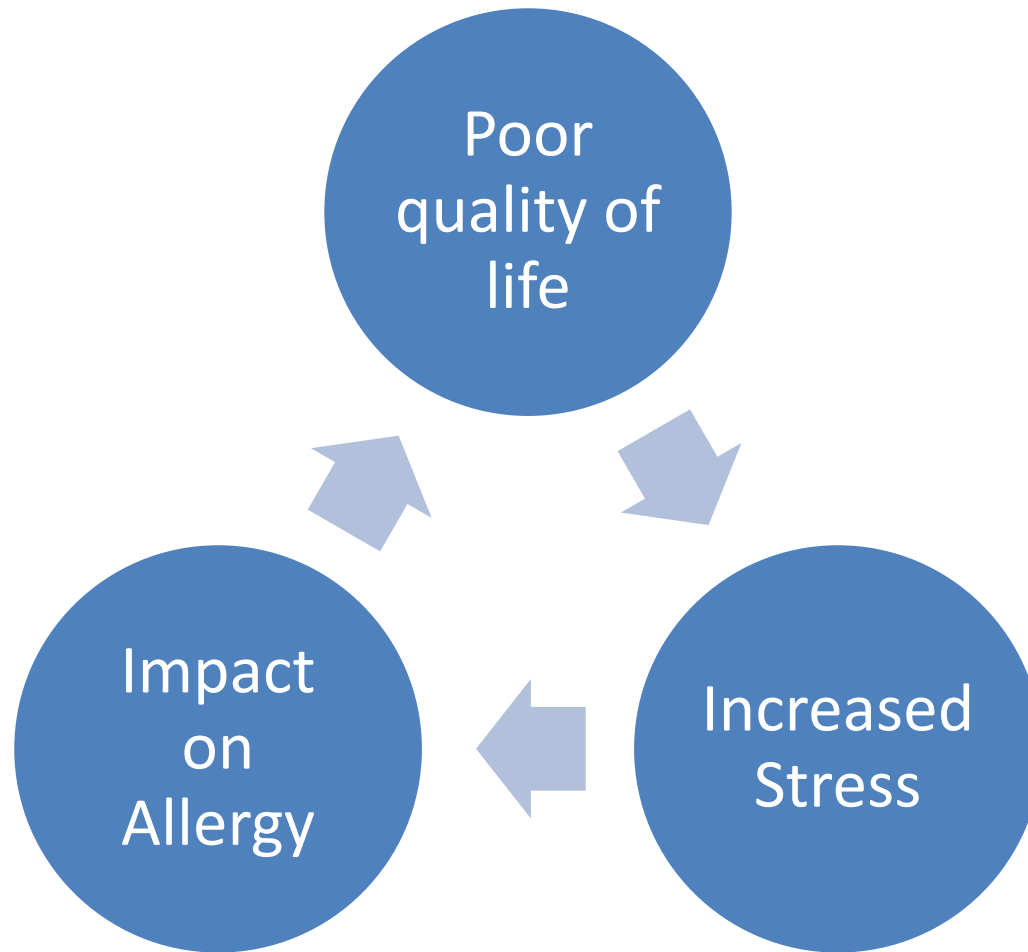


Put yourself in these shoes..



What about.....

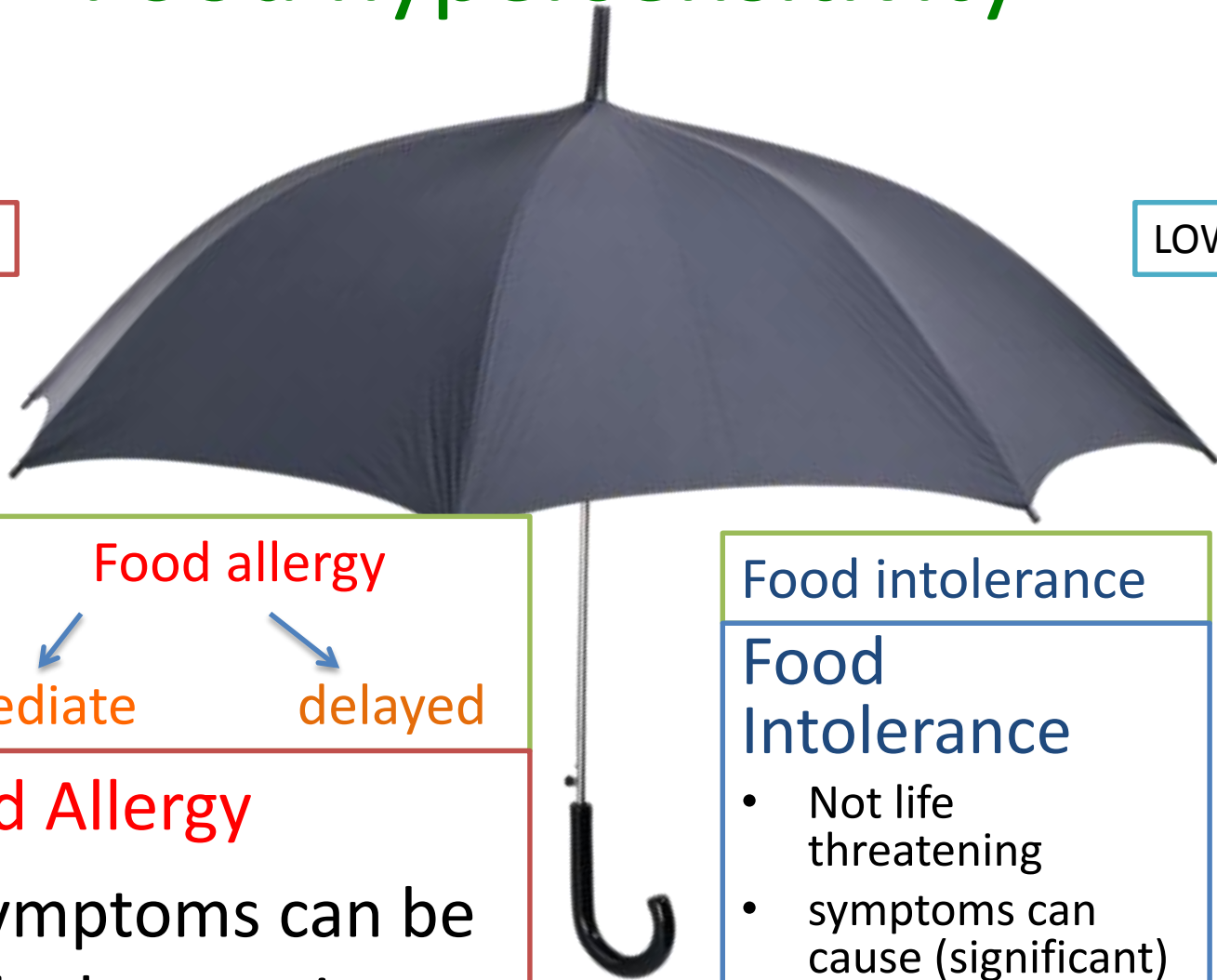




Food hypersensitivity

HIGHER RISK

LOWER RISK



Food allergy

immediate

delayed

Food Allergy

- Symptoms can be life threatening

Food intolerance

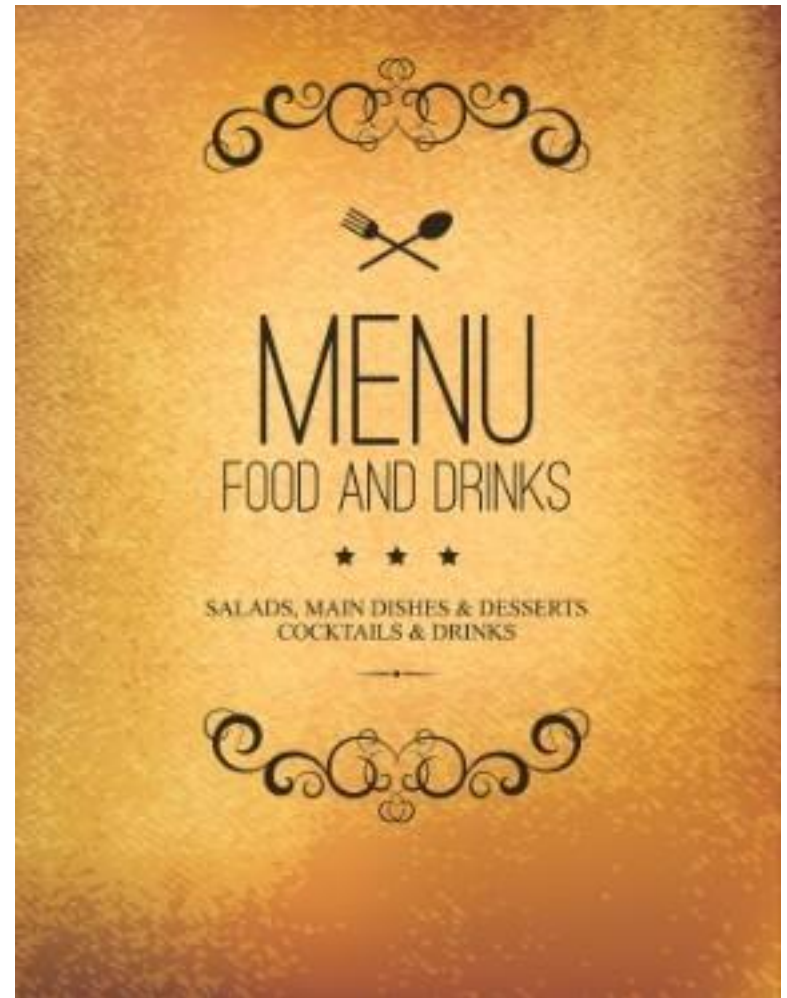
Food Intolerance

- Not life threatening
- symptoms can cause (significant) discomfort

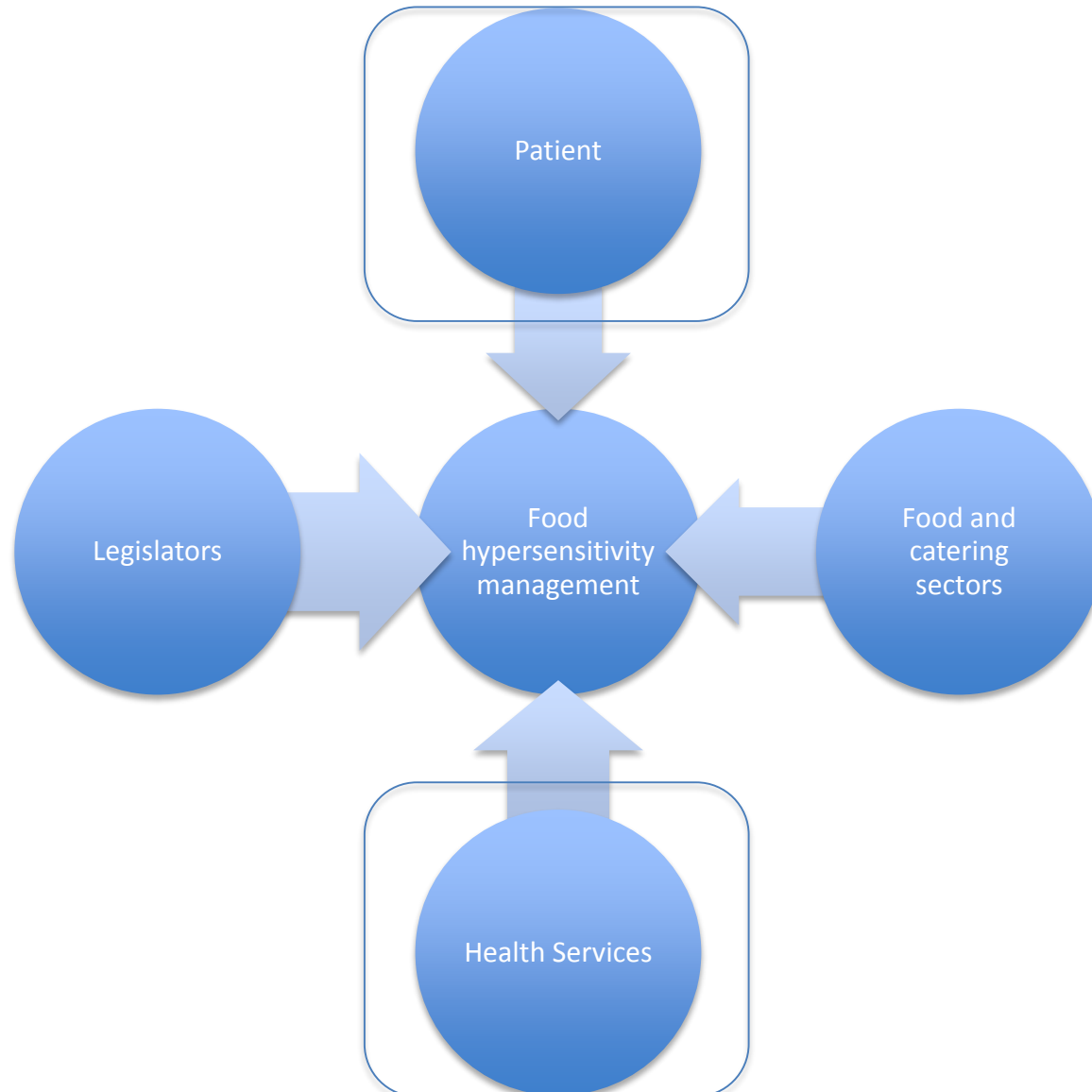
The incidence of fatal food anaphylaxis in food-allergic people is lower than accidental death in the general European population. (Umasunthar 2013)

Where do reactions happen?

- Home?
- Work/School? 20% of allergic reactions occur at school
- Eating out? The European Commission has acknowledged that 70% of severe allergic reactions happen when people eat out...



Roles and responsibilities



Medical management

- There is no cure for food allergy
- Treatment is straightforward and simple:
 - identify the risk
 - manage the risk
 - ensure nutritional safety
 - ensure social inclusion



No risk? No such thing!

Categorising



Recognising



Managing



Personal preference
Food allergy
Mild
Severe
Food intolerance

Eating food
Eating non food
Environment

Education
Training
Policies
Procedures
Open communication

The most important issues for the service user.

What could happen?

What could cause it to happen?

Can I do something to affect this?

Service user
with food
hypersensitivity



Service
provider



Service user
Decision

I am thinking of
availing of your food
service.

Customer Information

Please note that our dishes
may contain one or more of
the following allergens:
Cereal, Peanuts, Nuts, Fish,
Shellfish, Sesame seeds,
Eggs, Milk, Soya, Celery
and Celeriac, Mustard,
Sulphur dioxide and
sulphites.
If in doubt please ask a
member of staff



Pharmaceutical Society of Ireland investigating death of teenager after peanut reaction

Service provider role

On request, provide accurate, relevant, in date information (ingredients, cooking methods, storage, cross contamination).

Service user role

Makes the decision based on an informed risk assessment

Managing risk

- Mitigate
- Accept
- Reject



“ No info-no eat, no adrenalin – no eat”

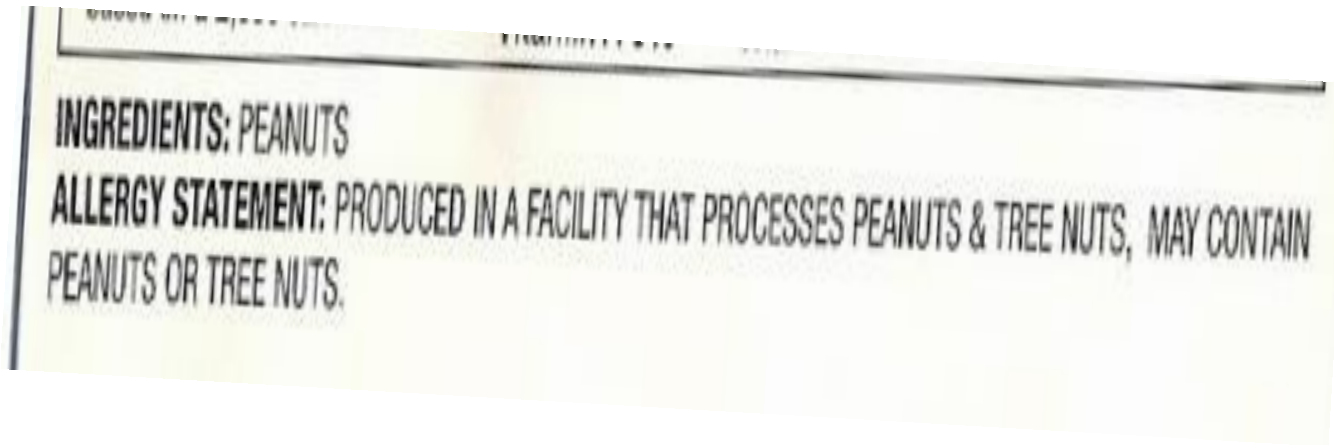
Cracks in the process

Knowledge & Practice

ALLERGY ALERT
PEANUT FLOUR BEING
ADDED TO MANY
Kellogg's
PRODUCTS



Living with food labels



Meaningful food labelling..?

May contain..

Not suitable for...

Made on the same line as...

Cannot guarantee...



Ingredients:

Wholegrain Rolled Oats (60%), Wholegrain Oat Flour (38%), Calcium, Niacin, Iron, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.

Allergy Advice:

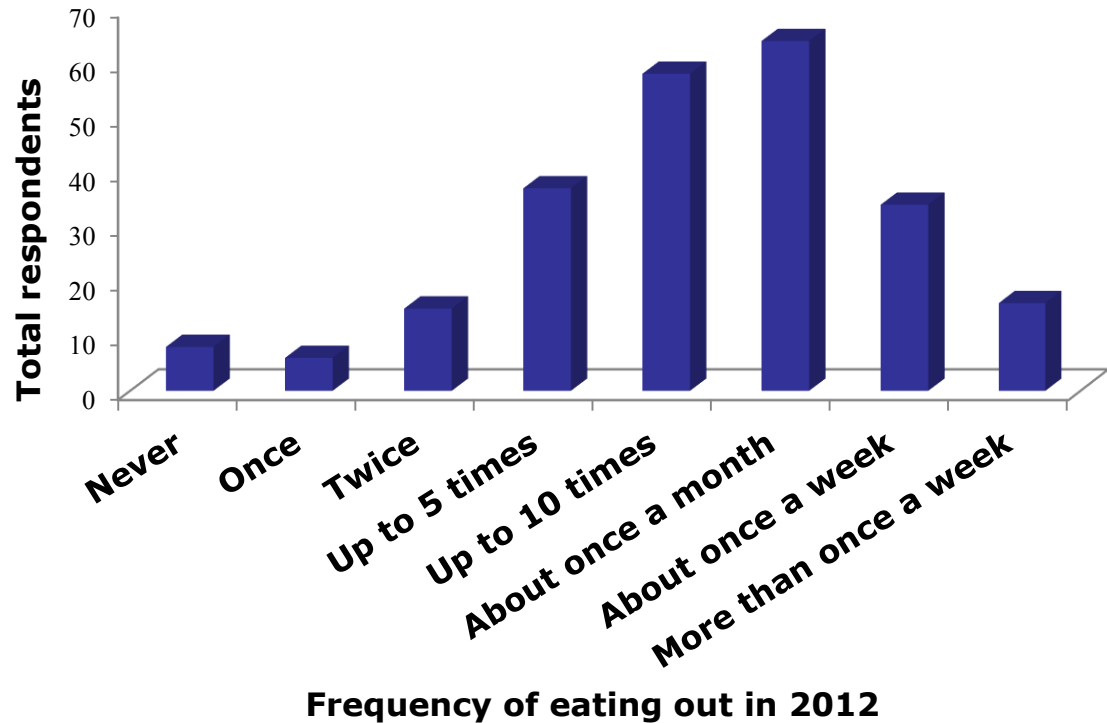
This product contains oats. Not suitable for milk allergy sufferers.



safefood-FSA survey:-

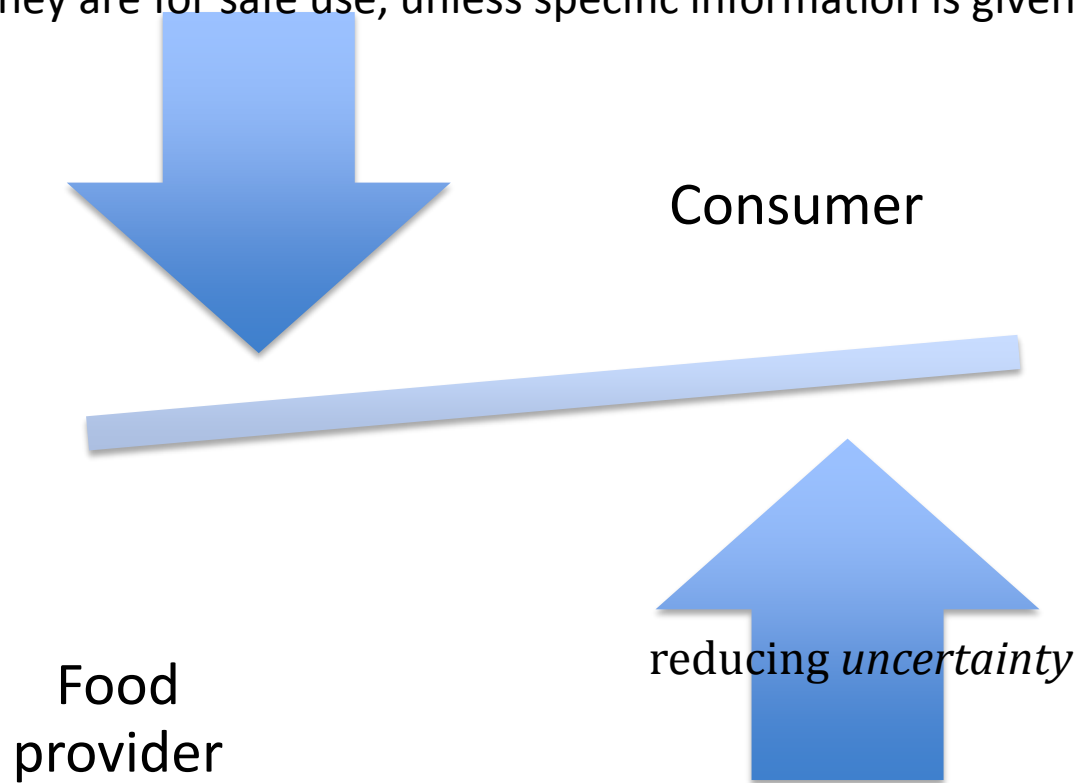
Dining out in 2012

- 50% of respondents eat out once a month or almost once a month.
- Bord Bia Periscope 6 Report 2011: 29% of respondents ate out a few times/once a month.



'UNCERTAINTY' CONSTITUTES A MAJOR OBSTACLE TO DECISION MAKING IN HUMAN BEINGS OF ALL AGES.

Consumers purchase products on the basis of trust, experience and recommendation, expecting that they are for safe use, unless specific information is given on the labels



close cooperation and effective communication & adequate training=
reduced risk of accidental exposure