



Annual National Conference 2019

What Food Allergic Students Want

Karen Olsen RDN LD SNS

Affiliation or Financial Disclosure



- Karen Olsen RDN LD SNS
- Harford County Public Schools
 - Dept of Food and Nutrition Services
 - Maryland
- Nothing to disclose





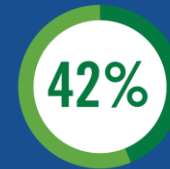
Ideas@Work education sessions are intended to inspire and encourage innovation in school nutrition through peer-to-peer learning and engagement.



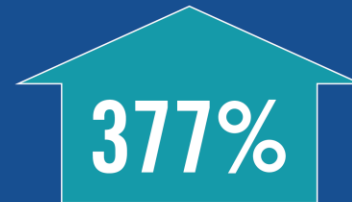
THE FOOD ALLERGY EPIDEMIC



More than half of adults with food allergies have experienced a severe reaction.



More than 40 percent of children with food allergies have experienced a severe reaction.



Claim lines with diagnoses of anaphylactic food reactions increased 377 percent between 2007 and 2016.

Prevalence and Severity of Food Allergies Among US Adults. JAMA Network Open 2019
The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States. Pediatrics 2018
Food Allergy in the United States: Recent Trends and Costs – An Analysis of Private Claims Data. FARE Health White Paper, November 2017.

The Big Idea



- Wanted to
 - Discover what students with severe and multiple food allergies thought about eating school meals.
 - Identify if allergens other than “The Big Eight” were part of this group’s concern
 - Determine what techniques the students used to keep themselves safe





A Bit About Our District

- Harford County Public Schools – Maryland
(about 2 hours north of Washington DC)
- 38,000
- 30 % Free/Reduced
- About 10% of students have some type of dietary restriction

A Bit About Me

- (Part of) My job involves working with school nurses, students, families and cafeteria staff ensuring special diet accommodations are available.
- I follow a restricted diet due to a medical condition.



Planning



- FARE = Food Allergy, Research and Education
 - “Go to” for food allergy information and management
 - Gathers individuals across the country annual
 - Has very active teen group
 - Comprised of those with severe allergic reactions and those who care for them (families, care givers, researchers, etc)

www.foodallergy.org



Food Allergy 101

Get the facts on what food allergies are—and what they aren't—along with how to recognize the symptoms and seek testing from a healthcare professional.



Newly Diagnosed

If you're new to food allergies, it is normal to feel overwhelmed by the required changes to your diet and lifestyle. Over time, it will begin to feel more manageable.



Living Well Everyday

When someone develops a food allergy, everyone in the family must learn to adapt. FARE has information and resources that will help you to stay safe and live well.



At School

By working with school personnel, other parents and your physician, you can make sure your child has a safe and rewarding experience.



Implementation – What?



- Submitted a proposal for an interactive session at their conference

FARE *Con*
FEATURING **Teen Summit**
Washington, DC • November 2 - 4, 2018



Implementation – How?



- Gathered the group for a 30 minute session
 - About 20 middle and high school age students chose the session
- Posed a series of questions to small groups
 - Recorded thoughts on the outer portion of a giant Post-It note
 - Each group discussed their topic, the challenges and the techniques they use to meet the challenge



Results



- These young people are amazingly articulate, reasoned, and supportive of each other. Their biggest desire is to live just like their peers and participate in everyday things.
- Almost all of them have needed to use an epipen, more than once.

TEEN ADVISORY GROUP

FARE's Teen Advisory Group (TAG) is our voice for the teen and young adult food allergy community.



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Applying to be a TAG Member

The application for TAG 2019 has closed. TAG applications open in January each year.

This year, we are also requesting that you submit a story and photo to ContainsCourage@foodallergy.org as part of FARE's [Contains: Courage™](#) Campaign.

Applicants should be between the ages of 11 and 22, and should be individuals living with food allergies who want to make a difference for teens locally and across the country.

Some issues our TAG members help to address include handling social situations, dining out, facing challenges unique to teens, and educating the community about what it means to be a teen with food allergies.

TAG members work on youth projects, create content for our website, and serve as leaders at FARE's national events. Teen advisors can be found around the United States.

For information on connecting with TAG members in your area, or any of our teen programs, email tag@foodallergy.org.





Results

- Question ONE –
 - How are a restaurant and cafeteria the same?
 - How are they different?

Restaurant and School Cafeteria Similarities
Lots of tables Serve/Eat food Cook “in the back” Risk of cross contamination Not very allergy friendly Must pay for food

Differences	
Restaurant	School Cafeteria
Have ingredient lists available Mostly allergy friendly “Gourmet” Waiters Bring food out More options More expensive	Unsure of ingredients Not always allergy friendly Not as cross contamination safe Fewer options Less expensive Have “allergy free” table

- My Take Away
 - They understood the limitations of both settings and understood both posed risks



Results



- Question TWO

- What Critical Area, Concern or Challenge do you face in the school cafeteria?

Concern	
Cross contamination	7
They will forget my allergies	3
Accidents with ingredients occur	3
Other will eat unsafe foods around me	3
Staff doesn't understand my food allergies	2
I have an allergic reaction	2
People around me are irresponsible (touching me without washing their hands after eating)	1
Feeling left out because I have a food allergy	1
The food isn't healthy	1



Results



- Question THREE
 - What would help you?

Approach

Everyone bring a lunch that is safe from the major allergens

Wipe down the tables and seat before and after lunches

Educate the staff

Choose substitutes that taste good

Make the peanut free table less isolated

Make ingredients available online

Be made aware of what is being served for lunch

Always check with the person you sit next to or sit next to someone you trust

Make sure that your friends are aware of your allergy.



Your Turn



- What things can School Nutrition Professionals do to assist these students?

Concern

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Approach

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- Educate the staff
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Closing Thoughts



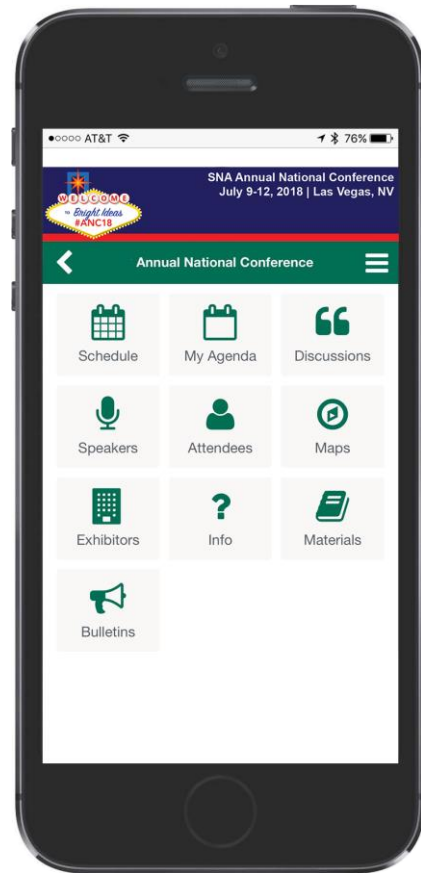
Consider gathering a group of food allergic students as part of your menu advisory council.

Work with local FARE/TAG members

Use the FARE site for training



Evaluate This Session



Use the ANC App to evaluate the sessions you attend and you will automatically be entered to win a FREE registration to ANC 2020 in Nashville.*

One entry per person. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.





Thank you!

karen.olsen@hcps.org

