



Food Allergy Fact Sheet:

- In 2007 approximately 3 million children under age 18 years (3.9 %) were reported to have a food or digestive allergy in the past 12 months.
- Eight foods that account for 90% of all food-allergy reactions cow's milk, egg, peanut, tree nuts (for example, walnuts, pecans, almonds, and cashews), fish, shellfish, soybeans, and wheat
- 3.3 million Americans are allergic to peanuts or tree nuts
- 6.9 million are allergic to seafood
- Combined, food allergies cause 30,000 cases of anaphylaxis and 150 deaths annually.
- Four out of every 100 children have a food allergy.
- In 2007, the reported food allergy rate among all children younger than 18 years was 18% higher than in 1997.
- Approximately 27% of children with food allergy had reported eczema or skin allergy, compared with 8% of children without food allergy.*
- Over 30% of children with food allergy also had reported respiratory allergy, compared with 9% of children with no food allergy.*
- Hospital discharges with a diagnosis related to food allergy increased significantly over time from 1998–2000 through 2004–2006.
- The median time to respiratory or cardiac arrest for food allergy: 30 min*
- The median time to respiratory or cardiac arrest for venom allergy: 15 min*
- The median time to respiratory or cardiac arrest for drug allergy: 5 min*

Guidelines for the Diagnosis and Management of Food Allergy in the United States 2010
CDC National Health Interview Survey June 2009 last updated 2011

*Pumphrey, RS. Clin Exp Allergy. 2000; 30(8):1144-50