

It does not stop with food industry:

What else are we doing to optimise food allergy care in Australia?

Maria Said AM

21 May 2025

Food Allergy Management Symposium



**Allergy & Anaphylaxis
Australia®**

Your trusted charity for allergy support



Who we are

Allergy & Anaphylaxis Australia is a registered charity and national patient support organisation, dedicated to helping individuals and carers alike in managing allergic disease. We listen, guide and educate Australians living with allergic disease and advocate on their behalf to ensure their voices are heard.

With a Medical Advisory Board providing evidence-based information and advice, we are the trusted charity in Australia for allergy support.



A&AA provided direct assistance to

1,464 people

living with and/or caring for a person
with allergic disease during
1 July 2023 – 30 June 2024

"I continue to use A&AA
as my main source of
advice & support. I cannot
find this quality level of
advice on allergies
anywhere else"

A&AA Member, NSW



Overview

- Food allergy and anaphylaxis
- National Allergy Helpline
- Eating out with food allergy
- Food Allergy Week and travelling with food allergy
- Partnerships, engagement and support
- National Allergy Council partnership and programs

Food Allergy & Anaphylaxis



6.1%

of the Australian population have proven food allergy^{2,3,4}



84%

of people with food allergy have avoided a social gathering because of their allergy¹⁵



1 in 10 infants

have proven food allergy^{2,3,4}



8%

of children

2%

of adults

in Australia live with food allergy³



51% increase

in anaphylaxis presentations to emergency departments in public hospitals from 2015-2020³



30,000

babies born each year develop food allergy before their first birthday⁵



11,594

anaphylaxis presentations to emergency departments in public hospitals in 2019-2020³

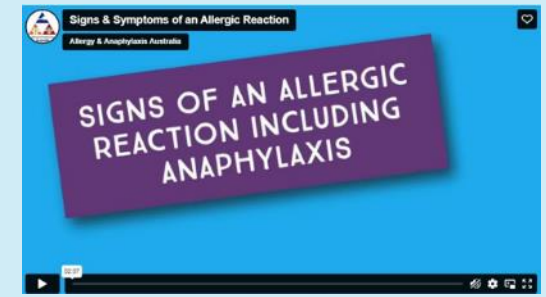
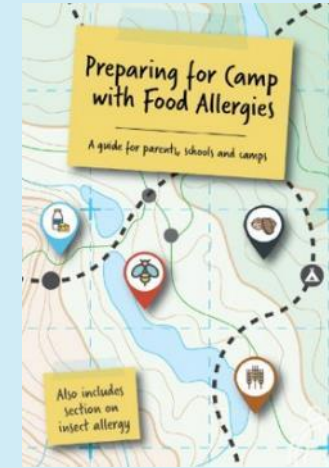


6.5

presentations of anaphylaxis per day to Victorian emergency departments in 2023⁶

Food Allergy & Anaphylaxis

- New website
- Webinar series
- Animations
- E-books
- Posters, brochures and bookmarks



National Allergy Helpline

1464 calls answered (2023-24)



A&AA is an incredible organisation that has been a lifeline for my family over the past 16 years since my son was diagnosed with anaphylaxis to wheat and gluten at the age of six months old. Managing his anaphylaxis and allergies has been challenging; during some of the toughest times A&AA has provided unwavering support and guidance. I am immensely grateful for the resources they offer and the continuous support to me and my family. Their work is essential in improving the lives of individuals and families dealing with these challenges, and I am grateful for their continued efforts to make a positive impact.

Samedy, WA

A&AA provided direct assistance to

1,464 people

living with and/or caring for a person with allergic disease in the last 12 months

Support was provided in the following ways:



57%

Advice from an Allergy Educator

11%

Help with preparing a complaint to regulators


5%

Support after experiencing anaphylaxis

25%


Response to general enquiries or working groups

[Need Help?](#)[About Us](#)[Food Alerts](#)[Training devices](#)



Allergy & Anaphylaxis Australia
Your trusted charity for allergy support

[About Allergies](#)[Living with Allergies](#)[Get Involved](#)[Resources](#)[Donate](#)



Eating out with food allergy: free guide

Updated: 3rd December, 2024

Do you or someone you care for have a food allergy?

Dining out when you have a food allergy can seem difficult, but we can help give you confidence.


We have a helpful, FREE Eating Out with Food Allergy guide packed with expert advice from trained Allergy Educators to help reduce the risk of an allergic reaction when eating away from home.

The guide includes information about:

- How to be prepared when eating away from home
- Avoiding high risk places and making careful food choices
- Ordering food and drinks
- How to manage an allergic reaction
- How to report a reaction if it happens

For more helpful tips, sign up to get your FREE guide today – you will receive a series of emails over two weeks, with step by step information guides on eating out with a food allergy.

[Get your free guide](#)



Free Guide


Eating out with food allergy

Sign up to get your free Eating Out guide

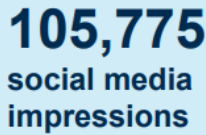
Our free Eating out with food allergy guide will give you a step-by-step guide on how to eat out with a food allergy, and lots of tips to help reduce the risk of an allergic reaction.

[Get your free guide](#)

EATING OUT WITH FOOD ALLERGY



Free Guide



418
joined email
journey

378
new subscribers





Allergy & Anaphylaxis Australia
The national peak body for allergy and anaphylaxis



Our Guide

EATING OUT WITH FOOD ALLERGY



Thanks for subscribing

Hi {{ people.first-name }}, welcome to the Allergy & Anaphylaxis Australia Community!

When eating out: **Always Ask, Always Tell** and remember to always carry your adrenaline injector and ACD/AA Action Plan with you.

For many in our community, eating out in a restaurant or cafe can be a stressful experience. While we understand this can be hard, we encourage everyone with food allergies to eat out, **even if it is not very often**. If you are a parent of a child with food allergy, you are their best role model. Having children watch and learn when you tell food service staff about their food allergy and ask questions about food safety helps them to learn how to manage their food allergy as they grow up. With a little planning and some clear communication, the risk of an allergic reaction when eating out can be reduced.

To help with planning your next meal out at a restaurant or cafe, we have some helpful resources to help people with a food allergy eat out. These can be found on our [Extra-Ordinary website](#).




There are many ways you can help reduce the risk of an allergic reaction when eating out. Our Eating Out Brochure provides practical information and advice. It is our guide to support you in deciding what food will be safest for you to order when eating out.

[DOWNLOAD THE BROCHURE](#)




Our Chef Cards have written information and a space to add the foods that you are allergic to. As well as clearly telling food service staff about your food allergy and asking questions, give the Chef Card to food service staff when ordering the meal and ask for it to come back with your meal when served.

People have found A&A that having the Chef Card when eating out helps with food service staff taking their food allergy requests seriously.

[DOWNLOAD THE CARD](#)

We hope that you find these resources useful!

Please feel free to give our Allergy Action Advisor a call on our National Allergy Helpline on 1300 726 008 if you would like further information and support about eating out with food allergy. You can also contact us by [email](#) or [text](#).

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FOOD ALLERGY WEEK®

ALLERGY & ANAPHYLAXIS AUSTRALIA

25 – 31 MAY 2025

Travelling with food allergy?

Make Allergy & Anaphylaxis Australia your first stop

 PLAN WELL. EAT SMART. TRAVEL SAFE. 



Food Allergy Travel Hub

Plan well. Eat smart. Travel safe.

No matter what stage you are with your travel plans, whether it is deciding if you want to travel for the first time or have already decided on where you are going, Allergy & Anaphylaxis Australia has useful guides and resources to help you on your way.

Travelling by road



Road trips

- Road Trip Checklist
- Mobile first aid kits

Travelling by sea



Cruising

- Cruising with food allergy

Travelling by air



Airplanes

- Air travel with food allergy
- Airline comparison table
- Food for a long flight
- Air travel FAQs (coming soon)

Where to stay



Accommodation

- Choosing accommodation with food allergy
- Camping and caravan parks

Documentation



Prepare key documents

- Travel insurance checklist
- ASCIA Action Plan
- Travel Plan for People at risk of Anaphylaxis
- Legal waivers and indemnity forms

Communication



How will you communicate?

Do you speak the language, or have family or friends with you who speak the language?

- Translated resources
- Medical identification jewellery
- Calling emergency services

Medications



Take enough and extra

- Where to keep your adrenaline devices

In some countries you will need pharmacy labelled medicines in original packages:

- Cruising and medication
- Flying and medication

Travelling with school



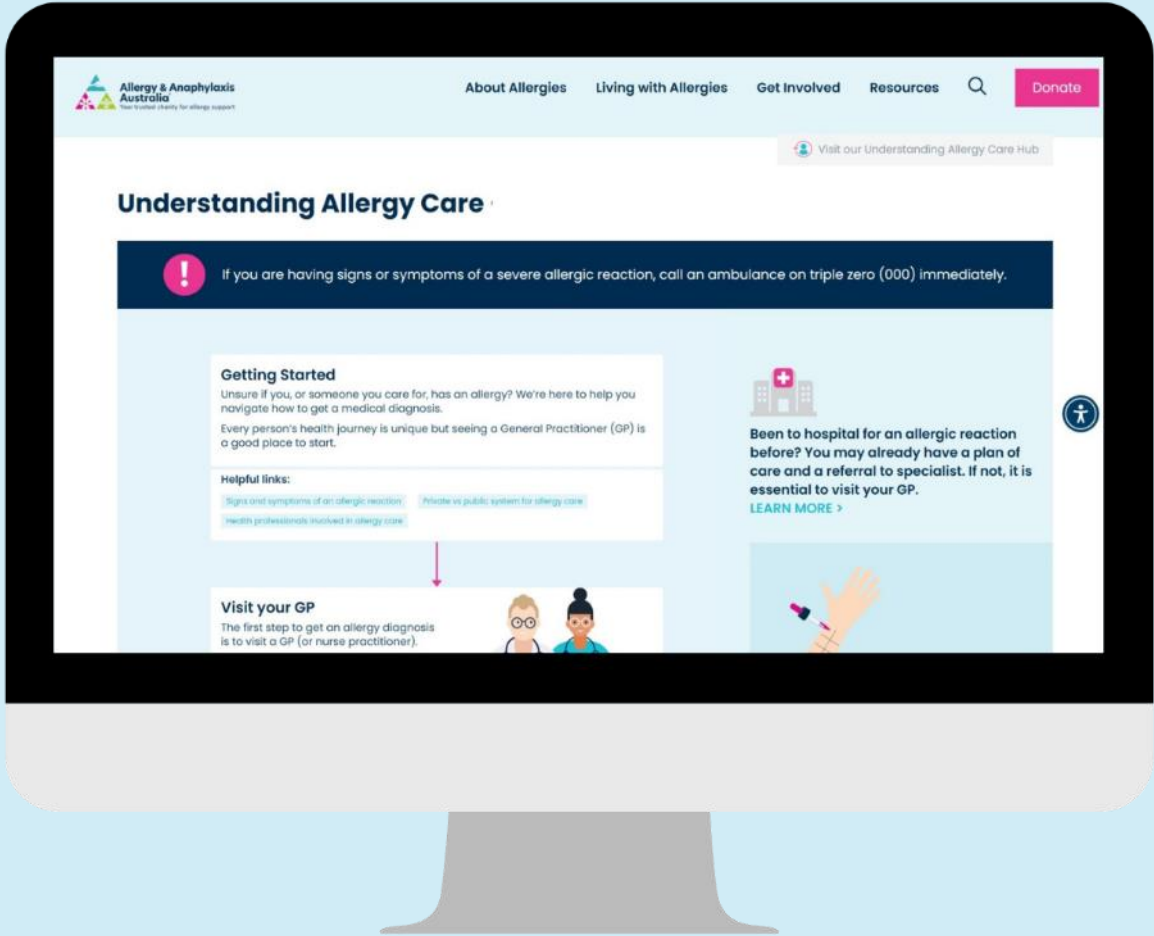
Work with the school

- Overseas school trip checklist (coming soon)
- Camp with allergies
- Allergy 250K – travel for teens

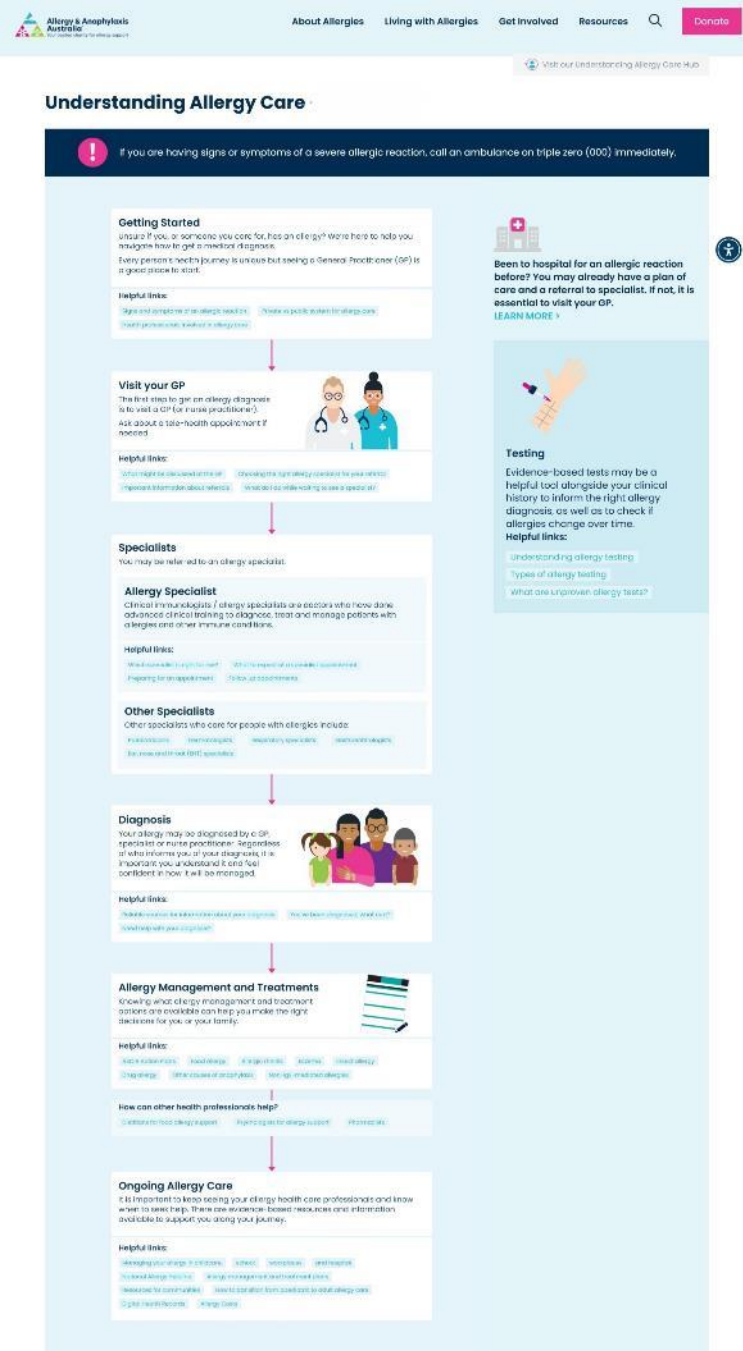
Travelling with food allergy



Understanding Allergy Care - improving health literacy



Allergy & Anaphylaxis Australia



Long term partnerships to raise awareness



Engaging with multicultural communities

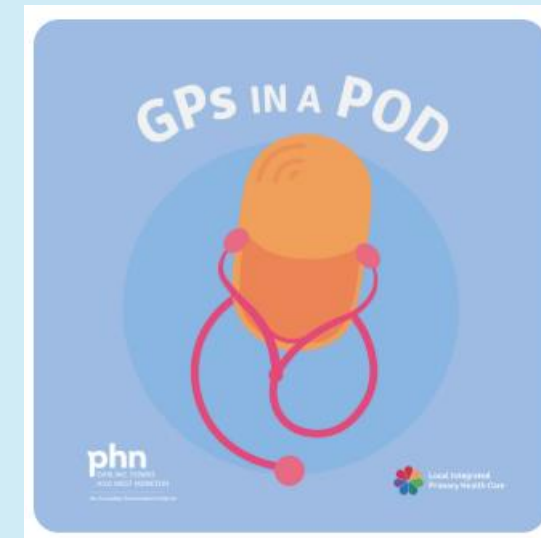
- Attended events in multicultural communities to share information and resources
- Surveyed subscribers/followers from multicultural backgrounds to learn more about what they need
- Helped a volunteer create a radio segment on Radio Haanji (Punjabi) to raise awareness about allergies
- Provided information for Sikh temples in Melbourne about being allergy aware
- Developing a community presentation about allergies to be delivered in language by multicultural health workers



Supporting regional areas

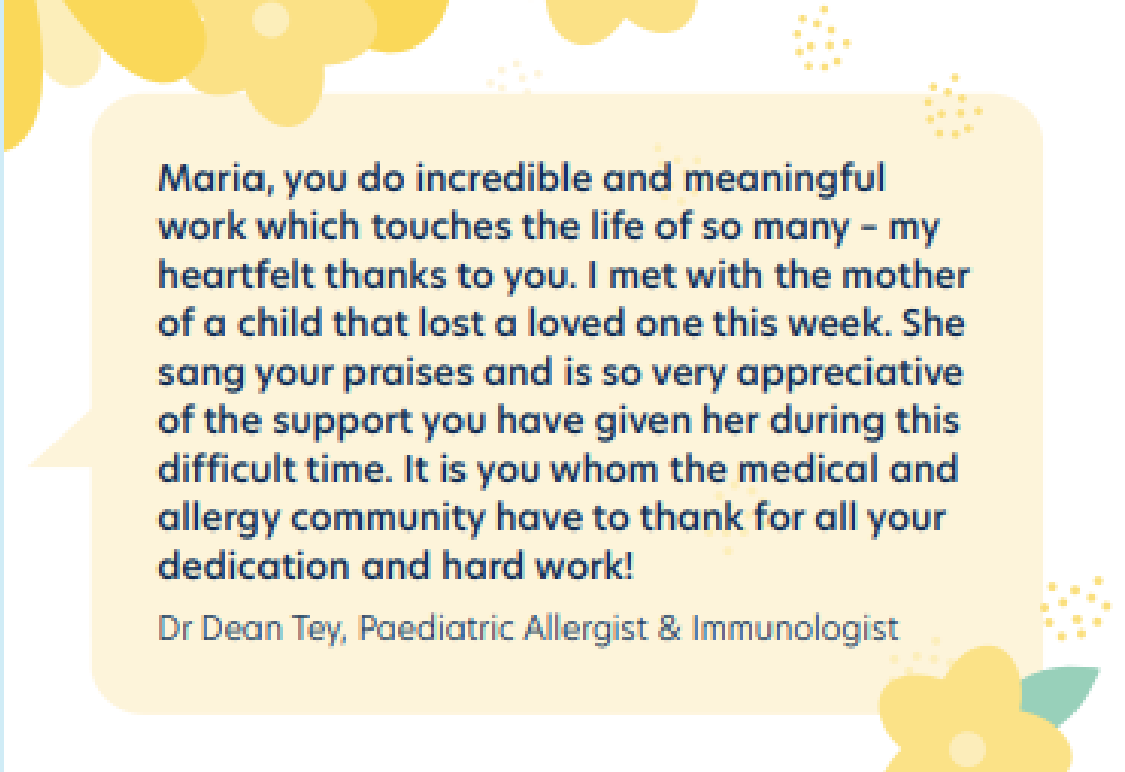
A series of educational events:

- Toowoomba Awareness Breakfast
- Community Information Session
- Child Youth Health Nurses Education Update
- Darling Downs PHN Child Health Forum Education Session
- 'GPs in a Pod' (Podcast) Food Allergy with Darling Downs PHN



Coronial inquests

- A&AA are subpoenaed as experts for coronial inquests
- Continue to support people who have lost loved ones
- Over the last 30 years we have supported over 25 + families



Maria, you do incredible and meaningful work which touches the life of so many - my heartfelt thanks to you. I met with the mother of a child that lost a loved one this week. She sang your praises and is so very appreciative of the support you have given her during this difficult time. It is you whom the medical and allergy community have to thank for all your dedication and hard work!

Dr Dean Tey, Paediatric Allergist & Immunologist

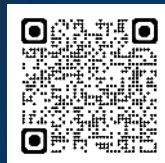
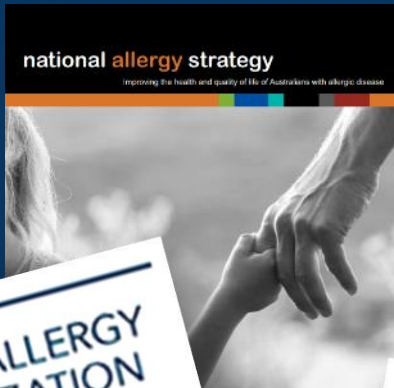
The National Allergy Council is a partnership between
ASCIA and Allergy & Anaphylaxis Australia

national
allergy
council

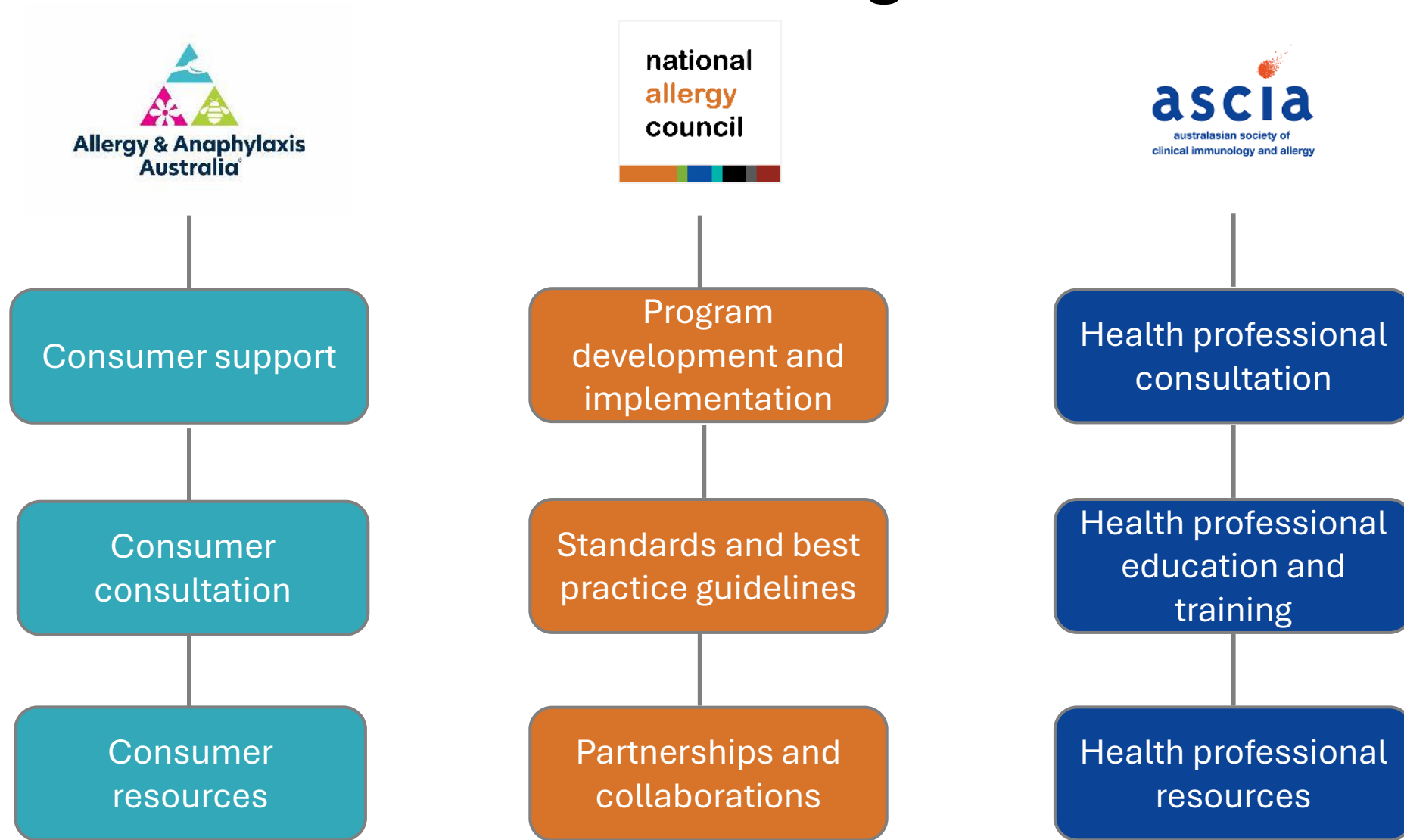


ascia
australasian society of
clinical immunology and allergy


Allergy & Anaphylaxis
Australia®



How we work together





NAC and NACE collaboration

national **allergy** council



Purpose - Implementation

- Evidence-based programs
- Guidelines
- Education and training for HCPs and consumers
- Public health approach
- Implements research findings through programs



Purpose - Research infrastructure

- 4 Pillars – Allergy Research, Repository & Discovery, Evidence & Translation, Training & Innovation
- 4 Streams – Drug, Food, Insect and Respiratory
- Supports NAC/ASCIA/A&AA via evidence reviews

NIP ALLERGIES IN THE *Bub*

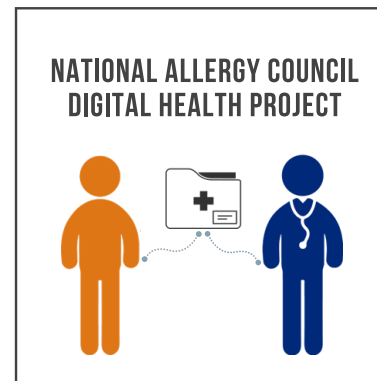
Preventing food allergy
in babies



Managing allergies and
anaphylaxis in schools
and children's education
and care



Promoting accurate
antibiotic allergy
diagnosis and
documentation



Building connected
allergy care through
digital health



Improving food allergen
management in food
service



Supporting school aged
kids and young adults



Empowering consumers
and improving access to
quality allergy care



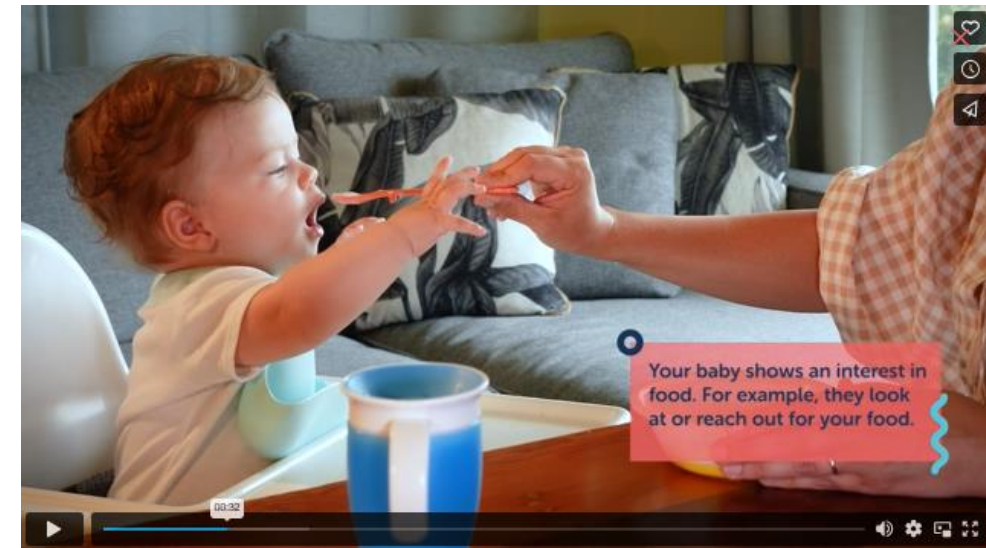
Protecting people with
allergies through an
anaphylaxis reporting
system

Aim – To support parents and health professionals to prevent food allergy in babies

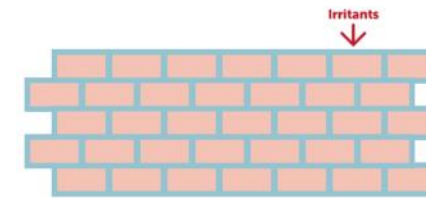
How we do it:

- Promote introduction of common food allergens and optimising eczema management
- Provide guidance on developmental readiness for solid foods
- Website:
 - Practical information for parents
 - Health professional section
 - Average ~12,000 visits per month
- Promotions through social media
- Coordinating the review and update of the ASCIA guidelines for infant feeding
- Updating and developing new resources to support updated guidelines

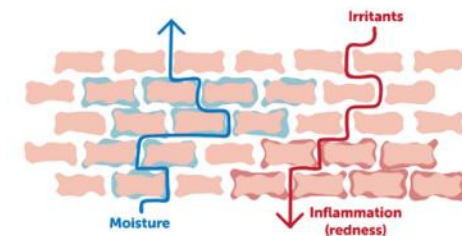
NIP ALLERGIES IN THE *Bub*



preventallergies.org.au



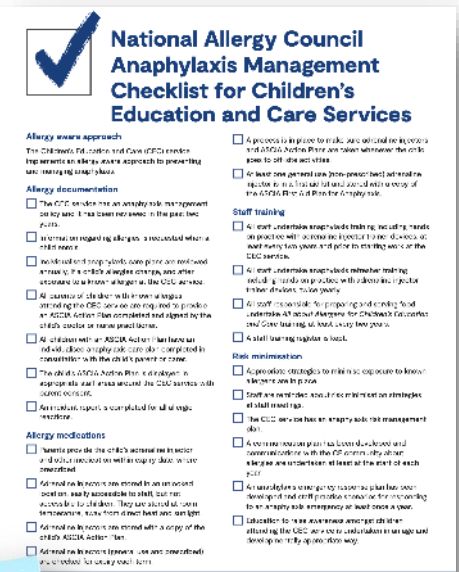
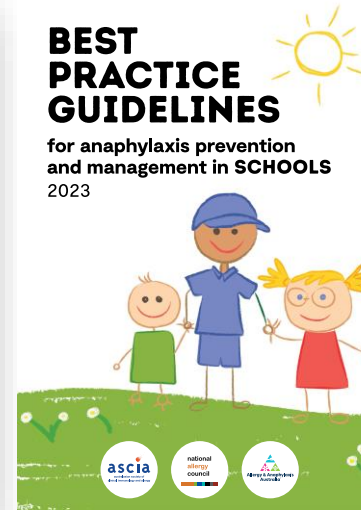
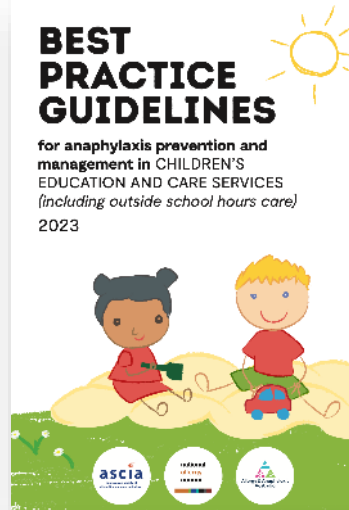
Normal skin



Eczema



allergyaware.org.au





Aim - To support the 250,000 young Australians living with severe allergies

How we do it:

- Age-appropriate information and resources for young people living with severe allergies – website, social media, YA Zoom chats
- Annual camp for school aged kids – includes day camp for 8-9 year olds
- Annual young adult camp with peer mentor training
- Allergy 250K peer mentors support all camps
- Exploring curriculum aligned education through health games



allergy250k.org.au





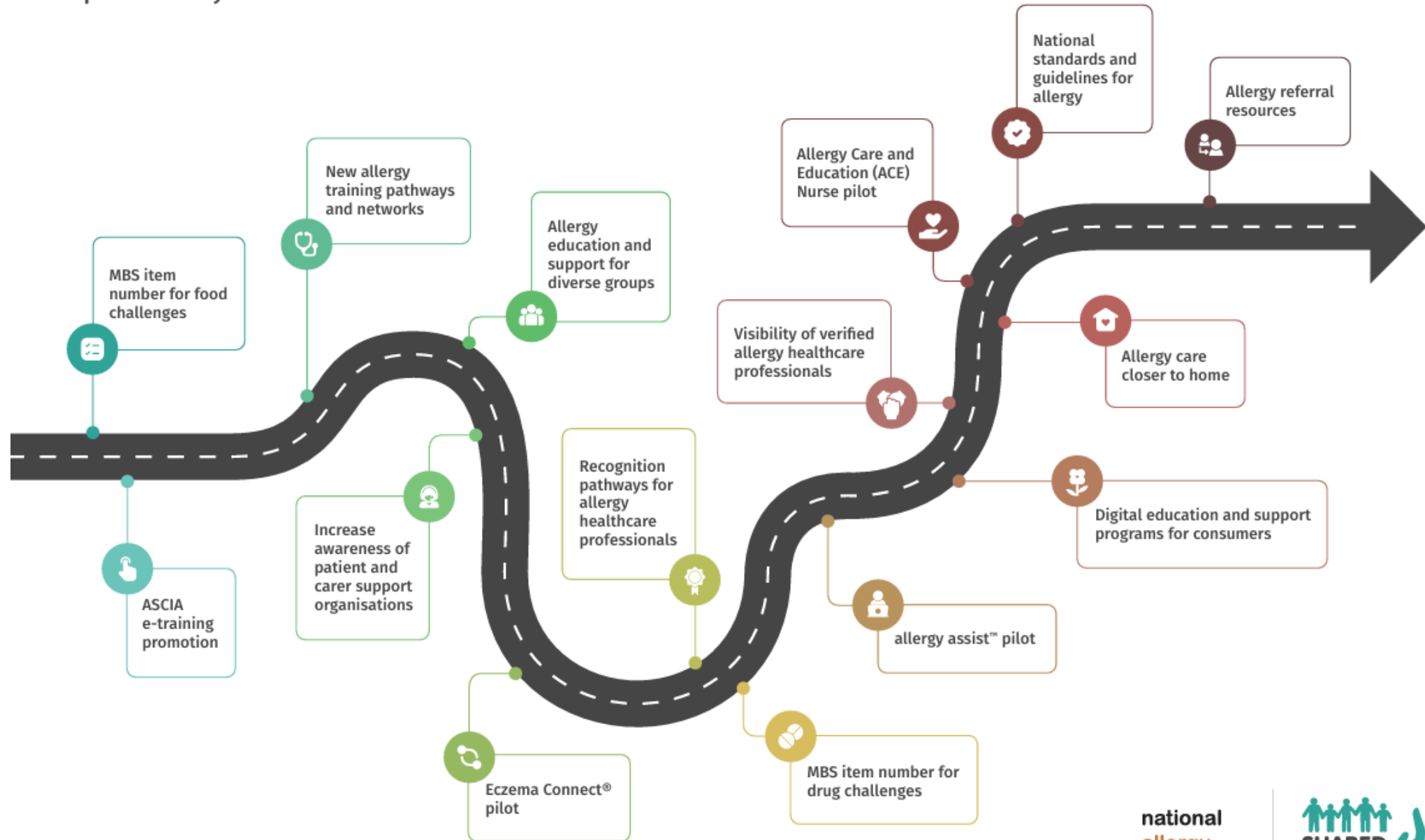
Aim - To improve access to quality care for people with an allergy, especially for those living in rural and remote areas of Australia

- Shared care puts the person with an allergy at the centre of care
- They are supported by healthcare professionals, patient support organisations and the community to receive the **right care, at the right time, from the right healthcare professional(s), in the right place**



Shared Care for Allergy project - Implementation roadmap

April 2025 - May 2026



**national
allergy
council**





Aim: Scoping a national anaphylaxis reporting system

How we do it:

- Literature review
- Learn from VANS – Victorian Anaphylaxis Notification System
- Learn from other registries
- National stakeholder consultation

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Acknowledgement

Allergy & Anaphylaxis Australia receives funding from the Australian Government, Department of Health via the National Allergy Council.

Connecting with A&AA



Website: www.allergyfacts.org.au



National Allergy Helpline: 1300 728 000



Contact us through website: [Contact Us](#)



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Australia®**

Your trusted charity for allergy support

Questions?

