



Fact Sheet

The cost of food allergies in the US is \$24.8 billion per year. Families and patients shoulder the biggest burden of this cost.

Factors in the total cost of food allergies are¹:

- Out-of-pocket medical costs
- Emergency costs
- Medication
- Allergy-friendly food
- Time off from work
- Loss of professional opportunities

Food allergies affect everyone, but...

Lower-income patients and families have:

- A HIGHER prevalence of food allergies²
- LOWER odds of diagnosis by a physician²
- MORE THAN DOUBLE the hospitalization costs of higher income children

¹ Gupta R, Holdford D, Bilaver L, Dyer A, Holl JL, Meltzer D. The Economic Impact of Childhood Food Allergy in the United States. *JAMA Pediatr.* 2013;167(11):1026–1031. doi:10.1001/jamapediatrics.2013.2376

² Lucy A. Bilaver, Kristen M. Kester, Bridget M. Smith, Ruchi S. Gupta. *Pediatrics* May 2016, 137 (5) e20153678; DOI: 10.1542/peds.2015-3678

³ Mahdavinia M¹, Fox SR², Smith BM³, James C⁴, Palmisano EL², Mohammed A², Zahid Z², Assa'ad AH⁴, Tobin MC², Gupta RS⁵. *J Allergy Clin Immunol Pract.* 2017 Mar - Apr;5(2):352-357.e1. doi: 10.1016/j.jaip.2016.10.006. Epub 2016 Nov 23.

Food allergies don't discriminate:

- Prevalence of food allergies is at a higher increase in Hispanic and African American populations.
- Asian childhood populations have lower but similar rates of food allergies as White/Non-Hispanic populations.
- Asian and African American patients tend to have higher rates of multiple food allergies as compared to Hispanic and White/Non-Hispanic patients.
- African American and Hispanic patients have more severe adverse outcomes to food allergies.³
- Asian, Hispanic and African American patients have a higher rate of emergency room treatment than White/Non-Hispanic patients.³

Food allergies aren't uncommon – no matter where you live.

But the rates of food allergy vary by environment, particularly population density:

- Rural areas – 6.2%
- Suburban areas – 7.6%
- Urban areas – 9.8%

And, the rate of food allergy also varies by region:

- The northern half of the United States experiences less food allergies than the southern half.

Specific food allergies are different across ethnicities:

- African Americans have higher rates of allergy to wheat, soy, corn, fish, and shellfish³
- Hispanics have higher rates of allergy to corn, fish, and shellfish³
- Caucasians have higher rates of tree nut allergies³
- Rates of peanut, egg and dairy are similar in all three groups³

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