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Background:

- 250,000 Australian teens and young adults aged 12-24 years are at risk of anaphylaxis.
- Teens and young adults are at increased risk of fatal anaphylaxis.
- The National Allergy Strategy aimed to develop a program to:
 - Support teens and young adults living with severe allergies, and
 - Connect teens and young adults living with severe allergies with each other.

Methods:

- The National Allergy Strategy conducted a national online survey of teens and young adults, aged 12-24 years of age.
- The survey was tested with students aged 13-15 for understandability.
- The survey was promoted via Allergy & Anaphylaxis Australia, a national patient support organisation and via a recruitment agency.
- The survey was conducted using Qualtrics software.
- Ethics approval was provided by The University of Western Australia.

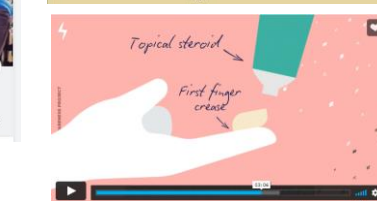
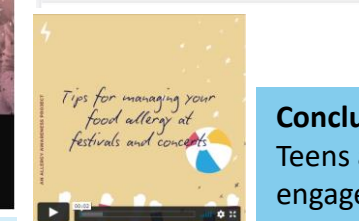
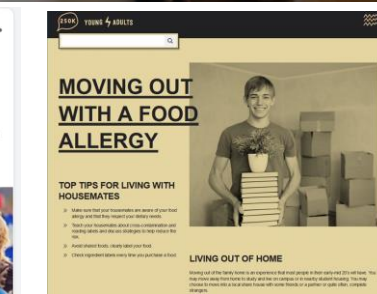
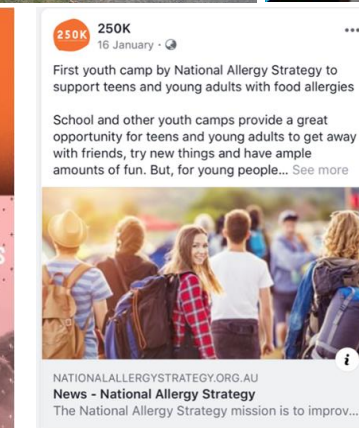
Results:

Survey

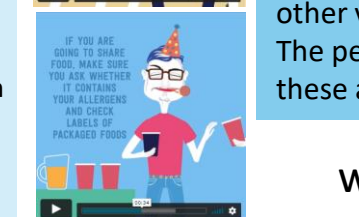
- 885 respondents participated in the survey. Respondents indicated that they:
 - Would like to access reputable information from a website.
 - Feel alone in managing their allergies and would like to connect other young people living with severe allergies.
 - Would like to attend camps specifically for people living with severe allergies.

Resources and programs developed

- The Allergy 250K school aged teen and young adult websites were developed.
- Teens and young adults were connected via online chat forums and video chats.
- Camps were held to bring school aged teens together supported by peer mentors.
 - 3 camps were held in different states of Australia.
 - Health professional volunteers attended the camps to provide education and manage special dietary requirements.
- Young adults living with severe allergies were trained to be peer mentors.
- Several animations were developed for use on the website and in social media posts.



This project received funding from the Australian Government Department of Health



Conclusion:
Teens and young adults are engaged and connected with each other via video chats and camps. The peer mentor program supports these activities.

www.250k.org.au