

WHY AUSTRALIANS NEED A NATIONAL ALLERGY STRATEGY



Allergic diseases are among the fastest growing chronic conditions affecting approximately 1 in 5 Australians.



Delayed access to medical care for the diagnosis and management of allergic diseases is a major problem due to the high demand for these services and low number of appropriately trained healthcare professionals.



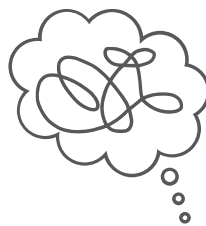
Allergic diseases include food, insect and drug allergies (including life-threatening severe allergic reactions called anaphylaxis), allergic asthma, allergic rhinitis (hay fever) and eczema.



Self-reported antibiotic allergy is common in Australian patients. When tested, 90% of people thought to have an antibiotic allergy are not allergic and can safely tolerate the antibiotic. Unconfirmed antibiotic allergy results in inappropriate prescribing and increased use of broad-spectrum antibiotics, poor patient outcomes and a financial impact on the health system.



Several allergic diseases can commonly occur in the same person. The genetic tendency for allergic disease (atopy) means more than one person in the same family is usually affected.



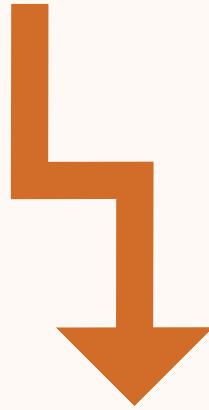
People at risk of food-induced anaphylaxis and their carers have higher than average rates of anxiety.

QUICK STATS:

- Food allergy affects **1 in 10 babies**, **1 in 20 children** (aged 10-14 years) and **1 in 50 adults**.
- Deaths from anaphylaxis in Australia have **increased by 7%** per year (1997-2013).
- Fatalities from food-induced anaphylaxis **increase by around 10%** each year.
- Annual food anaphylaxis admission rates **increased 9-fold** between 1998/99 and 2018/19.
- Allergic diseases have a significant **economic impact, estimated at AU\$30 billion** in 2005.

IMPLEMENTING A NATIONAL ALLERGY STRATEGY MEANS...

- ✓ A reduction in the rate of food allergy in Australia.
- ✓ A reduction in the rate of deaths from anaphylaxis.
- ✓ A reduction in the economic and social costs of allergic disease.



- ✓ The food service sector is well educated in food allergen management and is monitored appropriately to the highest standard.

- ✓ Food allergen labelling is logical, safe and useful.

- ✓ Drug allergies are properly identified, those who are not allergic are promptly “de-labelled” and documentation is robust.



- ✓ Increased support for research, particularly in relation to oral immunotherapy for food allergy to keep Australia at the forefront of allergy diagnosis and management.

- ✓ Accessible evidence-based allergy education for all healthcare providers. Education resources are sustained and supported.

- ✓ Uniform and high quality management of allergy and anaphylaxis across all health sectors including robust data about the incidence, causes and presentations of anaphylaxis via a register/notification scheme.



- ✓ Access to quality allergy/immunology care is equitable and timely.

- ✓ Prompt and affordable access to life changing allergy treatments.

- ✓ Timely access to food challenges in a safe facility for everyone.