

American Health Statistics

- **1** out of every **133** Americans have celiac disease making it one of the most common diseases in the United States.
- According to the University of Chicago, Celiac Disease Program, **97%** of the people with celiac disease in the U.S. are *not yet diagnosed*.
- **1** in every **20** children under the age of 3 has food allergy.¹
- **90%** of all food allergy reactions are caused by 8 foods: milk, soy, eggs, wheat, peanuts, tree nuts, fish, and shellfish. For drug allergies, penicillin is the most common allergy trigger.²
- An estimated **50 million** Americans suffer from all types of allergies (1 in 5 Americans) including indoor/outdoor, food & drug, latex, insect, skin and eye allergies. Allergy prevalence overall has been increasing since the early 1980s across all age, sex, and racial groups.³
- **75 million to 84 million** suffer from food intolerances according to the FDA.⁴
- Children with food allergies are **2 to 4** times more likely to have other related conditions such as asthma and other allergies, compared with children without food allergies.⁵
- **60 to 70 million** people are affected by a digestive disease, which includes gastroesophageal reflux disease, irritable bowel syndrome, constipation and lactose intolerance(1996).⁶

¹ The Food Allergy And Anaphylaxis Network (FAAN) "What You Should Know About Living with Food Allergy."

² Asthma and Allergy Foundation of America Homepage: www.aafa.org.

³ "CDC Fast Facts A-Z," Vital Health Statistics, 2003

⁴ FDA estimates that approximately 28% of Americans suffer from food intolerances.

⁵ See number 1 above.

⁶ Adams PF, Hendershot GE, Marano MA. Current estimates from the *National Health Interview Survey, 1996*. *National Center for Health Statistics. Vital Health Stat.* 1999;10(200). See: <http://digestive.niddk.nih.gov/statistics/statistics.htm>

- The prevalence of reported food allergies has risen **24%** among children under age 5 years and **19%** among children aged 5-17 years during the past decade, according to a study by the National Center for Health Statistics.⁷
- Allergy is the **5th** leading chronic disease in the U.S. among all ages, and the **3rd** most common chronic disease among children under 18 years old.⁸
- **73%** of 26 children with ADHD responded favorably to a diet eliminating reactive foods and artificial colors. 16 of the improved children were given a double blind challenge with 100 mg of mixed food dyes or a food chosen by the parent. ALL of them reacted to the challenge. Placebo effect was ruled out, as the children were as good on placebo days as at baseline (on the diet). "This study demonstrated a beneficial effect of eliminating reactive foods and artificial colors in children with ADHD. Dietary factors may play a significant role in the etiology of the majority of children with ADHD."⁹
- In 2007, approximately **3 million** children under age 18 years (**3.9%**) were reported to have a food or digestive allergy in the previous 12 months.¹⁰

⁷ Birk, Susan; Chicago- September 2008 "Study shows spike in prevalence of food allergies"

⁸ "Chronic Conditions: A Challenge for the 21st Century," National Academy on an Aging Society, 2000

⁹ Foods and Additives are Common Causes of the Attention Deficit Hyperactive Disorder in Children, Boris M, Mandel F, *Annals of Allergy*, May 1994, Vol. 72, pp 462-8

¹⁰ Department of Health and Human Services: Centers for Disease Control and Prevention- National Center for Health Statistics: Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations by Amy M. Branum, M.S.P.H. and Susan Lukacs, D.O., M.S.P.H.