

ABSTRACT SUBMISSION FORM

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SEX + GENDER

Exploring the role of sex and gender on health research



CHR D 2020: Abstract Submission Form

Submitter Name

Hailey Hildebrand (2)

Email

hildeb87@myumanitoba.ca

Title

The burden of non-priority legume allergy amongst families of children and adults with multiple food allergies

Background

Food allergy is associated with decreased quality of life. Although Canadian labelling regulations require priority allergens to be listed if used as a component of an ingredient, there are no such requirements for non-priority allergens, including legumes. We define legume allergy as the non-priority allergens, chickpea, pea, lentil, and lupine, but excluding peanut and soy. Legume use in food products has increased as the shift towards plant-based diets gains popularity.

Objective

We aimed to examine burden of legume allergy in Canadians with multiple food allergies.

Methods

This study uses data from Multidimensional Burden of Allergies in Canadian children and adults (NUANCES), an online survey of adults/families with multiple food allergies. Our study population was restricted to participants who reported sesame allergy as one of the foods to which they were allergic. Families reporting only a single food allergy were excluded. Data were described using n/N and percentage (%). This study was approved by The University of Manitoba Health Research Ethics Board (HS23019(H2019:317)).

Results

NUANCES included 192 participants (126 [65.6%] children), of whom all children and all but 2 adults (64/66; 97.0%) were allergic to 1+ priority allergens. A total of 38/66 (57.6%) adults and 41/126 (32.5%) children reported allergies to non-priority foods. Of these, 12/38 (31.6%) adults and 15/41 (36.6%) children were allergic to legumes; this constituted our study population. Nearly all with legume allergy also reported peanut allergy (15/15 [100%] children; 11/12 [91.7%] adults). Whereas legume allergy was rarely a source of social burden or worry in restaurants, approximately half of adults (5/12; 41.7%) and families (6/11;

54.5%) reported that legumes were the allergy for which they wanted ingredient information.

Conclusion

Adults/families of children with multiple food allergies, including legumes, report a need for greater ingredient disclosure for non-priority allergens, but describe limited social burden associated with legume allergy.

Theme:

Clinical

Do you have a table/figure to upload?

No

Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Undergraduate Students

What was your role in the project?

Analyze Data

Authors

Name	Email	Role	Profession
Elissa Abrams	elissa.abrams@gmail.com	Co Author	
Jennifer Gerdts	jgerdts@foodallergycanada.ca	Co Author	
Beatrice Povolo	bpovolo@foodallergycanada.ca	Co Author	
Harold Kim	hlkimkw@gmail.com	Co Author	
Jennifer Protudjer	Jennifer.Protudjer@umanitoba.ca	Co Author	
Hailey Hildebrand	hildeb87@myumanitoba.ca	Presenting Author	