

Presenting Author Name

Zoe Harbottle

Presenting Author Category

Masters Student

Research Category

Community Health / Policy

Abstract Title

An evaluation of resources for managing food allergy and food insecurity

Background

Families managing food allergy face disproportionately higher food costs, compared to families without food allergy, placing them at higher risk of experiencing food insecurity. In light of rising food costs, allergists and allied healthcare professionals are likely to support an increasing number of patients concerned about food security. Yet, there is a lack of information on how healthcare professionals can support these families and appropriate patient-focused resources.

Objective

Therefore, we aimed to evaluate newly developed resources on food allergy and food insecurity designed for families managing food allergy and for healthcare professionals.

Methods

As part of an overarching integrated knowledge translation project, four resources were developed: two patient-focused resources and two healthcare professional-specific resources. Between October 2024 and April 2025, caregivers of a child with food allergy and healthcare professionals working with patients with food allergy were recruited via newsletters, food banks, and social media. Participants were asked to evaluate the resources most applicable to them for relevance, comprehension, and overall appearance using Likert scale questions and open-ended questions. Quantitative data was analyzed descriptively using Excel. Open-ended questions were analyzed thematically.

Results

Overall, 18 caregivers and 11 healthcare professionals, including one allergist and 10 registered dietitians, participated. 94.4% of caregivers found the information easy to understand and applicable to their daily life. 86.4% of healthcare professionals found the resources relevant to their practice. Both caregivers and healthcare professionals reported that the resources should be shorter and more visually appealing.

Conclusion

Overall, participants indicated that the resources were relevant and provided useful information but need to be refined to ensure effective communication of information. Our findings demonstrate that these resources will be a beneficial tool for both caregivers of children with food allergy and healthcare professionals working in food allergy to support informed decision making and conversations surrounding food insecurity.

Authors

Name	Role	Profession
Zoe Harbottle	Presenting Author	
Michael Golding	Co Author	
Justina Wiens	Co Author	
Phillip Snarr	Co Author	
Jennifer Protudjer	Co Author	Associate Professor