



The world is experiencing an allergy epidemic



- Around **one third of the global population** is affected by one or more allergies.
- **Food allergies have doubled** in the UK in the last 10 years.
- **Children** and young people are most likely to be affected by food allergies.
- In the UK around **one in thirteen children** and **6% adults** are diagnosed with a food allergy.
- People with food allergies are **2-4 times more likely** to have other allergies.
- Hospital admissions for food-related anaphylaxis have **tripled over the last 20 years.**



What is allergy?

- Allergy is when the body's immune system inappropriately reacts to proteins called allergens.
- Allergens are usually common and harmless substances from various foods, pollen, mould spores, insects.
- The normal immune system is designed to identify intruders in the body and remove them.
- An allergic person has a hypersensitive immune system, which means the immune system sees harmless substances like allergens as a threat and overreacts, leading to symptoms.



Why are we becoming more allergic?



Genomics - Some people have a genetic disposition to allergies.



Microbiome - Altered microbes living in the lining of the lung, gut and skin.



Lifestyle - Inside and sedentary.



Climate Change - Increased temperatures, CO2 and pollen levels.



Environment - Increased urbanisation, exposure to chemicals, indoor and outdoor air pollution.



Our work at The Natasha Allergy Research Foundation



① SCIENTIFIC AND MEDICAL RESEARCH

Discover new ways to eradicate, prevent and manage life-threatening food allergic disease.



② LAWS AND POLICIES

Influence policymakers across the UK to deliver change.



③ EDUCATING AND RAISING ALLERGY AWARENESS

Give a voice to everyone living with allergies, so they are understood and taken seriously.



The Natasha Clinical Trial

The Trial is now running across 9 NHS hospitals.

- ▶ Children aged 2 to 23 with severe milk and peanut allergies are taking part in the £2.7 million Natasha Clinical Trial, funded by The Natasha Allergy Research Foundation.
- ▶ The trial uses everyday, shop bought foods, taken under strict medical supervision, to train the bodies of children and young people so they no longer react to the allergen they are allergic to.
- ▶ This treatment is known as oral immunotherapy.



The Trial is adding value to the NHS.

A new network of NHS staff are now trained to offer oral immunotherapy to people with food allergies.



The Natasha Clinical Trial Update



Thomas Farmer, 11, who has a severe peanut allergy, is now able to eat 6 peanuts a day. His mum Lauren, says: "For Thomas to achieve this with no medicine-just off-the-shelf foods - is just amazing."

MEET CHARLIE



What are you allergic to?



Grace Fisher, 5, has a severe milk allergy and since joining The Natasha Trial is drinking 120ml milk a day. Emma, her mother, says: "Grace is over six months into this journey and is doing amazingly."

A new school programme to help protect pupils with food allergies

Allergy School has been developed to help protect with food allergies.

- Free resources to all nurseries, primary schools and out-of-school clubs and groups to encourage greater awareness and understanding of food allergies.
- Puppet Arlo the Armadillo teaches younger children about food allergies and how to stay safe.
- Allergy school offers free resources including lesson plans, assembly packs and films created by the charity in partnership with The King's Foundation, Coram Life Education, St John Ambulance.

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THE ALLERGIC
ARMADILLO



The UK's Food Allergy Charity



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