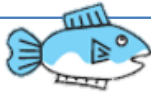


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Office of Integrated Health Health Supports Network



Food Allergies



Food allergies, according to the Food and Drug Administration (FDA), occur when the body's immune system reacts to certain proteins in foods (6).

The severity of food allergies can vary from mild to severe life-threatening symptoms. Reactions can happen within seconds or minutes, but may also take several hours to appear (1).

Learning the common signs and symptoms of allergic reactions and how to avoid allergens hidden within certain food products can lower the risk of health complications or fatalities due to anaphylaxis (5).

Mild to Moderate Allergic Symptoms

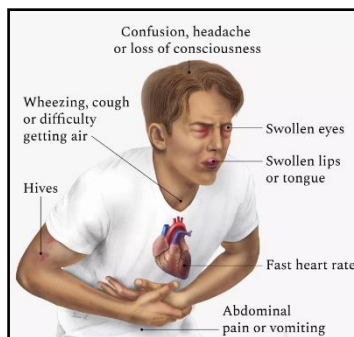
- Skin rash or hives.
- Itching.
- Swelling lips (5).

Severe Symptoms (Anaphylaxis)

Anaphylaxis is a life-threatening allergic reaction, which is always an emergency, requiring a 911 call or transport to the hospital.

Symptoms include:

- Difficulty breathing/shortness of breath.
- Swelling or tightness in of the throat.
- Persistent, significant coughing.
- Wheezing/noisy breathing.
- Change in voice or cry.
- Drop in blood pressure.
- Swelling tongue.
- Pale appearance.
- Rapid heartbeat.
- Vomiting.
- Diarrhea.
- Cardiac arrest.
- Loss of consciousness (2)(3).



The single most effective way to prevent a food-related allergic reaction is to avoid the problem food. Some individuals only need to smell or touch certain foods to bring on an allergic reaction, but most need to ingest the food (4).

The 9 most common food allergens:

- Milk from cows, and goats.
- Eggs.
- Peanuts and peanut butters.
- Tree nuts such as walnuts, hazel nut/filberts, cashews, pistachio nuts, Brazil nuts, pine nuts, and almonds.
- Soy.
- Wheat.
- Seeds such as cotton seed, sesame, and mustard.
- Fish.
- Shellfish such as shrimp, and lobster (6).

Food Labels

Thoroughly reading all packaged food labels before purchasing, or using, is the best way to determine whether or not a food product has been contaminated with a particular allergen. (5).

Even if the food product has been purchased previously and was safe, ingredients, along with manufacturing processes, may change without warning.

The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA) has made it easier for people with food allergies to identify problem foods and avoid them with detailed labeling requirements.

Food allergens are required to be noted on food product labels in one of two ways. Either by naming the food source in parentheses followed by the ingredient, example: "lecithin (soy)", "flour (wheat)", and "whey (milk)"; or with a statement declaring the product contains an allergen, example: "Contains wheat, milk, and soy" (6).



App of the Month



Spokin provides top-rated resources customized to food allergies, location and experience. It can also help you determine if a menu item in a restaurant or recipe is safe. Stay on top of the latest news in food allergy research, treatment and therapy, and protect yourself from accidental allergen exposures with the hidden allergen feature. (App of the Month is not endorsed by DBHDS Office of Integrated Health. User accepts full responsibility for utilization of app).

References

- 1) American Academy of Allergy, Asthma & Immunology (AAAAI). (2022). Anaphylaxis. <https://www.aaaai.org/conditions-treatments/allergies/anaphylaxis>
- 2) Cleveland Clinic (2021a). Anaphylaxis. <https://my.clevelandclinic.org/health/diseases/8619-anaphylaxis#symptoms-and-causes>
- 3) Cleveland Clinic (2021b). Disease Management. Anaphylaxis. <https://www.clevelandclinicmeded.com/medicalpubs/disease-management/allergy/anaphylaxis/>
- 4) Farrell, M & Dempsey, J. (2016). Australian Society of Clinical Immunology and Allergy (ASCIA). ASCIA Anaphylaxis Clinical Update. <https://www.allergy.org.au/health-professionals/papers/anaphylaxis>
- 5) Food Allergy Research & Education (FARE) (2022). How to Read a Food Label. <https://www.foodallergy.org/resources/how-read-food-label>
- 6) U.S Food & Drug Administration (FDA) (2022). Food Allergies. <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

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Office of Integrated Health
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ABA Snippets ...



Resource Directories for Behaviorists

The **My Life, My Community** website provides a searchable resource directory where individuals, families, providers, and Community Services Boards can locate waiver options for people with developmental disabilities, find community-housing options, and overall connect to supports in the community that can assist with service needs.

This link will take you to the verification and registration page, where you can check to see if your organization is listed and update or complete registration (see steps 1 through 3) such that your organization's information can be located within the online directory.

Registering your organization in the My Life, My Community resource directory is free and may help connect your team to individuals in need of therapeutic consultation behavioral services. In addition, many behaviorists who are delivering therapeutic consultation behavioral services are listed in the **Virginia Association for Behavior Analysis Provider Directory (VABA)** or on the Virginia Positive Behavior Supports Person Centered Practices facilitator list (VPBS).

The VABA resource provides information on Licensed and Board-Certified Behavior Analysts (as well as Assistant Behavior Analysts) and the VPBS resource provides information on Positive Behavior Support Facilitators. Behaviorists are strongly encouraged to ensure that their information is updated on their relevant professional organization's website, as well as to join the **My Life, My Community Resource Directory** as a means to provide information about their services to the larger community.

Resources:

- My Life, My Community website:
<https://www.mylifemycommunityvirginia.org/>
- <https://mylifemycommunityvirginia.org/taxonomy/mlmc-menu-zone/verify-or-register-new-provider-profile>
- Virginia Association for Behavior Analysis Provider Directory (VABA) <https://virginiaaba.org/>

Community Nursing Leader Region 3

REGION 3

The Office of Integrated Health – Health Supports Network (OIH-HSN), in collaboration with community provider agencies, hosts a regional nursing meeting each month in all five regions of the Commonwealth.

Each region has a volunteer Community Nurse Leader who serves as a bridge between the community and DBHDS. Each region of the Commonwealth is unique with its own care challenges.

The Community Nurse Leaders share their experiences, knowledge, and serve as mentors for other community nurses. They are a good source for networking as fellow healthcare professionals, and are active participants in the regional nursing meetings offering up vital topics of discussion or concern within their regions.

Region 3 in Southwest Virginia is one of the largest regions in the Commonwealth. This region is comprised of some of the most rural communities in the state. The region's northern most county starts at Botetourt. Then extends down to Halifax County on its south-east side, and runs along the border of North Carolina to its western border with Tennessee and Kentucky. There are 8 independent cities and 25 counties in Region 3.

The Region 3 Community Nurse Leader is Teresa Berry, RN. She is personally familiar with the challenges individuals face when living in the community, because Teresa is the mother of an individual with DD who has speech apraxia, as well as numerous other issues. Teresa sees advocacy for individuals with DD as her number one priority. It is her true calling.

She has been a nurse for the past 35 years working in numerous clinical settings, and for the last 12 years she has worked directly with the DD population through a provider agency. Teresa supports individuals with DD in group home and day support program settings. She is a trainer for medication administration, first aid and CPR.

She is the mother of 8 children, nanny to 18 grandchildren and great nanny to one. Her family's well-being and future is close to her heart. In her spare time, she likes to camp, hike and run. Her most recent accomplishment was completing a 24-hour ultra-marathon run.

The OIH-HSN would like to take this opportunity to thank Teresa Berry for her many years of service as a Registered Nurse in the Commonwealth and for her willingness to act as the OIH-HSN Community Nursing Lead for Region 3.



Annual Physicals are important for health and wellness. Check with your insurance carrier - MCO for more details on annual physicals, and make sure everyone is receiving their yearly check-ups.

