

Summary of info for 243 AAI surveys

Question 1:

I am a food allergic individual: Number:15
age range: 22-57

A family member is an FAI: Number: 230

Age	1	2	3	4	5	6	7	8	9	10
Number	16	24	31	30	39	31	26	13	7	10

Age	11	12	13	14	15	16	17	18
Number	7	8	5	2	1	1	1	1

Question 2:

I am an AAI member -100% are.

I think ingredient labels:	Agree	Disagree	No response
3. Are easy to understand	33%	65%	2%
4. Are simple enough	33%	65%	2%
5. Give enough info about allergens	11%	86%	3%
6. Can be understood by a 7 year old child	5%	93%	2%
7. Can be understood by a babysitter	14%	84%	2%

Would you purchase a food product	Yes	No	No response
8. That has no ingredient label	2%	98%	<1%
9. That bears an ingredient label in a foreign language, which you do not understand	0%	99%	1%
10. From a deli or bakery that bears no ingredient label	24%*	76%	0%
11. Via the internet or mail order that contains no ingredient label	<1%	99%	<1%

- *The people who answered yes to question 10, many clarified it by writing that they would always ask to see an ingredient list or ask what was in the product.

	Yes	No	No response
12a. Have you ever called a food manufacturer for more info. On the ingredients of a product	81%	18%	1%
			Can't Remember
12b. If YES were you satisfied with the response you were given on your most recent call	61%	21%	2%

13. The age of the FAI is with most severe allergy	Under 4	4-11	12-18	19-25	25+
	24%	65%	8%	1%	1%

The FAI is allergic to	Milk	Egg	Peanut	Tree nut	Sesame
	23%	40%	87%	53%	16%

The FAI is allergic to	Soy	Fish	Shellfish	Other*
	9%	7%	10%	17%

- *Other includes (no of people who have allergy) : Wheat (11), Kiwifruit (7), Beef, Banana (5), , Potato, Peas, Beans (4), Rice, Cashews, Lentils (3), Coconut, Chicken, Strawberry (2), Orange, Meat, Corn, Salasilic acid foods, Lamb, Cauliflower, Rye, Oats, Pork, Avocado, , Pumpkin, Echinacea, Gluten, Preservatives, Cocoa, Nectarine, Blackcurrant, Brussel Sprouts, Mango, Watermelon, Cherry, Pawpaw, Seeds, Chickpeas (1). Latex was also identified by (7), and different antibiotics were also identified by a number of people.

15. Has the FAI ever experienced recurring eczema/atopic dermatitis	Yes	No*	No response
	78%	19%	3%

- *The people answering no to question 15 tended only to have a single allergy to either tree nut or peanut.

The most severe allergic reaction treated by the FAI was (tick all that apply)	a)	b)	c)	d)	e)	f)	g)	h)	i)	j)
	63%	26%	16%	48%	2%	45%	15%	6%	28%	31%

- a) Treated with antihistamine
- b) Treated with EpiPen/adrenaline
- c) Treated by an ambulance officer
- d) Treated by a GP or allergist
- e) Treated by a school nurse
- f) Treated at an Emergency Unit
- g) Required an overnight hospital stay
- h) Not so severe to require treatment
- i) Treated with steroids
- j) Treated by a family member

- 5 of those treated with an EpiPen®/ adrenaline (2%) did not tick to say that they attended an emergency unit.
- 5 other of those treated with EpiPen®/ adrenaline (2%) only attended a GP or allergist.

How often would you purchase a product for the FAI to consume if the food label contained the following phrase	Never	Sometimes	Always	No response
17. Contains <i>Allergen</i>	96%	2%	0%	2%
18. Contains Allergen Ingredients	96%	2%	0%	2%
19. May Contain Allergen	80%	16%	1%	2%
20. May Contain Traces of Allergen	57%	36%	4%	3%
21. Manufactured in a Facility that Also processes Allergen	51%	42%	4%	1%
22. Manufactured in a Facility that Also uses Allergen	53%	41%	3%	3%
23. Manufactured on the same equipment as products containing Allergen	77%	19%	1%	4%
24. Manufactured on Shared Equipment with products containing Allergen	79%	17%	<1%	3%
25. Manufactured on a line that Processes products containing Allergen	76%	19%	1%	4%
26. Packaged in a facility that also packages products containing Allergen	50%	42%	4%	4%

27. Has your doctor or his/her staff ever discussed these kind of statements with you	Yes	No	No Response
	39%	60%	1%

28. Have you ever been advised by a doctor or his/her staff to ignore these statements	Yes	No	No Response
	8%	90%	2%

29. These kinds of statements make me	A	B	C
	37%	16%	43%

- A: more likely to call the manufacturer for additional information
- B: less likely to call the manufacturer for additional information
- C: neither more likely or less likely to call the manufacturer for additional information

30. When I see the term <i>allergen oil</i> on an ingredient statement I think the product is	A. Safe for the FAI to consume	B. Unsafe for the FAI to consume	C. Don't know	D. No Response*
	<1%	91%	7%	3%

- *Most people who did not respond to this question did not have experience with FAI's with a peanut or tree nut allergy.
- A number of people who responded and answered B. stated that they believed pure peanut oil was safe for those with a peanut allergy.

31. Has the FAI ever had an allergic reaction to an ingredient in a food that did not appear on the food label	Yes	No	Unsure	No Response
	32%	63%	2%	2%

32. Food labels have gotten better (improved) in the last 5 years	Agree*	Disagree*	Neither*
	71%	28%	<2%

Comments

May contain

- So many products say “may contain” seems more aimed at legal liability than being helpful for FAI
- “may contain” statements restrict the FAI even further. It should be made as simple as it contains or does not contain the allergen.
- “May contain” blanket statements means that manufacturers don’t have to be so careful!
- “May contain” and “may contain traces” are very confusing, I think that these will lead to more risk taking behaviour as my child becomes older.
- May contain are very frustrating as they potentially prevent a FAI from consuming a safe product.
- Limiting choices for FAI by using the may contain, may contain traces.
- Foods I have reacted to in the past now all have “may contain” labels- life is a lot safer with full disclosure! If these labels were around 5-10 years ago I wouldn’t have been in hospital so many times! (22year old FAI)
- May contain is too ambiguous, this label is not specific enough. Is it safe or isn’t it?
- Now they all say “may contain” I bake my own stuff!!!
- May contain statement is not necessarily relevant and serves in some instances only to cover/limit manufacturers liability. They are no longer a reliable safeguard/benchmark for FAI consumers
- The “may contain” label has only added more confusion and fear and has greatly reduced our already limited diet.
- The may contain traces of is very unhelpful as it appears on practically every product.
- I feel that all the “may contain” statements only make the decision more difficult. Food labels should be definitive ie. It does or it doesn’t.

Manufacturers should change their processing procedures to ensure against accidental contamination.

- I think manufacturers misuse “may contain” labelling for fear of litigation.
- Labelling is still not good enough ie. Hydrolysed vegetable protein sounds safe but is derived from whey therefore not safe for milk allergic individual. I still see as an ingredient “natural flavour” which can be a milk product. I usually have to ring the manufacturer or not purchase the product.

Blanket Statements

- Blanket warnings make buying processed foods very difficult
- Frustrating for there to be blanket labelling on so many products
- Wish we could be more confident about cross contamination in factories instead of having blanket statements Perhaps more testing of products is required.
- Too many blanket statements, may contain allergen is not useful, either it does or doesn't

Iceblocks

- Even lemonade iceblocks have may contain traces of nuts- is this really necessary!!!
- Lemonade iceblocks are a big concern, they were once an always safe treat for an FAI, now they may contain or may contain traces, this is a big concern. Thanks to Bulla as these are the only ones I know of that are 100% safe!!
- When a “twin pole” (water ice) has may contain traces of nuts, you just have to wonder about the whole label thing!!

Individual company comments

- Uncle Toby's recent changes are useful
- Goodman Fielder Group have good allergen information, in bold.

General Food Labelling comments

- Many versions of allergen warnings, makes it difficult to understand the "real risk"
- Parent states that her concern is that because choices for her daughter are so limited (peanut allergy) she may take risks as she grows up with food choices.
- There are so many disclaimers on products that one starts to question their validity, are they there to inform or clear liability resulting from sloppy manufacturing
- Allergen statements change constantly making food that was once OK now a problem.
- Food labels have become more informative but not necessarily more helpful. We feel that food labels have become a legal document developed to protect manufacturers and not help FAI's (the consumer) find safe foods.
- Food labels detail majority of allergens but we have huge food restrictions & I wonder whether all these foods need to be labelled with precautionary statements & whether food companies do this instead of using good manufacturing practice or instead of testing foods produced with recent testing equipment eg. EUSA testing.
- More information and easier to understand.
- Good to have allergens highlighted/ in bold
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- There are too many varieties of label information, it should become standardised.

- Bold writing for allergens brings it to your attention immediately, because even if you read an ingredient list you can miss allergens. The bold writing helps prevent this.
- Not all companies correctly label their food products as they are supposed to.
- Because labels have become more detailed they are now more complex and use legal terminology.
- More information so that I can make a more informed decision.
- Good differentiating between tree nuts and peanuts
- Vastly decreased choices for the FAI
- Would appreciate major companies to provide update listing of products with allergens, the onus is always on the consumer to follow up
- Manufacturers are always changing ingredient lists and where products are manufactured, more consumer info on this would be great as what is safe to buy one week may not be safe the next, it's hard and confusing.
- Some individual manufacturers make an effort, but the law remains vague and ambiguous. Do penalties exist? Deli departments in supermarkets are very lax. Imports are not required to have the same labelling even though they are purchased in Australia.
- Manufacturing ingredients eg in wine aren't listed.
- Labelling that is useful should say "made in a nut free zone"
- There are still too many product recalls!!
- I have to constantly check products as they change their labelling and their ingredient list.
- With so many different disclaimers it is hard to know what foods are really safe for my daughter to consume.
- I don't think my adult friends would be able to read ingredients and determine if a product was safe for my FAI child.
- Need more details on manufacturing process and environment

AAI

- The awareness and education provided by AAI makes it easier to read the labels

Cosmetics/ Body Care

- It would be good if cosmetics were labelled similarly to food.
- Skin care products and shaving cream still not well labelled.
- Can creams (ie. Suncreams, lotions) indicate if they use nut oils