Resources to Integrate CDC Voluntary Guidelines for Managing Food Allergies into Practice

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Objectives
- Describe the Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs.
- Understand how the Knowledge to Action Framework was used to create specific CDC food allergy research translation materials to reach key target audiences.
- Evaluate the audience specific food allergy resources for use in the school setting.

Background
- 4% of students are affected by food allergies, and the incidence is increasing.\(^1\)\(^2\)
- 1 in 5 students with food allergies will have a reaction while at school.\(^3\)\(^4\)
- 25% of severe food allergy reactions at school happen to students with no previous known food allergy.\(^3\)\(^4\)
**Priority Recommendations for Schools**

1. Ensure the daily management of food allergies in individual children.
2. Prepare for food allergy emergencies.
3. Provide professional development on food allergies for staff members.
4. Educate children and family members about food allergies.
5. Create and maintain a healthy and safe educational environments.

http://www.cdc.gov/healthyschools/foodallergies/index.htm

**Guidelines’ Contents**

- **Section 1**: Food Allergy Management in Schools and Early Care and Education Programs
- **Section 2**: Actions for School Boards and District Staff
- **Section 3**: Actions for School Administrators and Staff
- **Section 4**: Actions for Early Care and Education Administrators and Staff
- **Section 5**: Federal Laws and Regulations
- **Section 6**: Food Allergy Resources

**Actions for School Administrators**

- Lead school’s planning for managing food allergies.
- Oversee the daily management of food allergies for students.
- Prepare schools to be ready to respond to food allergy emergencies:
  - Ensure that responding to food allergy emergencies is a part of each school’s emergency plan.
  - Set up an easy-to-use communication system for staff who may need to respond to food allergy reactions and emergencies.
Actions for Entire School Team

- Get trained and know how to respond to food allergy emergencies!
- If anaphylaxis is suspected, act!
- Plan!

Actions for School Teachers and Paraeducators

- Help manage food allergies at school.
- Help prevent food allergy emergencies!
- Create and maintain a healthy, safe and inclusive classroom!
- Create and maintain healthy, safe and inclusive eating environments!
- Carefully plan field trips!

School Nutrition Professionals

- Help prevent food allergy reactions in the cafeteria.
- Develop and follow procedures for handling food allergens in the cafeteria.
School Mental Health Professionals

- Help with the daily management of students with food allergies.
- Support a healthy and safe school environment for students with food allergies.

School Transportation Staff

- Help prevent food allergy emergencies.
- Support healthy and safe transportation.
- Take immediate action if a severe food allergy reaction is suspected.

Translation Project Goals

- To develop research translation tools and resources for key stakeholders, to support greater dissemination of the Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Educational Programs.
- To inform technical assistance provided to CDC funded partners about food allergy management in schools.
Translation Methods and Process

- Environmental Scan

- Stakeholder Engagement
  - School Nurse Focus Group
  - Discussion with School and Stakeholder Contacts

- Stakeholder and Content Expert Review

Priority Target Audiences

- School superintendents
- School administrators
- Teachers and paraeducators
- School nutrition professionals
- School mental health professionals
- School transportation staff
- School nurses

NCCDPHP Knowledge to Action Framework for Public Health*

Translation Methods and Process

- Environmental Scan
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A DEEPER DIVE
CDC Food Allergy Toolkit for Schools

- 6 audience-specific tip sheets
- 6 audience-specific customizable PowerPoint presentations
- 7 audience-specific podcasts
- Select Resources list for schools

School Audiences

- Administrators
- Superintendents
- Nutrition Professionals
- Teachers and Para-educators
- Mental Health Professionals
- Transportation Staff
- School Nurses
FARE Webinar

- [http://www.foodallergy.org/cdc/toolkit](http://www.foodallergy.org/cdc/toolkit)

POWERPOINT PRESENTATIONS

[http://www.cdc.gov/healthyschools/foodallergies/toolkit.htm](http://www.cdc.gov/healthyschools/foodallergies/toolkit.htm)

Managing Food Allergies in Schools

What Schools Need to Know

Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs
Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs

AUDIENCE SPECIFIC TIP SHEETS
AUDIENCE SPECIFIC PODCASTS

Podcasts – Mental Health Professionals

More than 1 of 3 people with food allergies report being the victims of bullying, teasing, or harassment because of their food allergy.

http://www.cdc.gov/healthyschools/foodallergies/toolkit.htm
Podcasts – School Nurses

The leadership role of school nurses in the management of food allergies in schools

http://www.cdc.gov/healthyschools/foodallergies/toolkit.htm

Reflections and Lessons Learned


Managing Food Allergies in Schools

References


Where can you find more information?

- Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs: www.cdc.gov/healthyyouth/foodallergies/

- Allergyhome.org resources for schools: http://www.allergyhome.org/schools/foodallergy/education

- Food Allergy Resource and Education (FARE): http://www.foodallergy.org/resources/schools


- National Association of School Nurse (NASN), Food Allergy and Anaphylaxis Tool Kit: http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis


Where can you find the guidelines and K2A Framework?


QUESTIONS?

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.