

Annex of Tables

Annex A: Adults with food hypersensitivities

For the following tables, percentages may add up to more than 100, due to rounding. Additionally, ‘*’ indicates below ‘0.5%’.

Table 4: Ethnicity by food hypersensitivity

Ethnicity	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
White British/Irish	984 (93)	281 (88)	311 (94)	216 (99)	120 (92)
Mixed/multiple ethnicity	20 (2)	9 (3)	5 (2)	-	4 (3)
Asian (Indian, Chinese, Bangladeshi, Pakistani) background	30 (3)	19 (6)	7 (2)	-	1 (1)
Black British/African/Carribbean	18 (2)	6 (2)	6 (2)	-	4 (3)
Arab	2 (*)	2 (1)	-	-	-
Other ethnic group	5 (*)	2 (1)	1 (*)	1 (*)	1 (1)
Total (N)	1059	319	330	217	130

Table 5: Region by food hypersensitivity

Region	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Scotland	85 (8)	28 (8)	26 (8)	17 (8)	7 (5)
Northern Ireland	14 (1)	4 (1)	5 (2)	1 (*)	2 (2)
Wales	57 (5)	18 (6)	20 (6)	12 (6)	4 (3)
North East of England	42 (4)	12 (4)	13 (4)	8 (4)	4 (3)
North West of England	91 (9)	24 (7)	22 (7)	27 (12)	12 (9)
Yorkshire and the Humber	76 (7)	24 (7)	24 (7)	10 (5)	12 (9)
East of England	115 (11)	28 (9)	46 (14)	27 (12)	11 (8)
East Midlands	73 (7)	23 (7)	28 (8)	27 (12)	11 (8)
West Midlands	103 (10)	28 (9)	33 (10)	24 (11)	13 (10)
London	106 (10)	50 (16)	21 (6)	13 (6)	13 (10)
South West of England	101 (9)	24 (7)	36 (11)	21 (10)	13 (10)
South East of England	202 (19)	60 (19)	56 (17)	44 (20)	31 (24)
Total (N)	1065	323	330	217	131

Table 6: Employment status by food hypersensitivity

Employment	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Full time	347 (33)	118 (38)	104 (32)	60 (28)	44 (34)
Part time	192 (18)	61 (19)	63 (20)	35 (16)	22 (17)
Unemployed	36 (3)	15 (5)	16 (5)	3 (1)	1 (1)
Not working	153 (15)	45 (14)	54 (17)	17 (8)	22 (17)

Employment	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Not working (retired)	267 (26)	55 (18)	78 (24)	91 (42)	33 (25)
Student	28 (3)	14 (4)	3 (1)	3 (1)	5 (4)
Other	23 (2)	6 (2)	4 (1)	7 (3)	3 (2)
Total (N)	1046	314	322	216	130

Table 7: All foods reacted to (no limit on number of foods reported) by hypersensitivity

Food	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	71 (2)	36 (2)	15 (2)	3 (1)	13 (2)
Cereals containing gluten (wheat, rye barley or oats)	481 (14)	55 (4)	110 (12)	212 (66)	82 (15)
Crustaceans (such as prawns, crabs, scampi or lobsters)	137 (4)	59 (4)	38 (4)	6 (2)	26 (5)
Eggs	153 (4)	53 (4)	50 (5)	4 (1)	27 (5)
Fish	100 (3)	43 (3)	21 (2)	3 (1)	27 (5)
Lupin	37 (1)	18 (1)	6 (1)	-	10 (2)
Milk	297 (8)	68 (5)	119 (13)	21 (7)	59 (11)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	107 (3)	47 (3)	28 (3)	4 (1)	21 (4)
Mustard	58 (2)	17 (1)	19 (2)	4 (1)	10 (2)
Peanuts	167 (5)	101 (7)	27 (3)	3 (1)	24 (4)
Tree nuts: Almonds	134 (4)	87 (6)	24 (3)	1 (*)	15 (3)
Tree nuts: Hazelnuts	136 (4)	91 (6)	23 (3)	3 (1)	17 (3)
Tree nuts: Brazil nuts	121 (3)	79 (5)	24 (3)	3 (1)	13 (2)
Tree nuts: Walnuts	133 (4)	89 (6)	22 (2)	2 (1)	15 (3)
Tree nuts: Cashew	109 (3)	73 (5)	17 (2)	1 (*)	14 (2)
Tree nuts: Pecans	110 (3)	78 (5)	14 (2)	1 (*)	14 (2)
Tree nuts: Macadamia nuts	100 (3)	72 (5)	16 (2)	1 (*)	9 (2)
Tree nuts: Pistachios	109 (3)	66 (4)	23 (3)	1 (*)	15 (3)
Sesame seeds	53 (2)	31 (2)	10 (1)	2 (1)	9 (2)
Soybeans	105 (3)	31 (2)	45 (5)	5 (2)	16 (3)
Sulphur dioxide	103 (3)	39 (3)	31 (3)	4 (1)	15 (3)
Fruit	254 (7)	104 (7)	68 (7)	12 (4)	42 (7)
Vegetables	204 (6)	56 (4)	78 (8)	13 (4)	33 (6)
Other	247 (7)	77 (5)	91 (10)	12 (4)	35 (6)
Total (N)	3526	1470	919	319	561

Table 8: All foods resulting in adverse reactions by hypersensitivity

Food	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	16 (1)	11 (2)	1 (*)	-	3 (1)
Cereals containing gluten (wheat, rye barley or oats)	403 (26)	26 (6)	81 (19)	213 (92)	66 (21)
Crustaceans (such as prawns, crabs, scampi or lobsters)	58 (4)	28 (6)	13 (3)	1 (*)	14 (4)
Eggs	94 (6)	30 (6)	28 (7)	-	25 (8)
Fish	44 (3)	18 (4)	9 (2)	-	15 (5)

Food	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Lupin	12 (1)	6 (1)	1 (*)	-	5 (2)
Milk	178 (11)	32 (7)	83 (19)	5 (2)	48 (15)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	29 (2)	12 (3)	9 (2)	-	6 (2)
Mustard	17 (1)	5 (1)	3 (1)	-	8 (3)
Peanuts	94 (6)	69 (15)	9 (2)	-	12 (4)
Tree nuts	102 (7)	58 (13)	15 (3)	-	19 (6)
Sesame seeds	13 (1)	9 (2)	2 (*)	-	1 (*)
Soybeans	38 (2)	10 (2)	14 (3)	3 (1)	7 (2)
Sulphur dioxide and sulphites	28 (2)	10 (2)	14 (3)	-	4 (1)
Fruit	117 (8)	59 (13)	22 (5)	1 (*)	25 (8)
Vegetables	84 (5)	12 (3)	43 (10)	4 (2)	15 (5)
Other	222 (14)	71 (15)	82 (19)	5 (2)	44 (14)
Total (N)	1549	466	429	232	317

Table 9: All symptoms usually experienced for all foods reported, according to hypersensitivity group

Symptoms reported	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Breathing	1821 (19)	1053 (28)	311 (94)	216 (99)	120 (92)
Skin	20 (2)	9 (3)	5 (2)	-	4 (3)
Gastrointestinal	30 (3)	19 (6)	7 (2)	-	1 (1)
Mouth/throat/ear	18 (2)	6 (2)	6 (2)	-	4 (3)
Other	2 (*)	2 (1)	-	-	-
Total (N)	1059	319	330	217	130

Table 10: Gastrointestinal symptoms for all foods reported, by hypersensitivity group

Gastrointestinal symptoms reported	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Bloated stomach	668 (16)	95 (13)	215 (18)	164 (16)	152 (16)
Abdominal pain/stomach cramps	783 (19)	145 (19)	241 (20)	172 (17)	168 (18)
Heart burn	223 (5)	49 (7)	63 (5)	36 (4)	44 (5)
Sickness/vomiting	783 (19)	240 (32)	166 (14)	166 (16)	165 (18)
Diarrhoea	637 (15)	104 (14)	180 (15)	168 (17)	145 (15)
Blood in stool	53 (1)	12 (2)	13 (1)	13 (1)	14 (1)
Dehydration	97 (2)	16 (2)	13 (1)	31 (3)	29 (3)
Loss of weight/malnutrition	106 (3)	10 (1)	13 (1)	52 (5)	30 (3)
Excessive wind	400 (10)	32 (4)	133 (11)	107 (11)	94 (10)
Irritable bowel symptoms	433 (10)	50 (7)	143 (12)	106 (10)	95 (10)
Total (N)	4183	753	1180	1015	936

Table 11: Breathing symptoms and anaphylaxis experienced for all foods reported, by hypersensitivity group

Breathing symptoms reported	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Cough/sneezing	219 (11)	128 (11)	41 (15)	2 (7)	41 (10)
Runny nose	205 (10)	101 (8)	38 (14)	5 (18)	45 (11)
Irritable/ itchy nose	240 (12)	127 (11)	47 (17)	2 (7)	44 (11)
Congested nose	176 (9)	74 (6)	42 (15)	3 (11)	36 (9)
Wheezing	283 (14)	175 (15)	31 (11)	3 (11)	64 (16)
Tight chest	298 (15)	185 (15)	33 (12)	6 (21)	61 (15)
Breathless	263 (13)	173 (14)	20 (7)	5 (18)	50 (13)
Asthma	137 (7)	90 (8)	14 (5)	2 (7)	24 (6)
Anaphylaxis	190 (9)	141 (12)	8 (3)	-	32 (8)
Total (N)	2011	1194	274	28	397

Table 12: Most severe symptoms ever experienced for all foods reported, by hypersensitivity group

Most severe symptoms reported	All adults N (%)	Food Allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Breathing	1069 (18)	611 (25)	163 (13)	16 (2)	220 (17)
Skin	1097 (18)	589 (24)	159 (13)	59 (8)	215 (16)
Gastrointestinal	2604 (43)	494 (20)	762 (62)	585 (80)	612 (46)
Mouth/throat/ear	811 (13)	507 (21)	79 (7)	15 (2)	158 (12)
Other	491 (8)	222 (9)	62 (5)	58 (8)	126 (9)
Total (N)	6072	2423	1225	733	1331

Table 13: Time period in which symptoms usually start, by hypersensitivity

Time symptoms usually start after eating the reported food	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Less than 5 minutes	378 (25)	216 (47)	51 (13)	5 (2)	76 (24)
5 to 30 minutes	451 (30)	138 (30)	141 (34)	38 (17)	100 (32)
30 minutes to 1 hour	257 (17)	56 (12)	80 (19)	50 (22)	58 (18)
1 to 2 hours	185 (12)	19 (4)	65 (16)	52 (23)	41 (13)
More than 2 hours	184 (12)	24 (5)	66 (16)	55 (24)	32 (10)
Don't know	63 (4)	6 (1)	12 (3)	26 (12)	9 (3)
Total (N)	1518	459	415	226	316

Table 14: Diagnosis method by hypersensitivity

Diagnosis method	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Healthcare professional's diagnosis	312 (17)	122 (22)	76 (17)	17 (6)	77 (21)
Skin prick test	177 (10)	112 (20)	25 (6)	-	32 (8)
Blood test (antibodies for allergen)	315 (17)	93 (17)	26 (6)	123 (43)	67 (18)
Food challenge	81 (4)	32 (6)	20 (4)	6 (2)	17 (5)
Not formally diagnosed but noticed symptoms themselves (self)	507 (28)	120 (21)	230 (51)	8 (3)	101 (28)
Complementary/alternative Therapist	56 (3)	9 (2)	24 (5)	3 (1)	18 (5)

Diagnosis method	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Don't know/can't remember	81 (4)	21 (4)	14 (3)	2 (1)	11 (3)
Other	276 (15)	51 (9)	39 (9)	127 (44)	43 (12)
Total (N)	1805	560	454	286	366

Table 15: Frequency of reactions to all foods in the previous 12 months

Frequency of reactions	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Once	193 (13)	74 (16)	30 (7)	35 (15)	46 (15)
Twice	187 (12)	53 (12)	57 (14)	33 (14)	33 (10)
Between 3 and 6 times	257 (17)	69 (15)	89 (22)	44 (19)	40 (13)
Between 7 and 10 times	68 (4)	12 (3)	28 (7)	8 (4)	19 (6)
More than 10 times	177 (12)	39 (8)	72 (17)	13 (6)	33 (10)
I haven't reacted to this food in the last year	542 (36)	191 (42)	114 (28)	81 (36)	122 (39)
Don't know	87 (6)	18 (4)	21 (5)	14 (6)	22 (7)
Total (N)	1511	456	411	228	315

Table 16: Where adults experienced their most recent adverse reaction, by hypersensitivity

Where reaction occurred	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Home	901 (62)	249 (56)	288 (72)	134 (63)	163 (53)
Work	106 (7)	30 (7)	19 (5)	13 (6)	37 (12)
Family and friends house	100 (7)	35 (8)	20 (5)	4 (2)	34 (11)
Public transport	21 (1)	10 (2)	5 (1)	2 (1)	3 (1)
Eating out	204 (14)	72 (16)	46 (12)	33 (15)	42 (14)
Other	80 (5)	36 (8)	18 (3)	11 (5)	16 (5)
Can't remember	49 (3)	13 (3)	8 (2)	16 (8)	12 (4)
Total (N)	1461	445	399	213	307

Table 17: Who treated adult respondents' most recent reactions across hypersensitivities

Who treated reaction	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
I treated the reaction myself	1114 (74)	300 (64)	333 (81)	182 (85)	222 (70)
I had medical help for my reaction	223 (15)	114 (24)	39 (9)	9 (4)	47 (15)
Someone else helped me to treat the reaction	71 (5)	27 (6)	12 (3)	4 (2)	22 (7)
I have not reacted to this food before	17 (1)	4 (1)	5 (1)	3 (1)	3 (1)
Can't remember	87 (6)	25 (5)	21 (5)	15 (7)	22 (7)
Total	1512	470	410	213	216

Table 18: Experience of anaphylaxis across all foods reported

Experience of anaphylaxis	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	351 (24)	201 (44)	42 (10)	4 (2)	91 (29)
No	1007 (68)	194 (43)	335 (83)	209 (93)	200 (65)
Not sure	126 (8)	57 (13)	25 (6)	11 (5)	19 (6)
Total (N)	1484	452	402	224	310

Table 19: Experience of anaphylaxis in the last 12 months across all foods reported

Experience of anaphylaxis in last 12 months	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	213 (14)	96 (21)	33 (8)	4 (2)	64 (21)
No	1198 (81)	322 (72)	357 (89)	216 (96)	234 (75)
Not sure	70 (5)	31 (7)	12 (3)	4 (2)	12 (4)
Total (N)	1481	449	402	224	310

Table 20: Frequency of hospital admissions in the last 12 months, for all foods reported

Frequency of admission for those admitted to hospital	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Haven't been admitted in the last 12 months	161 (53)	84 (54)	23 (58)	16 (80)	28 (38)
Once	75 (25)	42 (27)	8 (20)	3 (15)	19 (26)
Twice	23 (8)	8 (5)	5 (13)	-	9 (12)
Between 3 and 6 times	25 (8)	13 (8)	2 (5)	-	9 (12)
Between 7 and 10 times	8 (3)	2 (1)	2 (5)	-	4 (5)
More than 10 times	7 (2)	4 (3)	-	-	3 (4)
Don't know	6 (2)	3 (2)	-	1 (5)	1 (1)
Total (N)	305	156	40	20	73

Table 21: Admission to hospital in an emergency the first time participants reacted to their stated food

Admission to hospital for first reaction to food	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Yes	221 (75)	114 (77)	26 (67)	5 (26)	64 (86)
No	75 (25)	34 (23)	13 (33)	14 (74)	10 (14)
Total (N)	296	148	39	19	74

Table 22: Frequency of eating out or getting food to take away from a restaurant or other food outlet, by hypersensitivity

Frequency	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
At least once a day	13 (1)	6 (2)	1 (*)	1 (*)	5 (4)
5 to 6 times a week	18 (2)	6 (2)	4 (1)	1 (*)	6 (5)
3 to 4 times a week	44 (4)	15 (5)	13 (4)	6 (3)	7 (6)
Once or twice a week	168 (17)	63 (21)	45 (15)	33 (16)	17 (13)
Once a fortnight	174 (117)	59 (20)	56 (18)	31 (15)	22 (17)
Once a month	184 (18)	57 (19)	56 (18)	31 (15)	22 (17)

Frequency	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Less than once a month	313 (31)	69 (23)	99 (32)	85 (40)	42 (33)
Never	82 (8)	25 (8)	30 (10)	7 (3)	13 (10)
Total (N)	996	300	306	211	126

Table 23: How comfortable adult respondents feel asking a member of staff for information about the food they are selling when eating out, by food hypersensitivity

Level of confidence in information provided	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	576 (63)	177 (64)	161 (59)	137 (67)	73 (64)
Not very or not at all confident	238 (26)	75 (27)	72 (26)	50 (24)	31 (27)
Varies from place to place	79 (9)	21 (8)	27 (10)	18 (9)	8 (7)
Don't know	24 (3)	5 (2)	13 (5)	-	2 (2)
Total (N)	917	278	273	205	114

Table 24: Confidence that written information provided when eating out allows identification of foods that cause a bad or unpleasant physical reaction, by food hypersensitivity

Level of confidence in information provided	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	549 (60)	159 (57)	173 (63)	138 (67)	57 (50)
Not very or not at all confident	262 (29)	87 (31)	64 (25)	49 (24)	43 (38)
Varies from place to place	84 (9)	23 (8)	24 (9)	18 (9)	13 (12)
Don't know	22 (2)	10 (4)	9 (3)	-	-
Total (N)	917	279	273	205	113

Table 25: Confidence that verbal information provided when eating out allows identification of foods that cause a bad or unpleasant physical reaction, by food hypersensitivity

Level of confidence in information provided	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	475 (52)	143 (51)	151 (55)	107 (52)	53 (46)
Not very or not at all confident	312 (34)	100 (36)	85 (31)	66 (32)	41 (36)
Varies from place to place	106 (12)	28 (10)	26 (10)	31 (15)	19 (17)
Don't know	24 (3)	8 (3)	11 (4)	-	1 (1)
Total (N)	917	279	273	204	114

Table 26: Frequency of adults being offered allergens in the last 12 months, despite checking available information

Frequency of being offered food	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Once	158 (18)	49 (18)	36 (14)	33 (17)	34 (31)
Twice	102 (12)	20 (7)	33 (13)	32 (16)	14 (13)
Between 3 to 6 times	64 (7)	20 (7)	13 (5)	13 (7)	15 (14)
Between 7 to 10 times	12 (1)	2 (1)	6 (2)	1 (1)	1 (1)

Frequency of being offered food	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
More than 10 times	9 (1)	4 (1)	2 (1)	2 (1)	1 (1)
This hasn't happened in the last 12 months	515 (60)	172 (64)	159 (64)	113 (58)	46 (41)
Total	860	267	249	194	111

Table 27: Comparisons for adult participants taking part in Wave 1 and Wave 2 surveys

Wave	All adults N (%)	Food allergy N (%)	Food intolerances N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Wave 1	1019 (100)	170 (16.7)	216 (21.2)	409 (40.1)	135 (13.2)
Wave 2	1065 (100)	323 (30.3)	330 (31.0)	217 (20.4)	131 (12)
Both Waves	313 (100)	44	38	162 (52)	56

Annex B – Parents of children with food hypersensitivities

Table 28: Ethnicity of parent respondents by child's food hypersensitivity

Ethnicity	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
White British/Irish	657	353 (88)	159 (90)	18 (86)	109 (82)
Mixed/multiple ethnicity	27	13 (3)	2 (1)	-	11 (8)
Asian (Indian, Chinese, Bangladeshi, Pakistani) background	42	19 (5)	10 (6)	2 (10)	10 (8)
Black British/African/Caribbean	19	11 (3)	5 (3)	1 (5)	2 (2)
Arab	-	-	-	-	-
Other ethnic group	-	-	-	-	-
Total (N)	745	399	176	21	132

Table 29: Region of parent respondents, by child's food hypersensitivity

Region	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Scotland	64 (9)	31 (8)	19 (11)	-	13 (10)
Northern Ireland	20 (3)	9 (2)	9 (5)	-	2 (1)
Wales	32 (4)	15 (4)	8 (5)	1 (5)	8 (6)
North East of England	30 (4)	13 (3)	5 (3)	1 (5)	9 (7)
North West of England	75 (10)	42 (11)	12 (7)	3 (14)	15 (11)
Yorkshire and the Humber	59 (8)	33 (8)	15 (9)	1 (5)	9 (7)
East of England	64 (9)	36 (9)	16 (9)	2 (10)	(75)
East Midlands	43 (6)	23 (6)	12 (7)	-	8 (6)
West Midlands	79 (11)	46 (12)	15 (9)	2 (10)	14 (10)
London	126 (17)	66 (17)	20 (11)	6 (29)	31 (23)
South West of England	55 (7)	32 (8)	14 (8)	-	6 (4)
South East of England	104 (14)	53 (13)	31 (18)	5 (24)	12 (9)
Total (N)	750	399	176	21	134

Table 30: Parent respondent employment status, by child's hypersensitivity

Employment status	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Full-time	388 (52)	194 (49)	88 (51)	8 (38)	86 (64)
Part-time	198 (27)	116 (29)	39 (23)	8 (38)	33 (25)
Unemployed	10 (1)	3 (1)	3 (2)	-	4 (3)
Not working	124 (17)	68 (17)	37 (22)	5 (24)	10 (7)
Not working (retired)	1 (*)	1 (*)	-	-	-
Student	11 (2)	5 (1)	4 (2)	-	1 (1)
Other	10 (1)	8 (2)	1 (1)	-	-
Total (N)	742	395	172	21	134

Table 31: Ethnicity of children reported by parents, by child's hypersensitivity

Ethnicity	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
White British/Irish	778 (84)	358 (84)	164 (90)	21 (88)	213 (80)
Mixed/multiple ethnicity	73 (8)	40 (9)	7 (4)	2 (8)	21 (8)
Asian (Indian, Chinese, Bangladeshi, Pakistani) background	48 (5)	17 (4)	10 (5)	-	21 (8)
Black British/African/Caribbean	23 (2)	11 (3)	1 (1)	1 (4)	10 (4)
Arab	-	-	-	-	-
Other ethnic group	-	-	-	-	-
Total (N)	922	426	182	24	265

Table 32: All foods (no limit on numbers reported) children of participants react to, by child's hypersensitivity

Food	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	113 (4)	21 (1)	10 (3)	2 (4)	78 (10)
Cereals containing gluten (wheat, rye, barley or oats)	193 (6)	42 (2)	37 (10)	19 (42)	88 (11)
Crustaceans (such as prawns, crabs, scampi or lobsters)	99 (3)	33 (2)	14 (4)	3 (7)	48 (6)
Eggs	317 (10)	166 (9)	53 (15)	1 (2)	87 (11)
Fish	130 (4)	50 (3)	23 (6)	2 (4)	50 (6)
Lupin	45 (1)	10 (1)	4 (1)	3 (7)	24 (3)
Milk	352 (12)	161 (9)	106 (29)	3 (7)	71 (9)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	33 (1)	19 (1)	3 (1)	1 (2)	8 (1)
Mustard	47 (2)	19 (1)	5 (1)	1 (2)	22 (3)
Peanuts	236 (8)	173 (10)	15 (4)	2 (4)	41 (5)
Tree nuts: Almonds	130 (4)	98 (6)	2 (1)	-	26 (3)
Tree nuts: Hazelnuts	151 (5)	109 (6)	8 (2)	1 (2)	30 (4)
Tree nuts: Brazil nuts	120 (4)	89 (5)	4 (1)	1 (2)	24 (3)
Tree nuts: Walnuts	131 (4)	104 (6)	3 (1)	1 (2)	21 (3)
Tree nuts: Cashew nuts	151 (5)	111 (6)	8 (2)	1 (2)	27 (3)
Tree nuts: Pecans	118 (4)	87 (5)	3 (1)	-	26 (3)

Food	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Tree nuts: Macadamia nuts	101 (3)	82 (5)	2 (1)	1 (2)	14 (2)
Tree nuts: Pistachios	134 (4)	101 (6)	2 (1)	-	29 (4)
Sesame seed	100 (3)	69 (4)	7 (2)	-	22 (3)
Soybeans	90 (3)	49 (3)	15 (4)	-	23 (3)
Sulphur dioxide	19 (1)	6 (*)	4 (1)	-	6 (1)
Fruit	100 (3)	71 (4)	13 (4)	1 (2)	13 (2)
Vegetables	59 (2)	34 (2)	9 (3)	1 (2)	12 (2)
Other	83 (3)	58 (3)	10 (3)	1 (2)	10 (1)
Total (N)	3052	1762	360	45	800

Table 33: All foods resulting in an adverse reaction, by child's hypersensitivity

All foods	All parents N (%)	Food allergy N (%)	Food intolerance (N%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	69 (5)	14 (2)	3 (1)	2 (7)	51 (8)
Cereals containing gluten (wheat, rye, barley or oats)	118 (8)	19 (3)	21 (10)	15 (52)	59 (9)
Crustaceans (such as prawns, crabs, scampi or lobsters)	41 (3)	5 (1)	6 (3)	-	28 (4)
Eggs	215 (14)	107 (18)	30 (15)	3 (10)	70 (11)
Fish	87 (6)	23 (4)	12 (6)	-	47 (7)
Lupin	25 (2)	2 (*)	-	-	23 (4)
Milk	296 (19)	133 (22)	90 (44)	3 (10)	63 (10)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	14 (1)	2 (*)	-	-	12 (2)
Mustard	14 (1)	3 (*)	1 (*)	-	10 (2)
Peanuts	142 (9)	111 (18)	3 (1)	-	26 (4)
Tree nuts	198 (13)	91 (15)	10 (5)	4 (14)	190 (30)
Sesame seed	40 (3)	27 (4)	-	-	12 (2)
Soybeans	46 (3)	15 (2)	4 (2)	-	23 (4)
Sulphur dioxide and sulphites	14 (1)	-	2 (1)	-	10 (2)
Fruit	49 (3)	32 (5)	8 (4)	1 (3)	7 (1)
Vegetables	17 (1)	9 (1)	3 (1)	1 (3)	2 (*)
Other	38 (2)	18 (3)	12 (6)	-	5
Total (N)	1523	611	205	29	638

Table 34: All symptoms usually experienced by all children reported by parent respondents, according to child's hypersensitivity

Symptoms reported	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Breathing	2745 (27)	1401 (30)	236 (22)	16 (14)	1022 (26)
Skin	2444 (24)	1340 (28)	209 (20)	16 (14)	826 (21)
Gastrointestinal	2795 (28)	1067 (23)	506 (48)	67 (58)	1076 (27)
Mouth/throat/ear	1250 (12)	643 (14)	52 (5)	6 (5)	521 (13)
Other	894 (9)	278 (6)	45 (4)	10 (9)	534 (13)

Symptoms reported	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Total (N)	10,128	4729	1048	115	3979

Table 35: Gastrointestinal symptoms for all foods reported, by child's hypersensitivity

Gastrointestinal symptoms reported	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Bloated stomach	350 (13)	125 (12)	98 (19)	12 (18)	107 (10)
Abdominal pain/stomach cramps	501 (18)	221 (21)	108 (21)	15 (22)	146 (14)
Heart burn	208 (7)	37 (3)	17 (3)	6 (9)	141 (13)
Sickness/vomiting	764 (27)	356 (33)	89 (18)	16 (24)	283 (26)
Diarrhoea	403 (14)	160 (15)	94 (19)	5 (7)	137 (13)
Blood in stool	102 (4)	23 (2)	4 (1)	2 (3)	70 (7)
Dehydration	83 (3)	23 (2)	8 (2)	-	48 (4)
Loss of weight/malnutrition	69 (2)	14 (1)	4 (1)	4 (6)	44 (4)
Excessive wind	171 (6)	63 (6)	41 (8)	4 (6)	57 (5)
Irritable bowel symptoms	144 (5)	45 (4)	43 (8)	4 (4)	43 (4)
Total (N)	2795	1067	506	67	1076

Table 36: Breathing symptoms and anaphylaxis experienced by all children reported on for all foods, by child's hypersensitivity

Breathing symptoms reported	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Cough/sneezing	478 (16)	255 (16)	31 (13)	1 (6)	181 (17)
Runny nose	459 (19)	182 (12)	52 (22)	1 (6)	214 (20)
Irritable/ itchy nose	421 (14)	176 (12)	39 (16)	8 (50)	190 (17)
Congested nose	288 (10)	115 (7)	26 (11)	3 (19)	132 (12)
Wheezing	385 (13)	220 (14)	27 (11)	1 (6)	124 (11)
Tight chest	290 (10)	172 (11)	26 (11)	1 (6)	85 (8)
Breathless	285 (10)	187 (12)	17 (7)	1 (6)	73 (7)
Asthma	139 (5)	94 (6)	18 (8)	-	23 (2)
Anaphylaxis	232 (8)	161 (10)	4 (2)	-	64 (6)
Total (N)	2977	1562	240	16	1086

Table 37: Most severe symptoms ever experienced across all foods reported, by child's hypersensitivity

Most severe symptoms reported	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Breathing	1889 (25)	746 (26)	153 (21)	12 (15)	930 (25)
Skin	1763 (23)	808 (28)	136 (18)	9 (12)	774 (21)
Gastrointestinal	2090 (28)	699 (24)	364 (49)	41 (53)	944 (26)
Mouth/throat/ear	965 (13)	382 (13)	49 (7)	8 (10)	504 (14)
Other	856 (11)	254 (8)	43 (6)	8 (10)	532 (14)
Total (N)	7563	2889	745	78	3684

Table 38: Time period in which symptoms usually start, by child's hypersensitivity

Time symptoms usually start after eating the reported foods	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Less than 5 mins	400 (27)	282 (49)	25 (13)	4 (15)	81 (13)
5 to 30 mins	480 (33)	166 (29)	95 (48)	5 (19)	211 (34)
30 mins to 1 hour	284 (19)	48 (8)	38 (19)	5 (19)	188 (30)
1 to 2 hours	193 (10)	30 (5)	19 (10)	3 (11)	81 (13)
More than 2 hours	104 (7)	24 (4)	21 (11)	4 (15)	48 (8)
Don't know	51 (3)	29 (5)	2 (1)	6 (22)	9 (1)
Total (N)	1462	579	200	27	618

Table 39: Diagnosis method for all foods, by child's food hypersensitivity

Diagnosis method	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Healthcare professional's diagnosis	395 (21)	142 (18)	70 (33)	4 (15)	174 (22)
Skin prick test	463 (25)	267 (33)	26 (12)	3 (11)	158 (20)
Blood test (antibodies for specified food)	425 (23)	194 (24)	23 (11)	12 (44)	190 (24)
Food challenge	179 (9)	71 (9)	18 (8)	-	82 (10)
Not formally diagnosed but noticed symptoms	260 (14)	62 (8)	71 (33)	3 (11)	117 (15)
Complementary alternative therapist	56 (3)	12 (1)	2 (1)	1 (4)	41 (5)
Don't know/can't remember	25 (1)	6 (1)	3 (1)	1 (4)	9 (1)
Other	82 (4)	55 (7)	2 (1)	3 (11)	18 (2)
Total (N)	1885	809	215	27	789

Table 40: Frequency of reactions to first food in the previous 12 months

Frequency of reactions	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Once	279 (19)	99 (17)	23 (12)	6 (23)	147 (24)
Twice	300 (21)	98 (17)	47 (24)	4 (15)	141 (23)
Between 3 and 6 times	288 (20)	95 (16)	56 (28)	6 (23)	125 (21)
Between 7 and 10 times	112 (8)	17 (3)	18 (9)	1 (4)	74 (12)
More than 10 times	84 (6)	30 (5)	25 (13)	3 (12)	24 (4)
They haven't reacted to this food in the last year	350 (24)	229 (39)	25 (13)	5 (19)	81 (13)
Don't know	33 (2)	12 (2)	3 (2)	1 (4)	12 (2)
Total (N)	1446	580	197	26	604

Table 41: Where parents report their child's most recent experience of an adverse reactions to foods occurred, by hypersensitivity

Where reaction occurred	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Home	715 (52)	348 (64)	141 (73)	9 (39)	191 (33)
School	189 (14)	61 (11)	20 (10)	3 (13)	103 (18)

Where reaction occurred	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Work	145 (10)	14 (3)	9 (5)	4 (17)	93 (16)
Family and friends house	137 (10)	29 (5)	10 (5)	4 (17)	93 (16)
Public transport	51 (4)	6 (1)	2 (1)	1 (4)	40 (7)
Eating out	64 (5)	39 (7)	2 (1)	-	22 (4)
Other	58 (4)	35 (6)	5 (3)	2 (9)	7 (3)
Can't remember	23 (2)	11 (2)	3 (2)	-	15 (1)
Total (N)	1382	543	192	23	587

Table 42: Who treated childrens' most recent reactions, reported by parents, across hypersensitivities

Who treated reaction	All adults N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
I treated the reaction myself	710 (45)	366 (59)	123 (57)	11 (42)	192 (29)
My child treated the reaction themselves	292 (19)	36 (6)	52 (24)	7 (27)	186 (28)
They had medical help for their reaction	360 (23)	148 (24)	26 (12)	3 (12)	178 (26)
Someone else helped them to treat the reaction	127 (8)	26 (4)	7 (3)	3 (12)	91 (14)
They have not reacted to this food before	45 (3)	28 (5)	2 (1)	2 (8)	13 (2)
Can't remember	38 (2)	13 (2)	6 (3)	-	12 (2)
Total	1572	617	216	26	272

Table 43: Experience of anaphylaxis across all foods reported

Experience of anaphylaxis	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	657 (47)	223 (41)	28 (15)	3 (12)	391 (66)
No	645 (46)	263 (48)	159 (83)	22 (85)	181 (30)
Not sure	97 (7)	64 (12)	4 (2)	1 (4)	22 (4)
Total (N)	1399	550	191	26	594

Table 44: Experience of anaphylaxis in the last 12 months, across all foods reported

Experience of anaphylaxis in the last 12 months	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	488 (35)	118 (21)	20 (11)	3 (13)	338 (57)
No	825 (59)	389 (71)	160 (85)	20 (83)	232 (39)
Not sure	79 (6)	43 (8)	9 (5)	1 (4)	21 (4)
Total (N)	1392	550	189	24	591

Table 45: Frequency of hospital admissions for children, as reported by their parents

Frequency of admission for those admitted to hospital	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Haven't been admitted in the last 12 months	162 (23)	109 (50)	10 (25)	1 (25)	40 (9)

Frequency of admission for those admitted to hospital	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Once	185 (26)	56 (26)	13 (33)	1 (25)	114 (27)
Twice	177 (25)	40 (18)	13 (33)	1 (25)	121 (28)
Between 3 and 6 times	108 (15)	7 (3)	3 (8)	1 (25)	93 (22)
Between 7 and 10 times	46 (7)	1 (*)	-	-	42 (10)
More than 10 times	16 (2)	2 (1)	-	-	14 (3)
Don't know	6 (1)	3 (1)	1 (3)	-	1 (*)
Total (N)	700	218	40	4	425

Table 46: Admission to hospital for a child's first time reaction to a food, reported by parents

Admission to hospital for first reaction to food	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	539 (79)	164 (76)	28 (70)	3 (75)	336 (82)
No	144 (21)	53 (24)	12 (30)	1 (25)	75 (18)
Total (N)	683	217	40	4	411

Table 47: Frequency of parents' households eating out or getting food to takeaway, by child's hypersensitivity

Frequency	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
At least once a day	24 (4)	8 (2)	4 (3)	2 (10)	9 (8)
5-6 times a week	34 (5)	9 (3)	5 (3)	-	19 (16)
3-4 times a week	43 (7)	14 (4)	4 (3)	1 (5)	22 (18)
Once or twice a week	119 (18)	64 (19)	30 (19)	5 (25)	18 (15)
Once a fortnight	127 (19)	69 (20)	36 (23)	5 (25)	17 (14)
Once a month	123 (19)	68 (20)	36 (23)	3 (15)	12 (10)
Less than once a month	139 (21)	83 (24)	34 (22)	4 (20)	14 (12)
Never	37 (6)	24 (7)	7 (4)	-	4 (3)
Don't know	7 (1)	1 (8)	1 (1)	-	4 (3)
Total (N)	653	340	157	20	119

Table 48: How comfortable parent respondents feel about asking a member of staff for information about the food they are selling when eating out, because of a concern about their child's food hypersensitivity, by child's hypersensitivity

Level of comfort asking for information	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly comfortable	433 (72)	231 (74)	114 (77)	12 (63)	70 (65)
Not very or not at all comfortable	126 (21)	62 (20)	22 (15)	5 (26)	32 (30)
Varies from place to place	35 (6)	18 (6)	10 (7)	2 (11)	4 (4)
Don't know	8 (1)	2 (1)	3 (2)	-	1 (1)
Total (N)	602	313	149	19	107

Table 49: Confidence that written information provided when eating out allows the identification of foods that cause their child a bad or unpleasant physical reaction, by

child's food hypersensitivity

Level of confidence in information provided	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	390 (65)	201 (64)	110 (73)	10 (53)	64 (60)
Not very or not at all confident	148 (25)	79 (25)	24 (16)	6 (32)	34 (32)
Varies from place to place	53 (9)	31 (10)	11 (7)	3 (16)	8 (7)
Don't know	13 (2)	3 (1)	5 (3)	-	1 (1)
Total (N)	604	314	150	19	107

Table 50: Confidence that information provided verbally by staff when eating out allows the identification of foods that cause their child a bad or unpleasant physical reaction, by child's food hypersensitivity

Level of confidence in information provided verbally by staff	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	335 (55)	158 (50)	108 (72)	5 (26)	60 (55)
Not very or not at all confident	206 (34)	118 (38)	31 (21)	9 (47)	44 (40)
Varies from place to place	55 (9)	35 (11)	8 (5)	5 (26)	4 (4)
Don't know	10 (2)	3 (1)	3 (2)	-	1 (1)
Total (N)	606	314	150	19	109

Table 51: Frequency that parent respondents report their child being served a food that they may react to in the last 12 months, despite reviewing available information, by child's hypersensitivity

Frequency of being offered allergens	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Once	139 (23)	78 (25)	28 (19)	5 (26)	26 (24)
Twice	87 (14)	35 (11)	22 (15)	-	26 (24)
Between 3- 6 times	58 (10)	15 (5)	14 (9)	2 (11)	24 (22)
Between 7 -10 times	8 (1)	3 (1)	-	2 (11)	3 (3)
More than 10 times	3 (1)	2 (1)	1 (1)	-	-
This hasn't happened in the last 12 months	309 (51)	181 (58)	84 (56)	10 (53)	29 (27)
Total	604	314	149	19	108

Table 52: Comparisons for parents taking part at both Wave 1 and Wave 2

Wave	All parents N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Wave 1	793	496 (50)	156 (20)	39 (5)	95 (12)
Wave 2	750	399 (53)	176 (23)	21 (3)	134 (18)
Both waves	77	51 (66)	7 (9)	8 (10)	9 (12)

Annex C – Children (8-17 years) with food hypersensitivities

Table 53: Ethnicity, by food hypersensitivity

Ethnicity	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
White British/Irish	300 (86)	118 (84)	123 (88)	28 (97)	15 (71)
Mixed/multiple ethnicity	18 (5)	7 (5)	7 (5)	1 (3)	2 (10)
Asian (Indian, Chinese, Bangladeshi, Pakistani) background	17 (5)	10 (7)	4 (3)	-	1 (5)
Black British/African/Caribbean	10 (3)	4 (3)	5 (4)	-	1 (5)
Arab	1 (*)	-	-	-	1 (5)
Other ethnic group	1 (*)	-	-	-	1 (5)
Total (N)	347	139	139	29	21

Table 54: Region by food hypersensitivity

Region	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Scotland	27 (8)	10 (7)	14 (10)	1 (3)	-
Northern Ireland	4 (1)	1 (1)	2 (1)	-	1 (5)
Wales	20 (6)	4 (3)	8 (6)	4 (14)	4 (19)
North East of England	14 (4)	5 (4)	4 (3)	2 (7)	1 (5)
North West of England	48 (14)	18 (3)	22 (16)	5 (17)	2 (10)
Yorkshire and the Humber	33 (9)	16 (11)	11 (8)	2 (7)	-
East of England	30 (9)	7 (5)	16 (12)	2 (7)	1 (5)
East Midlands	25 (7)	13 (9)	8 (6)	3 (10)	-
West Midlands	26 (7)	14 (10)	9 (6)	3 (10)	-
London	50 (14)	29 (21)	14 (10)	2 (7)	4 (19)
South West of England	24 (7)	11 (8)	8 (6)	2 (7)	2 (10)
South East of England	48 (14)	13 (9)	23 (17)	3 (10)	6 (29)
Total (N)	359	141	139	29	21

Table 55: All foods child respondents reacted to (no limit on numbers reported), by hypersensitivity

All foods reacted to	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	30 (3)	7 (1)	7 (3)	5 (8)	10 (11)
Cereals containing gluten (wheat, rye, barley or oats)	72 (8)	17 (3)	28 (11)	18 (28)	6 (7)
Crustaceans (such as prawns, crabs, scampi or lobsters)	37 (4)	17 (3)	10 (4)	2 (3)	6 (7)
Eggs	81 (8)	32 (6)	25 (10)	11 (17)	9 (10)
Fish	43 (5)	22 (4)	6 (2)	2 (3)	10 (11)
Lupin	12 (1)	6 (1)	1 (*)	2 (3)	3 (3)
Milk	103 (11)	24 (5)	57 (22)	5 (8)	9 (10)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	15 (2)	4 (1)	9 (4)	1 (2)	1 (1)
Mustard	17 (2)	5 (1)	3 (1)	3 (5)	4 (4)
Peanuts	71 (7)	57 (12)	12 (5)	-	1 (1)

All foods reacted to	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Tree nuts: Almond	50 (5)	35 (7)	9 (4)	1 (2)	4 (4)
Tree nuts: Hazelnuts	47 (5)	34 (7)	4 (2)	2 (3)	6 (7)
Tree nuts: Brazil nuts	38 (4)	30 (6)	5 (2)	-	2 (2)
Tree nuts: Walnuts	40 (4)	31 (6)	4 (2)	2 (3)	2 (2)
Tree nuts: Cashew nuts	45 (5)	34 (7)	4 (2)	3 (5)	3 (3)
Tree nuts: Pecans	42 (4)	29 (6)	7 (3)	1 (2)	4 (4)
Tree nuts: Macadamia nuts	39 (4)	29 (6)	4 (2)	2 (3)	2 (2)
Tree nuts: Pistachios	43 (5)	31 (6)	7 (3)	-	4 (4)
Sesame seed	18 (2)	9 (2)	4 (2)	1 (2)	4 (4)
Soybeans	17 (2)	7 (1)	7 (3)	1 (2)	-
Sulphur dioxide	10 (1)	2 (*)	5 (2)	1 (2)	2 (2)
Fruit	38 (4)	21 (4)	13 (5)	-	-
Vegetables	20 (2)	7 (1)	10 (4)	1 (2)	-
Other	27 (3)	5 (1)	16 (6)	1 (2)	-
Total (N)	955	495	257	65	92

Table 56: All foods resulting in adverse reactions, by food hypersensitivity

Food resulting in adverse reaction	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Celery	15 (3)	-	4 (3)	4 (11)	2 (3)
Cereals containing gluten (wheat, rye, barley or oats)	50 (11)	5 (3)	25 (16)	16 (46)	4 (7)
Crustaceans (such as prawns, crabs, scampi or lobsters)	18 (4)	11 (7)	4 (3)	-	3 (5)
Eggs	42 (10)	17 (11)	18 (11)	2 (6)	4 (7)
Fish	34 (8)	19 (12)	7 (4)	2 (6)	5 (8)
Lupin	3 (1)	1 (1)	-	-	2 (3)
Milk	78 (18)	12 (8)	53 (33)	3 (9)	4 (7)
Molluscs (such as mussels, snails, squid, whelks, clams or oysters)	8 (2)	1 (1)	3 (2)	2 (6)	2 (3)
Mustard	4 (1)	1 (1)	1 (1)	1 (3)	1 (2)
Peanuts	52 (12)	45 (28)	7 (4)	-	-
Tree nuts	57 (13)	20 (13)	6 (4)	4 (11)	26 (43)
Sesame seed	8 (2)	2 (1)	-	-	6 (10)
Soy bean	6 (1)	3 (2)	2 (1)	-	-
Sulphur dioxide and sulphites	4 (1)	-	2 (1)	-	-
Fruit	30 (7)	16 (10)	12 (8)	-	-
Vegetables	5 (1)	2 (1)	3 (2)	-	-
Other	26 (6)	4 (3)	13 (8)	1 (3)	2 (3)
Total (N)	440	159	160	35	61

Table 57: All symptoms usually experienced for all foods, according to hypersensitivity group

Symptoms	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Breathing	640 (25)	315 (30)	147 (19)	50 (30)	113 (26)
Skin	586 (23)	288 (28)	149 (20)	41 (17)	96 (22)
Gastrointestinal	868 (34)	205 (20)	394 (52)	110 (45)	109 (25)
Mouth/throat/ear	299 (12)	162 (16)	48 (6)	22 (9)	63 (14)
Other	183 (7)	67 (6)	26 (3)	23 (9)	60 (14)
Total N	2576	1037	764	246	441

Table 58: Gastrointestinal symptoms experienced for all foods reported, according to hypersensitivity

Gastrointestinal symptoms reported	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Bloated stomach	128 (15)	21 (10)	74 (19)	15 (14)	8 (7)
Abdominal pain/stomach cramps	157 (18)	35 (17)	84 (21)	20 (18)	10 (9)
Heart burn	62 (7)	20 (10)	15 (4)	3 (3)	21 (19)
Sickness/vomiting	212 (24)	74 (36)	70 (18)	28 (25)	29 (27)
Diarrhoea	134 (15)	30 (15)	72 (18)	15 (14)	11 (10)
Blood in stool	19 (2)	2 (1)	2 (1)	5 (5)	9 (8)
Dehydration	22 (3)	5 (2)	3 (1)	5 (5)	8 (7)
Loss of weight/malnutrition	19 (2)	4 (2)	4 (1)	5 (5)	4 (4)
Excessive wind	55 (6)	7 (3)	36 (9)	5 (5)	5 (5)
Irritable bowel symptoms	60 (7)	7 (3)	34 (9)	9 (8)	4 (4)
Total (N)	868	205	394	110	109

Table 59: Breathing symptoms and anaphylaxis experienced for all foods reported, according to hypersensitivity

Breathing symptoms reported	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Cough/sneezing	85 (13)	45 (13)	12 (8)	4 (8)	21 (18)
Runny nose	99 (15)	31 (9)	27 (18)	11 (22)	23 (19)
Irritable/itchy nose	97 (15)	44 (13)	28 (19)	7 (14)	18 (15)
Congested nose	47 (7)	25 (7)	12 (8)	7 (14)	13 (11)
Wheezing	93 (14)	51 (15)	20 (13)	6 (12)	15 (13)
Tight chest	97 (15)	58 (17)	23 (15)	6 (12)	9 (8)
Breathless	85 (13)	47 (14)	19 (13)	6 (12)	10 (8)
Asthma	37 (6)	24 (7)	6 (4)	3 (5)	4 (3)
Anaphylaxis	28 (4)	18 (5)	3 (2)	1 (2)	6 (5)
Total (N)	668	343	150	51	119

Table 60: Most severe symptoms ever experienced for all foods, by hypersensitivity group

Most severe symptoms reported	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Breathing	457 (24)	191 (28)	100 (18)	44 (25)	108 (26)

Most severe symptoms reported	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Skin	421 (22)	201 (30)	104 (18)	29 (16)	82 (20)
Gastrointestinal	626 (33)	137 (20)	289 (51)	64 (36)	108 (26)
Mouth/throat/ear	232 (12)	99 (15)	49 (9)	18 (10)	54 (13)
Other	168 (9)	49 (7)	26 (5)	23 (313)	67 (16)
Total (N)	1895	677	568	178	519

Table 61: Time period in which symptoms usually start, by hypersensitivity

Time symptoms usually start after eating the reported food	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Less than 5 mins	102 (23)	53 (34)	32 (20)	2 (6)	12 (20)
5 to 30 mins	178 (41)	75 (48)	64 (40)	11 (31)	18 (30)
30 mins to 1 hour	80 (18)	16 (10)	35 (22)	10 (29)	14 (23)
1 to 2 hours	37 (9)	4 (3)	13 (8)	9 (26)	8 (13)
More than 2 hours	27 (6)	3 (2)	12 (8)	1 (3)	7 (11)
Don't know	11 (3)	4 (3)	3 (2)	2 (6)	2 (3)
Total N	435	155	159	35	61

Table 62: Diagnosis method, by hypersensitivity

Diagnosis method	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Healthcare professional's diagnosis	82 (15)	38 (19)	25 (13)	8 (17)	10 (15)
Skin prick test	77 (14)	44 (22)	15 (8)	4 (9)	12 (18)
Blood test	86 (16)	34 (17)	14 (7)	18 (39)	18 (26)
Food challenge	44 (8)	16 (8)	17 (9)	3 (7)	6 (9)
No formally diagnosed but noticed symptoms themselves	111 (21)	25 (12)	62 (31)	3 (7)	14 (21)
Caregiver told me I reacted to it	105 (20)	35 (17)	54 (27)	4 (9)	7 (10)
Don't know/can't remember	21 (4)	7 (3)	8 (4)	1 (2)	1 (1)
Other	11 (2)	3 (1)	2 (1)	5 (11)	-
Total (N)	537	202	197	46	68

Table 63: Frequency of reactions to all foods in the previous 12 months

Frequency of reactions	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Once	88 (21)	34 (22)	20 (13)	5 (15)	24 (41)
Twice	107 (25)	44 (28)	31 (20)	9 (27)	17 (29)
Between 3 and 6 times	82 (19)	19 (12)	42 (27)	9 (27)	9 (15)
Between 7 and 10 times	23 (5)	5 (3)	10 (6)	5 (15)	3 (5)
More than 10 times	41 (10)	9 (6)	25 (16)	3 (9)	1 (2)
I haven't reacted to this food in the last year	72 (17)	41 (26)	22 (14)	1 (3)	3 (5)
Don't know	16 (4)	3 (2)	7 (4)	1 (3)	2 (3)
Total (N)	429	155	157	33	59

Table 64: Where children reported experiencing their most recent adverse reaction, by hypersensitivity

Where reaction occurred	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Home	237 (58)	76 (51)	117 (76)	16 (52)	15 (28)
School	63 (15)	33 (22)	10 (7)	7 (23)	9 (17)
Work	11 (3)	3 (2)	1 (1)	1 (3)	6 (11)
Family and friends house	52 (13)	16 (11)	12 (8)	4 (13)	17 (31)
Public transport	8 (2)	2 (1)	1 (1)	1 (3)	4 (7)
Eating out	24 (6)	12 (8)	10 (7)	1 (3)	1 (2)
Other	7 (2)	4 (3)	-	-	2 (4)
Can't remember	9 (2)	3 (2)	2 (1)	1 (3)	-
Total (N)	411	149	153	31	54

Table 65: Who treated childrens' reactions across hypersensitivities

Who treated reaction	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
I treated the reaction myself	166 (36)	52 (31)	72 (44)	12 (30)	15 (22)
I had medical help for the reaction	115 (25)	51 (31)	18 (11)	11 (28)	32 (47)
Someone else helped me to treat the reaction	143 (31)	49 (29)	61 (38)	11 (28)	16 (24)
I have not reacted to this food before	14 (3)	4 (2)	3 (2)	3 (8)	4 (6)
Can't remember	25 (5)	11 (7)	8 (5)	3 (8)	1 (1)
Total	463	167	162	40	68

Table 66: Experience of anaphylaxis, across all foods reported by children

Experience of anaphylaxis	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	145 (35)	62 (41)	22 (14)	9 (28)	45 (28)
No	234 (56)	72 (48)	120 (78)	21 (66)	6 (11)
Not sure	38 (9)	16 (11)	12 (8)	2 (6)	5 (9)
Total (N)	417	150	154	32	56

Table 67: Experience of anaphylaxis in the last 12 months, across all foods reported by children

Experience of anaphylaxis in the last 12 months	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	98 (24)	32 (22)	16 (11)	9 (29)	35 (64)
No	285 (71)	107 (74)	126 (85)	20 (65)	17 (31)
Not sure	19 (5)	5 (3)	6 (4)	2 (6)	3 (5)
Total (N)	402	144	148	31	55

Table 68: Frequency of emergency hospital admissions because of an adverse reaction, reported by children

Frequency of admission for those admitted to hospital	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Haven't been admitted in the last 12 months	33 (23)	22 (37)	6 (22)	3 (30)	2 (5)
Once	44 (30)	18 (31)	7 (26)	3 (30)	12 (29)
Twice	32 (22)	10 (17)	7 (26)	2 (20)	11 (26)
Between 3 and 6 times	17 (12)	2 (3)	4 (15)	2 (20)	9 (21)
Between 7 and 10 times	9 (6)	1 (2)	1 (4)	-	7 (17)
More than 10 times	5 (3)	3 (5)	1 (4)	-	1 (2)
Don't know	5 (3)	3 (5)	1 (4)	-	-
Total (N)	145	59	27	10	42

Table 69: Admission to hospital for a child's first time reaction to a food

Admission to hospital for first reaction to food	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple food hypersensitivities N (%)
Yes	120 (86)	50 (86)	24 (92)	7 (70)	33 (85)
No	20 (14)	8 (14)	2 (8)	3 (30)	6 (15)
Total (N)	140	58	26	10	39

Table 70: Frequency of eating out or getting food to take away from a restaurant or other food outlet, by hypersensitivity

Frequency	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
At least once a day	10 (3)	4 (3)	2 (1)	1 (3)	3 (16)
5-6 times a week	15 (4)	5 (4)	3 (2)	-	5 (26)
3-4 times a week	33 (10)	17 (13)	8 (6)	2 (7)	6 (32)
Once or twice a week	82 (24)	36 (26)	34 (25)	8 (28)	-
Once a fortnight	51 (15)	16 (12)	21 (16)	8 (28)	4 (21)
Once a month	65 (19)	24(18)	35 (26)	3 (10)	1 (5)
Less than once a month	60 (18)	26 (19)	22 (16)	7 (24)	-
Never	16 (5)	6 (4)	7 (5)	-	-
Don't know	6 (2)	2 (1)	3 (2)	-	-
Total (N)	338	136	135	29	19

Table 71: How comfortable child respondents feel asking a member of staff for information about the food they are selling when eating out, by food hypersensitivity

Level of comfort asking for information	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly comfortable	179 (56)	84 (65)	63 (50)	16 (57)	9 (50)
Not very or not at all comfortable	89 (28)	31 (24)	36 (29)	6 (21)	7 (39)
Varies from place to place	26 (8)	7 (5)	15 (12)	1 (4)	2 (11)
Don't know	23 (7)	8 (6)	11 (9)	2 (7)	-
Total (N)	317	130	125	28	28

Table 72: Confidence that written information provided when eating out allows identification of foods that cause a bad or unpleasant physical reaction, by food hypersensitivity

Level of confidence in information provided	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	198 (63)	85 (66)	77 (61)	17 (63)	8 (44)
Not very or not at all confident	75 (24)	29 (23)	29 (23)	7 (26)	8 (44)
Varies from place to place	19 (6)	6 (5)	10 (8)	-	2 (11)
Don't know	24 (8)	9 (7)	10 (8)	3 (11)	-
Total (N)	316	129	126	27	18

Table 73: Confidence that information provided verbally by staff when eating out allows identification of foods that cause a bad or unpleasant physical reaction, by hypersensitivity

Level of confidence in information provided	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Very or fairly confident	188 (59)	88 (67)	66 (52)	16 (57)	10 (56)
Not very or not at all confident	75 (24)	24 (19)	33 (26)	8 (29)	8 (45)
Varies from place to place	25 (8)	8 (6)	15 (12)	1 (4)	-
Don't know	30 (9)	11 (9)	13 (10)	3 (11)	-
Total (N)	318	129	127	28	18

Table 74: Frequency of children respondents being offered a food in the last 12 months, which may result in an adverse reaction, despite checking the available information

Frequency of being offered food	All children N (%)	Food allergy N (%)	Food intolerance N (%)	Coeliac disease N (%)	Multiple hypersensitivities N (%)
Once	65 (20)	24 (18)	24 (19)	10 (34)	5 (28)
Twice	46 (14)	20 (15)	13 (10)	3 (10)	8 (44)
Between 3- 6 times	28 (9)	8 (6)	12 (10)	4 (14)	2 (11)
Between 7 -10 times	8 (3)	2 (2)	1 (1)	3 (10)	2 (11)
More than 10 times	3 (1)	2 (2)	-	1 (3)	-
This hasn't happened in the last 12 months	169 (53)	74 (57)	76 (60)	8 (28)	1 (6)
Total	319	130	126	29	18

Table 75: Summary of significant predictors of Quality of Life for each FH-specific group (only the models with significant predictors)

Predictor	Adult with FA	Adult with FI	Adult with CD	Parent-proxy for teen with FA	Child with FA	Teen with FA	Child with FI
Long-term condition	P	P					
Physical and mental health condition	P	P					
Asthma	P						
Eczema	P						

Predictor	Adult with FA	Adult with FI	Adult with CD	Parent-proxy for teen with FA	Child with FA	Teen with FA	Child with FI
Greater number of foods	sP, 2	P	P, 2				
Greater severity	P, 2	P, 2	P	sP, 2	P	sP, 2	P
Prescribed an AAI	P			P			
Anaphylaxis	P			P			
Hospital admission	P						
Reaction to food in last 12 months		P					
Frequency of eating out	P				P		
Frequency of checking information before choosing where to eat	P, 2	P, 2	P, 2	P		P	sP, 2
Frequency of checking information before ordering	P	P, 2					
Frequency of asking staff for information	P, 2	sP, 2		P		P	
Being served a dish containing an allergen that participants may have a reaction to in the last 12 months	P, 2	P	P, 2				
Comfort in asking staff for information	P	P, 1	sP, 1				P
Confidence in written information	P		P, 1				
Confidence in verbal information	P	P	P		sP, 1		

- P = predictor
- sP = strongest predictor
- 1 = Better QoL
- 2 = Worse QoL