



SUPPORT

Managing food allergies and anaphylaxis can be a difficult process. After the diagnosis, many parents feel overwhelmed. LAN members are available to share experiences and provide practical advice.

EDUCATE

We educate our families and local community about living with food allergies and anaphylaxis. LAN provides resources through various platforms. In group meetings, guest speakers give presentations on related topics. Members participate in fundraising activities to support outreach and medical research.

ADVOCATE

We work with national organizations and the Loudoun County Public Schools to promote awareness. LAN is committed to increasing awareness and advocating for those with food allergies and anaphylaxis.

TESTIMONIALS

"Thanks to the LAN School Action Group, I was able to obtain a IHCP that fit my kid's individual needs. I learned that there were more accommodations available to my children than I originally thought. Thank you!"

"I really appreciated the time that [LAN] took to go over Loudoun County Public School's policies on handling food allergies. They helped me better understand my rights as a parent of a child with food allergies."

"[The LAN School Action Group] were wonderful in helping me with my son's individual health care plans. Switching to a new school was nerve-racking for me, and having [LAN School Action Group's] support was invaluable. This school year, in our new school, has gotten off to a great start!"

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Loudoun Allergy Network
support . educate . advocate

MANAGING FOOD ALLERGIES

LAN is committed to support, educate and advocate for families living with food allergies and anaphylaxis.



ABOUT LOUDOUN ALLERGY NETWORK

Loudoun Allergy Network (LAN) is a group of parents and members of the Loudoun County, Virginia community coming together for a common goal. Our families find strength in the support they receive. We are committed to educate and advocate for a safe and inclusive environment for children with food allergies and anaphylaxis.

LAN was founded in October 2007 by a Loudoun mother after her two-year-old toddler was diagnosed with multiple life threatening food allergies and asthma. LAN families and medical advisors work together to educate and promote awareness. Our support group focuses on school and social strategies, life tips, products, and recipes. Children benefit from fun, social activities. Connecting with other parents gives members comfort in knowing they are not alone.



Facts and Stats

Eight foods account for over 90% of food allergy reactions in the United States. [1]

- Peanut
- Tree Nut
- Dairy
- Egg
- Wheat
- Soy
- Fish
- Shellfish

1 in 13 children in the U.S. under the age of 18 has a food allergy (about 2 in every classroom). [2]

40% children with food allergies have a history of severe reactions. [2]

30% of children with food allergies are allergic to multiple foods. [2]

There are approximately 203,000 emergency room visits caused by food-allergic reactions each year. That's 1 in every 3 minutes. [3]

Number of cures available to people with food allergies: Zero. [1]

Food allergies may be considered a disability as it substantially limits major life activities.[4]

Sources

[1] *Food Allergy Research & Education*

[2] Gupta, R. et al (2011). "The Prevalence, Severity, and Distribution of Childhood Food Allergies in the United States."

[3] *Journal of Allergy and Clinical Immunology*

[4] *Americans with Disabilities Act Amendment Act of 2008*



NEW DIAGNOSIS?

Find support
from families
with experience.



A new diagnosis of food allergies and anaphylaxis can be overwhelming. You are not alone, LAN members are available to help. We have listed information on our website to assist you.

We encourage you to join our member-only online forum. Introduce yourself and ask questions. Say as much or as little as you would like. Many of our members have experienced some of the emotions you may be going through. Request individual assistance or attend a LAN meeting where families get together to share information.

SIGN UP AS A MEMBER!

Visit www.LoudounAllergyNetwork.org and fill out our membership application.