

# Health Trends in Early Childhood

July 2025



## Children with Food Allergies



### Trend

Food allergies in children have become increasingly more common over the past few decades.

Food allergies in children increased by 50% from 1997 to 2011 and again by 50% from 2007 to 2021.

Children under 10 face the highest risk of needing emergency care for allergies.



### Explanation

A concerning health trend shows that **1 in 13 children has a food allergy**. Research confirms that about 8% of children under 18 deal with one or more food allergies.

**42.3% of children** with food allergies have experienced severe allergic reactions which may lead to life-threatening anaphylaxis.



### Impact

Food allergies negatively impact Pennsylvania's quality of life.

Food allergies can lead to social isolation and psychological stress for affected children, families, and caregivers/providers.

It is now possible to avoid undue suffering and stress by preventing the development of peanut allergies in young children.



### Action

Providers/caregivers gathering the health history for newly enrolled children can ask parents/guardians to be very specific about their child's food allergy since the term "allergy" is often used loosely.

Find out immediately which food allergies are serious.

Closely talk with parents to develop a written care plan for implementing dietary adaptations for children with food allergies.

### Resources

- **Food Allergies in Children: Common Causes and Symptoms** (Healthy Children)
- **Anaphylaxis in Infants & Children: Responding to Severe Allergic Reactions** (Healthy Children)
- **13 Critical Food Allergy Statistics in Babies Every Parent Should Know** (2025 Data)

Learn more at  
[www.pakeys.org/HealthTrends](http://www.pakeys.org/HealthTrends)

This is the most updated information at release time. The information in Health Trends is not a Pennsylvania regulatory requirement for early childhood providers. Pennsylvania early childhood providers with questions about regulatory requirements should contact their Cert rep or the Bureau of Certification.

