

Food Allergies Survey: Survey Results

This survey ran from 15th January until 10th February and received 570 responses¹.

Do you have a food allergy?

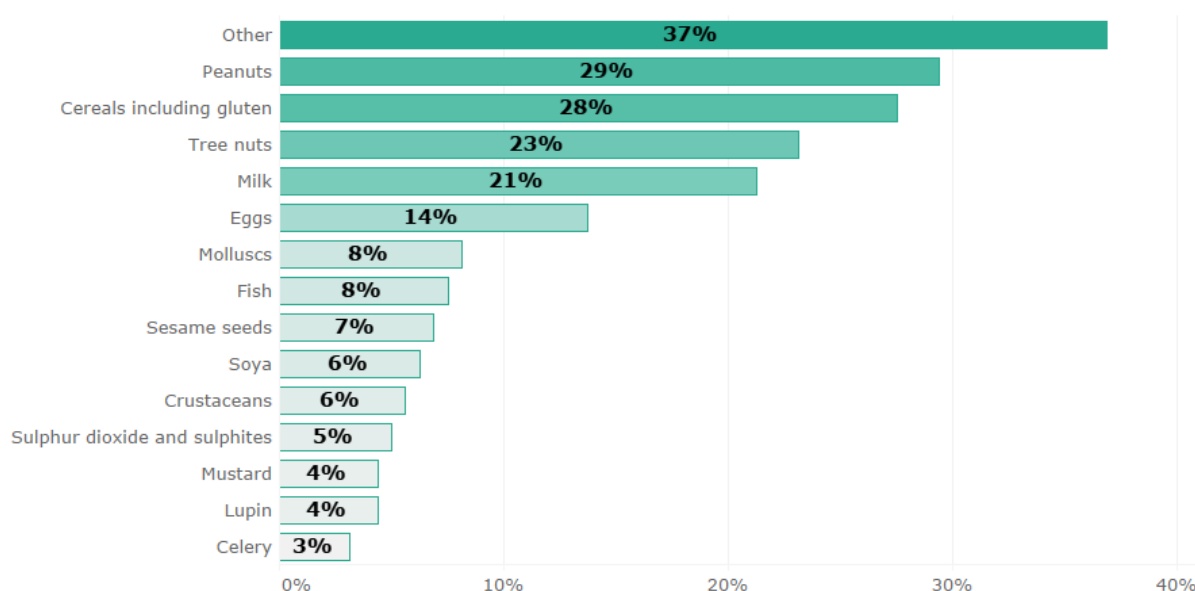


Responses from individuals who stated that they have a food allergy

There were **160** respondents who identified as having a food allergy. Those respondents were asked the following questions.

What are you allergic to?

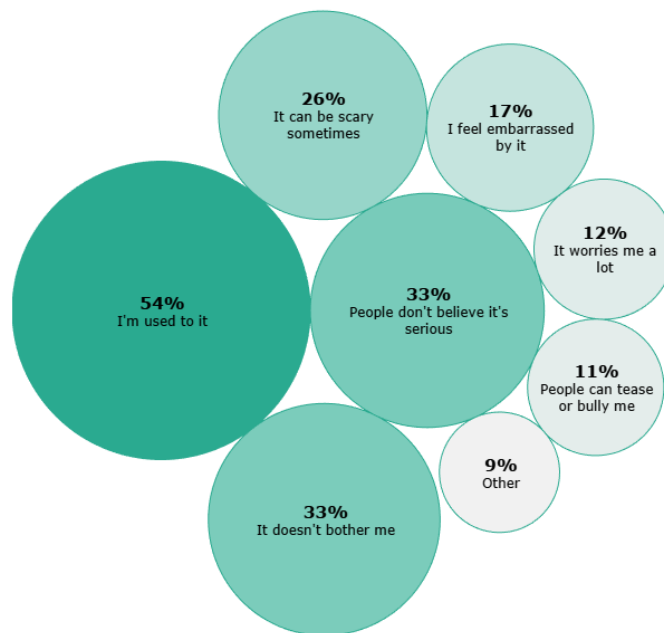
59 respondents stated that they were allergic to something other than the choices in the list below. Their responses are summarised in a table in the Appendix.



¹ This total includes some respondents who were marked as “Partial” but had completed the survey with the exception of the final demographic/email question.

How do you feel about having a food allergy?

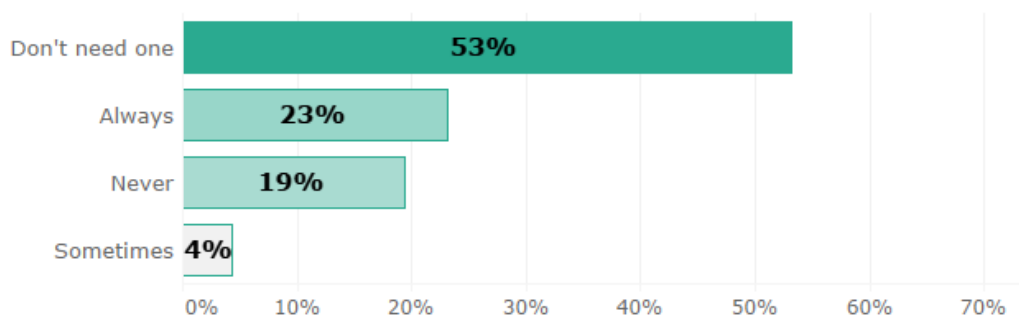
14 respondents selected *Other* in response to this question. Their responses are summarised in a table in the Appendix.



Has your food allergy been confirmed by a doctor?

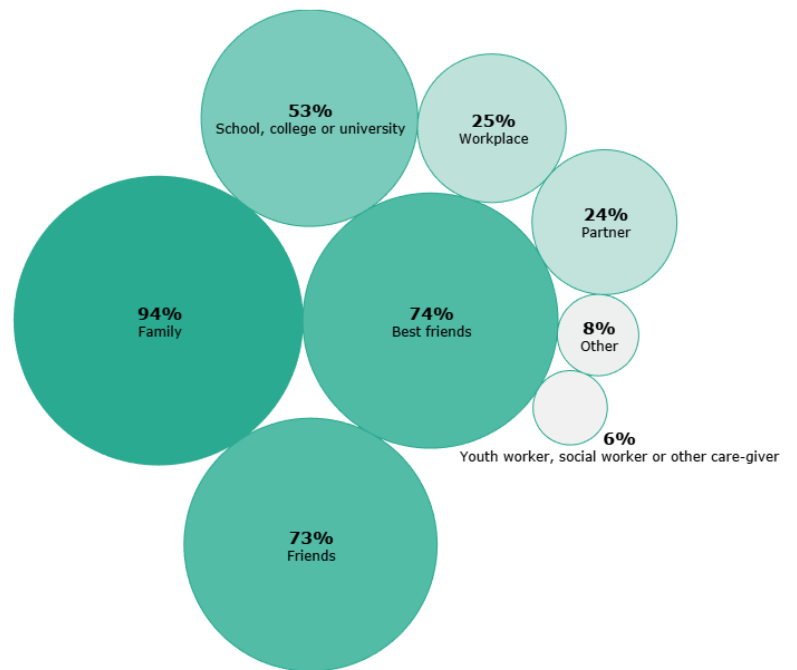


Do you carry an auto-injector (EpiPen, Emirade or Jext)?

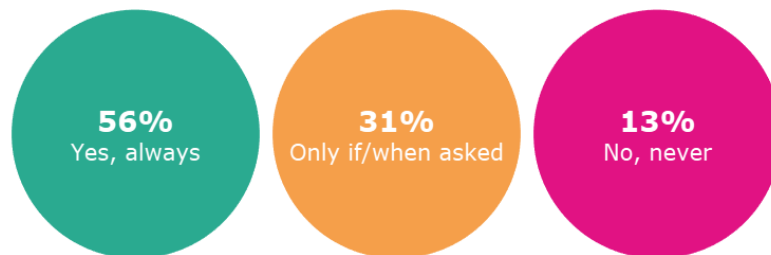


Who knows about your food allergy?

12 respondents selected *Other* in response to this question. Their responses are summarised in a table in the Appendix.

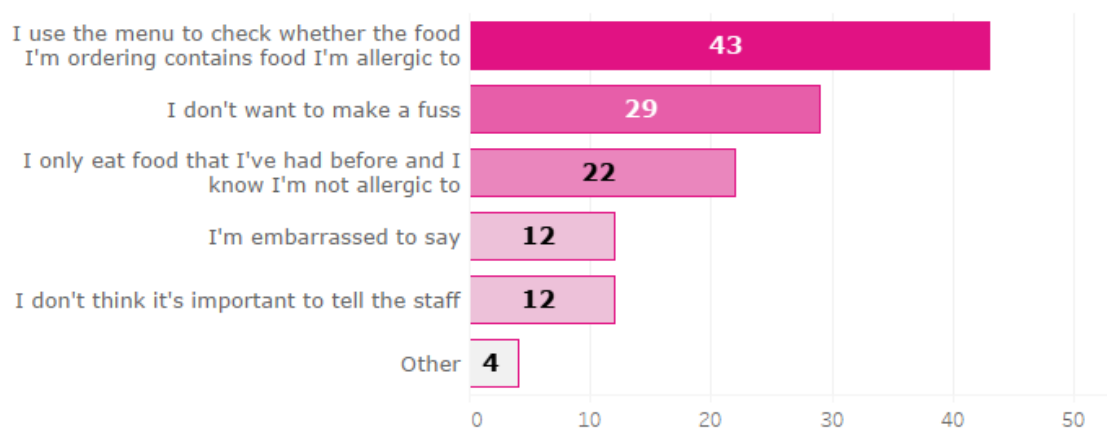


Would you tell the person you're buying food from in a restaurant or café that you have a food allergy?

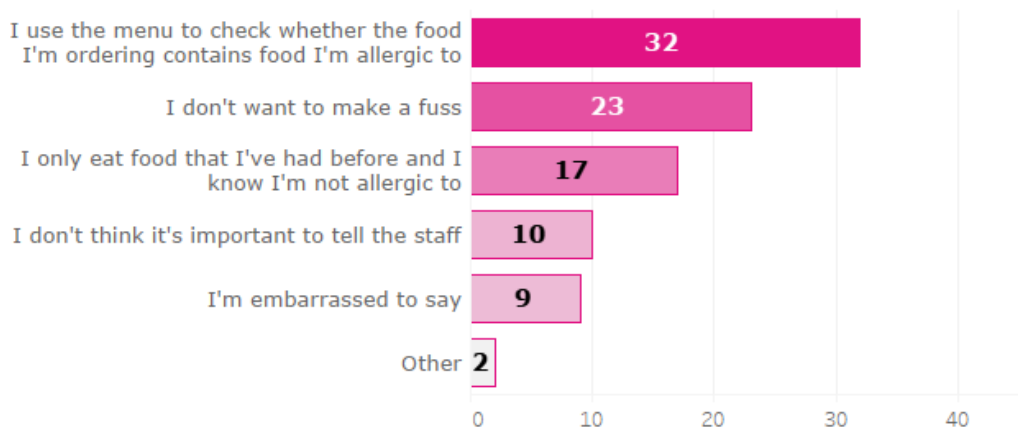


Why would you not tell the person?

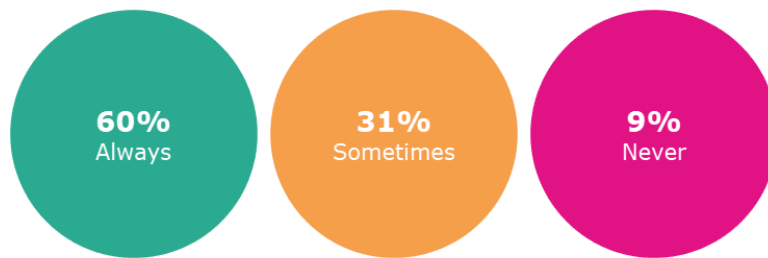
This question was asked to the 70 respondents who selected *Only if/when asked* or *No, never* to the previous question. The responses of the 4 respondents who selected *Other* are summarised in a table in the Appendix.



These results differed slightly when looking at responses from individuals aged 12 to 18.



When you buy or order food for yourself that is labelled, do you check the ingredients to make sure that it's safe for you to eat?



When you buy or order food for yourself that doesn't have a label with ingredients, do you know how to check what's in it?

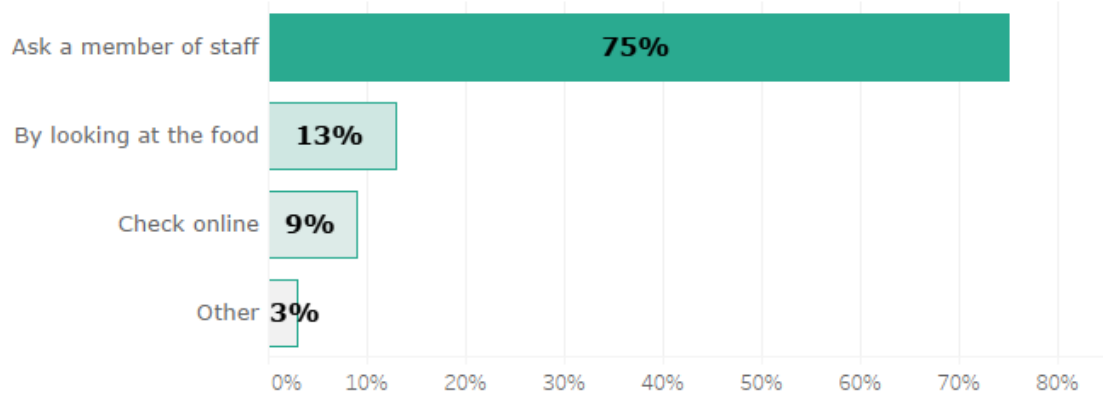


These results differed slightly when looking at responses from individuals aged 12 to 18.



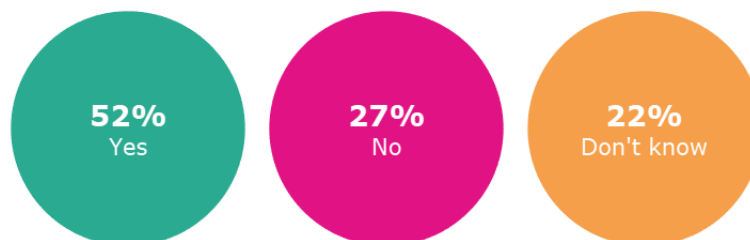
If yes, how you would check what's in it?

This question was asked to the **100** respondents who selected Yes to the previous question. The responses of the **3** respondents who selected *Other* are summarised in a table in the Appendix.

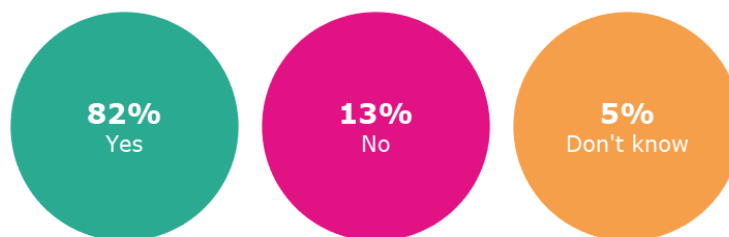


Responses from all individuals who took part in the survey

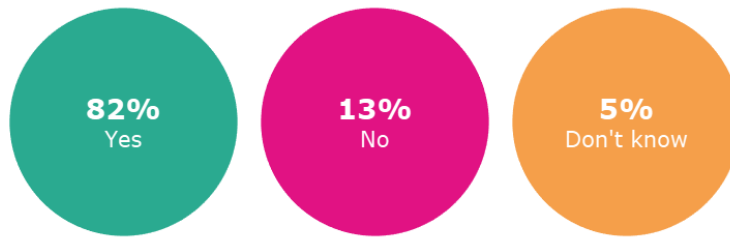
Do you think people without food allergies think it's a serious problem for those who have them?



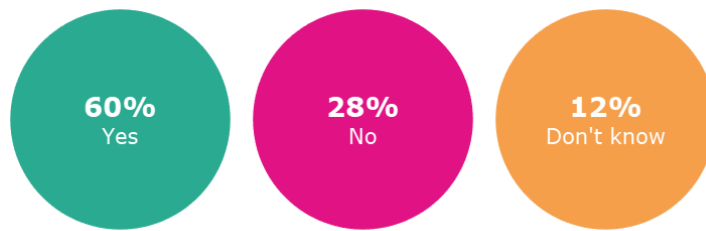
Does anyone you know have a food allergy that you know of?



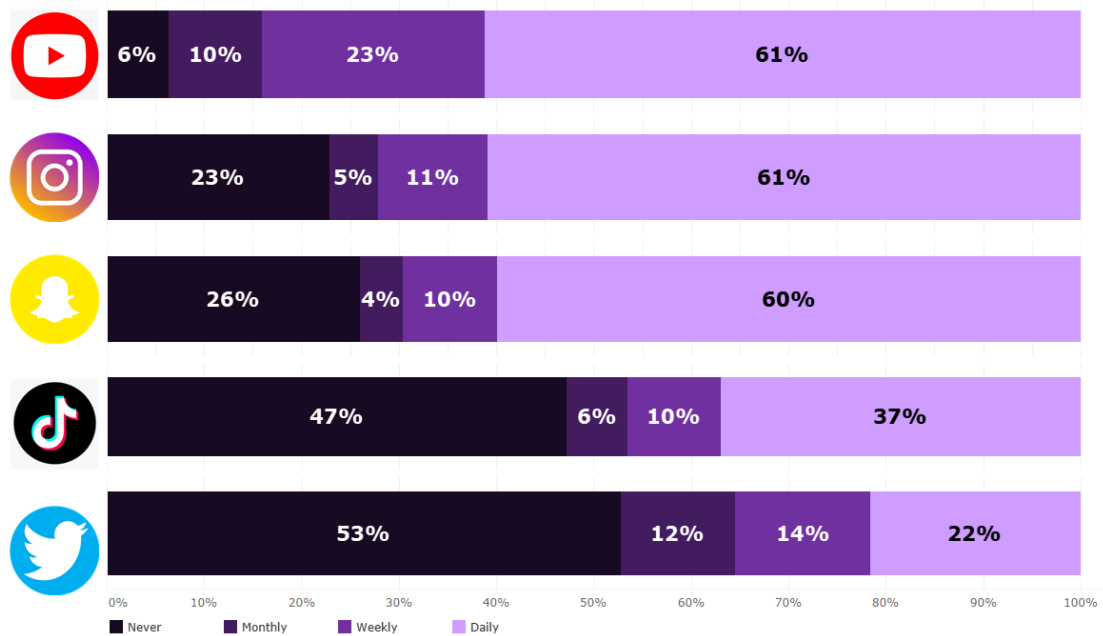
Do you know what to do if they have an allergic reaction?



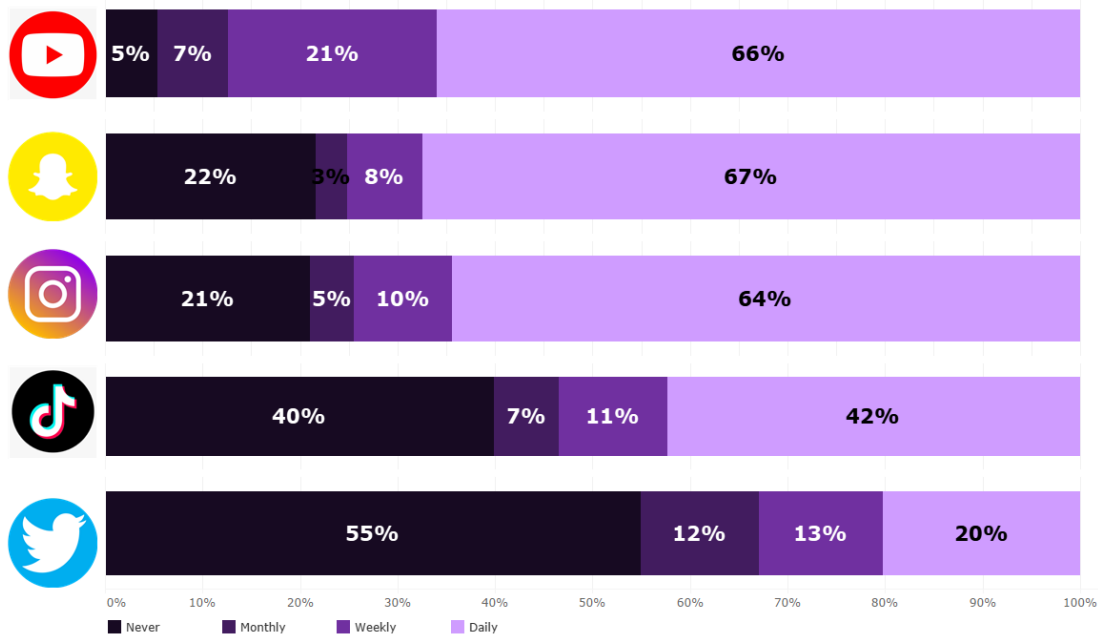
These results differed when looking at responses from individuals aged 12 to 18.



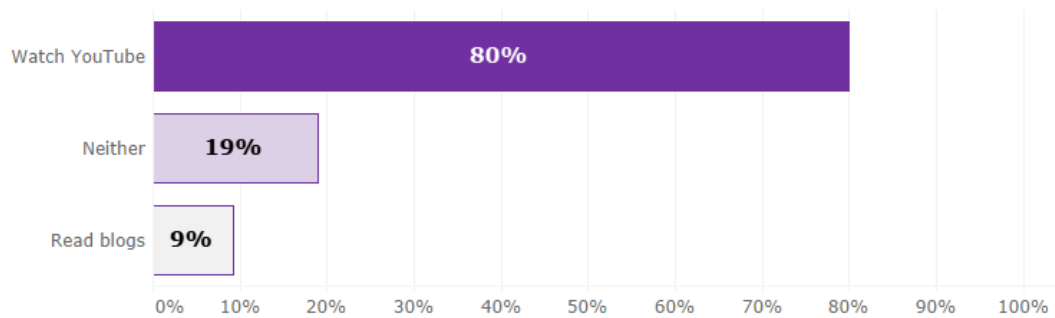
Which of these social media channels do you use, and how often do you use them?



These results differed when looking at responses from individuals aged 12 to 18.



Do you watch video content on YouTube or read blogs?



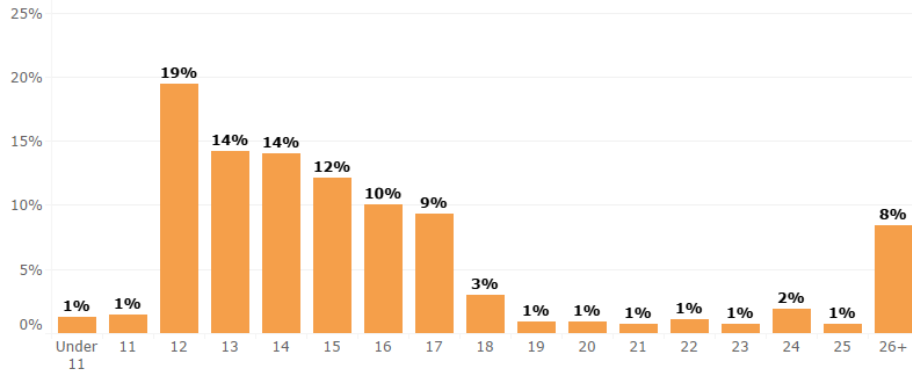
466 respondents provided a written description of the blogs or Youtube channels that they read or watch, summarised in this word cloud below². A full list can be found in the Excel export sent with this report.



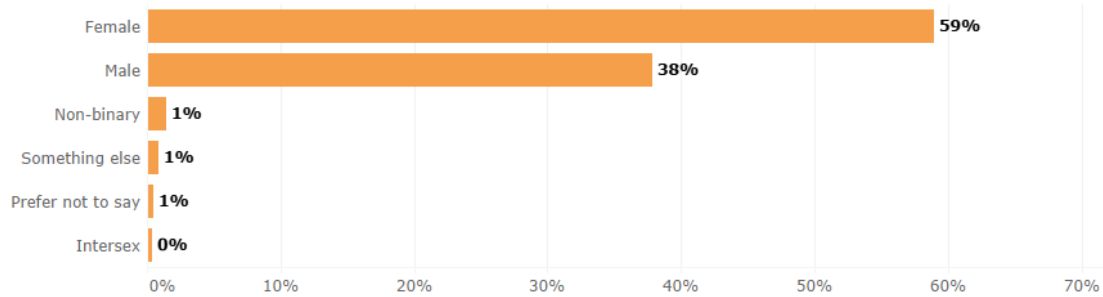
² Some words (i.e. filler words, connectors and function words) have been removed from the original list to create the word cloud.

Respondent Demographics

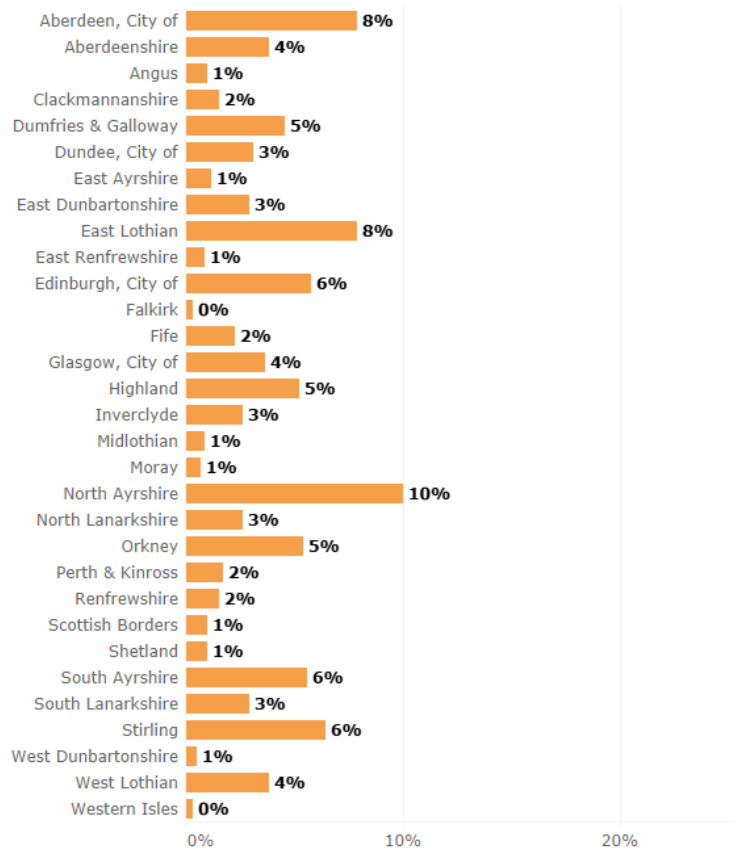
How old are you?



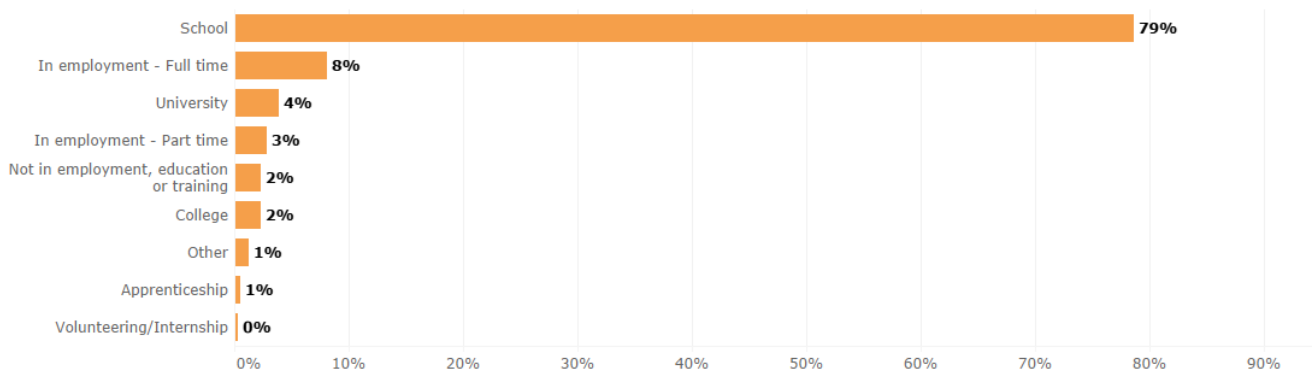
How do you identify?



What local council area do you live in?



Which activity best describes your current education or employment status?



Average hours per week of those who work in employment part time.

Hours per week	Number of respondents	Hours per week	Number of respondents
5	2	22	1
12	2	28	1
22.5	2	29	1
16	1	34	1
18	1	40	1
20	1	300	1
21	1		

Responses from those who selected *Other* to the question *Which activity best describes your current education or employment status?*

Response
longterm disability
ill
Self employed
Retired
At home parent
sleeping at home

Appendix

Responses from those who selected "Other" to the question *What are you allergic to?*

Allergen	Number of Respondents	Allergen	Number of Respondents	Allergen	Number of Respondents
Kiwi	7	Strawberry	1	Prosecco	1
Lentils	6	Green pepper	1	Grass	1
Peas	4	Garlic	1	Bell Peppers	1
Pineapple	3	Haloperidol	1	Figs	1
Lactose	3	Dogs	1	Millet	1
Cashew nuts	2	Horses	1	Spicy foods	1
Onions	2	Raspberries	1	Most seeds	1
Shellfish	2	I am celiac	1	Sustanon testosterone injections	1
Corn	2	Fish paste	1	Oak wood	1
Oranges	2	Ketchup	1	Trees	1
Dust	2	Tomato	1	Beans	1
Red artificial colouring	2	Champagne	1	Walnuts	1
Pulses	2	Wheat	1	Oral allergy syndrome to apple	1
Legumes	2	Cheese	1	Wine	1
Salmon	2	Ginger	1	Cucumber (skin)	1
Yeast	2	Chilli	1	You	1
Coconut	2	Pine nuts	1	Papaya	1
Melon	2	Citric fruits	1	Dark beans(Kidney beans)	1
Mango	2	Pistachio nuts	1	E numbers	1
Roasted Parsnip	1	Bananas	1		
Penicillin	1	Cats	1		
Vanilla	1	Medications	1		

Responses from those who selected “Other” to the question *How do you feel about having a food allergy?*

14 respondents typed a response to this question. Two individuals did not give permission for their quotes to be used so have been omitted from this report.

Response
Sad that I can not have it.
It's difficult at times but I'm used to it being like that
It's annoying cause I can't eat what other people eat and other people don't have to worry about what they say also it's really expensive
While I believe people take allergies seriously, I don't think they realise exactly HOW serious they can be and the measures you need to take to safeguard against allergic reactions.
Sad I can't be normal
It's really annoying
People don't understand that I'm not allergic to tree nuts and I find it frustrating
It still annoys me that I can't just go out and eat something without checking it first
i feel like I'm being too annoying sometimes because I'm also vegetarian
meh

Responses from those who selected “Other” to the question *Who knows about your food allergy?*

12 respondents typed a response to this question. Two individuals did not give permission for their quotes to be used so have been omitted from this report.

Response
Some friends
Gymnastics club
Sports coach, manager
Swimming Club
Grandparents
After school clubs
Clubs
my dog
doctor
noone

Responses from those who selected "Other" to the question *Who knows about your food allergy?*

12 respondents typed a response to this question. Two individuals did not give permission for their quotes to be used so have been omitted from this report.

Response
Some friends
Gymnastics club
Sports coach, manager
Swimming Club
Grandparents
After school clubs
Clubs
my dog
doctor
noone

Responses from those who selected "Other" to the question *Why would you not tell the person?*

Response
I don't eat out
I have a very minor food allergy.
I know to avoid things with peanuts and lentils in, I will br ok as long as I don't actually eat these
too much effort

Responses from those who selected "Other" to the question *If yes, how would you check what's in it?*

Response
Only pick the food that is naturally free from gluten
Wouldn't buy if not had before or labelled
Look at ingredients



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