

Food Allergies Worldwide

A population review

January 2011

Food allergies are more prevalent amongst young children than adults
Over a quarter (26%) of the world's population is 0-14 years old

Table 1: Global demographics

Age (years)	0-4	5-9	10-14	15-19	>19	TOTAL
Asia	318,727,422	319,236,155	330,875,661	339,029,945	2,587,312,366	3,895,181,548
South America	39,471,214	39,508,439	39,157,151	38,059,127	282,586,124	438,782,055
Europe	46,288,723	45,133,753	44,986,306	49,366,410	633,395,940	819,171,132
North America	33,511,284	33,347,877	33,137,319	34,767,662	321,697,318	456,461,460
Oceania	1,618,308	1,587,874	1,629,885	1,748,746	19,183,218	25,768,031
Africa	123,157,233	108,246,614	95,668,700	86,505,943	389,852,374	803,430,864
Middle East	29,846,092	28,134,281	26,502,247	27,239,548	154,123,838	265,846,006
World	592,620,277	575,194,992	571,957,268	576,717,381	4,388,151,177	6,704,641,096

Source: Elucidare based on demographic statistics from World Bank

Over 150 million people worldwide are allergic to one or more food

- Over 50 million young children (0-9 years) worldwide are allergic to egg, milk or peanut
- Unlike egg and milk, peanut allergy does not decline significantly with age. Hence peanut allergy within adults is the largest single allergy group

Table 2: Worldwide food allergy by age group and allergen

Age (years)	0-4	5-9	10-14	15-19	>19	TOTAL
Egg	11,852,831	6,948,711	4,692,848	2,513,459	10,024,515	36,032,364
Milk	12,631,412	7,359,554	4,876,422	2,468,891	9,695,586	37,031,865
Peanut	5,916,708	5,453,526	5,148,681	4,931,241	35,595,922	57,046,078
Other	3,550,026	2,296,224	1,711,474	1,725,468	13,110,738	22,393,930
Total	33,950,977	22,058,015	16,429,425	11,639,059	68,426,761	152,504,237

Source: Elucidare. Based on age-related allergy prevalence statistics from the literature

Table 3: Food allergies by region and age group

	0-4	5-9	10-14	15-19	>19	TOTAL
Asia	17,795,546	11,928,610	9,231,687	6,605,509	38,913,820	84,475,172
South America	2,210,391	1,481,569	1,097,382	744,962	4,279,787	9,814,091
Europe	3,055,058	1,990,401	1,508,167	1,183,501	11,429,671	19,166,798
North America	2,211,746	1,470,643	1,110,930	833,513	5,193,824	10,820,656
Oceania	110,047	72,504	57,415	45,144	371,102	656,212
Africa	6,896,807	4,059,250	2,681,118	1,693,247	5,904,340	21,234,762
Middle East	1,671,382	1,055,038	742,726	533,183	2,334,217	6,336,546
World	33,950,977	22,058,015	16,429,425	11,639,059	68,426,761	152,504,237

Source: Elucidare Limited

The UK suffers from a chronic shortage of allergy specialists

- Out of 25,353 doctors registered by the GMC since 2005 only two were allergists

Table 4: GMC registrations by speciality

	2005	2006	2007	2008	2009	2010	Total
General Practice	659	1920	1954	1923	1542	1861	9859
General (Internal) Medicine	157	341	412	432	255	280	1877
Anaesthetics	167	394	398	470	241	177	1847
General Psychiatry	93	217	222	203	106	133	974
Paediatrics	30	136	199	242	158	119	884
Clinical Radiology	49	155	208	189	118	80	799
Obstetrics and Gynaecology	65	171	161	211	83	74	765
Trauma and Orthopaedic Surgery	53	141	143	129	65	73	604
General Surgery	45	113	122	142	94	59	575
Emergency Medicine	29	67	94	138	75	63	466
Geriatric Medicine	43	77	95	94	44	43	396
Histopathology	32	79	89	67	38	45	350
Respiratory Medicine	26	60	75	89	57	34	341
Gastroenterology	21	56	72	82	45	37	313
Endocrinology and Diabetes Mellitus	20	74	72	61	43	33	303
Intensive Care Medicine	11	52	69	82	53	33	300
Ophthalmology	22	60	68	68	48	34	300
Old Age Psychiatry	39	5	86	71	34	54	289
Other	289	696	945	825	461	383	3599
Allergy	0	0	0	1	1	0	2
Total	1915	4923	5534	5675	3627	3679	25353

Source: GMC statistics