

May is Allergy Awareness Month

At the May 24th Township Committee Meeting, Mayor Frank DelCore and the Hillsborough Township Committee, declared May as Food Allergy Awareness Month and shared the following food allergy facts to help promote allergy awareness amongst Hillsborough residents:

- Food allergies affect approximately 15 million Americans, including 6 million children.
- The prevalence of food allergies appears to be increasing among children under the age of 18, which is 2 students in every classroom.
- According to the Centers for Disease Control and Prevention (CDC), between 1997 and 2011, the prevalence of food allergies rose 50 percent. Eight foods account for 90 percent of all food allergy reactions, they are: peanuts, tree nuts, milk, egg, wheat, soy, fish and shellfish.
- A food allergy is an immune system response to a food the body mistakenly believes is harmful and when a person with a food allergy eats the food, his or her immune system releases massive amounts of chemicals, including histamine, that trigger a cascade of symptoms that can affect the respiratory system, the gastrointestinal tract, the skin, and/or the cardiovascular system.
- There is no cure for food allergies, strict avoidance is the only way to prevent an allergic reaction.
- Anaphylaxis is a serious allergic reaction that comes on quickly and has the potential to become life-threatening.
Managing a food allergy on a daily basis involves constant vigilance and trace amounts of an allergen can trigger an allergic reaction in some individuals.



Pictured: Committeeman Doug Tomson, young members of our community helping to promote allergy awareness, Mayor Frank DelCore, and Township Clerk Pamela Borek