



Food Allergy Awareness Week

May 8-May 14, 2016

Every May, Food Allergy Research & Education host Food Allergy Awareness Week to shine a spotlight on the seriousness of food allergies and to improve public understanding of this potentially life-threatening medical condition. By increasing awareness, we can encourage respect, promote safety, and improve the quality of life of all those affected by food allergies and anaphylaxis.

Here are some facts you may not know about food allergies:

- Food allergies can be life-threatening and are a serious and growing public health problem.
- They affect up to **15 million Americans**, including nearly 6 million children - roughly **two in every classroom**.
- Nearly **40 percent** of these children have already experienced a severe or life-threatening reaction. In addition, more than **30 percent** of these children have multiple food allergies.
- The number of children with food allergies in the U.S. increased **50 percent** between 1997 and 2001, but there is no clear answer as to why.
- A reaction to food can range from a mild response (such as an itchy mouth) to **anaphylaxis**, a severe and potentially deadly reaction. **Every three minutes**, a food allergy reaction sends someone to the emergency room in the U.S.
- About a third of kids with food allergies report that they have been bullied specifically because of their allergies.

To learn more about food allergies and anaphylaxis go to
www.foodallergy.org

Keep your back strong



There are different kinds of back pain. Back pain can feel like a dull, constant ache or a sudden, sharp pain. Back pain often gets better on its own.

Back pain can be acute or chronic. Acute back pain is pain which lasts from a few days to a few weeks. It's often caused by an accident, a fall, or moving something too heavy. Acute back pain usually gets better without any treatment.

One of the best ways to prevent back pain is to keep your back muscles strong. Follow these steps to help protect your back.

- Do back strengthening and stretching exercises at least two or three times a week
- Stand and sit up straight
- Avoid heavy lifting; if you do lift something heavy, bend your knees and keep your back straight; this way your leg muscles will do most of the work
- Stay active and eat a balanced diet
- If you are overweight, lose weight to help lower the strain on your back

Chronic back pain is pain which lasts for more than three months. It is much less common than acute back pain. Most chronic back pain can be treated without surgery.

Focus on getting active and practicing good posture to lower your risk for developing back pain.

Recipe

OF THE MONTH

Prosciutto-Wrapped Asparagus

From www.eatingwell.com

16 spears asparagus,
(about 1 bunch), trimmed
1 teaspoon extra-virgin olive oil
Pinch of salt
Freshly ground pepper, to taste
2 very thin slices prosciutto, (about
1 ounce), cut in half lengthwise

Preparation

1. Preheat grill to medium.
2. Toss asparagus with oil, salt and pepper in a medium bowl. Wrap 1 length of prosciutto around the middle of 4 asparagus spears. Repeat, making 4 bundles. Oil the grill rack. Grill the asparagus bundles, turning once or twice, until the asparagus is tender and charred in spots, about 10 minutes.

Nutrition Facts: 39 calories, 2 g fat, 0 g sat fat, 6 mg cholesterol, 235 mg sodium, 3 g carbohydrate, 3 g protein, 134 mg potassium



Newsletter Quiz

1. Do you or someone you know have food allergies?
2. What tips help lower your risk of developing back pain?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by
May 31, 2016

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