Risky Business:
A Week Focusing on Risk Management’s Contributions to Higher Education

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In collaboration with:

Food Allergen Awareness

- Webinar Outline
  - Food allergy definition and incidence
  - Campus partners in supporting students with food allergies
  - Managing risks associated with serving those with food allergies
  - Resources
  - Q&A
### Food Allergy Incidence

- Researchers estimate that up to 15 million Americans have food allergies
- Food allergies affects 1 in every 13 young adults and children
- Young adults with food allergies are at the highest risk of fatal allergic reactions
  - Caregiver no longer supervising food decisions
  - Not carrying an epi-pen
  - Sometimes hesitant to ask for assistance; desire to fit in and not stand out amongst peers.

### Food Allergy vs Intolerance Comparison

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<tr>
<th>Food Allergen</th>
<th>Food Intolerance</th>
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<td>A reaction that involves the immune system (IgA or IgE mediated)</td>
<td>A reaction that does not involves the immune system</td>
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<td>Typically involves a protein</td>
<td>Digestive tract lacks enzyme to break down food molecules (eg. lactose and gluten)</td>
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<td>Can exhibit in a variety of symptoms – respiratory system, GI tract, skin, cardiovascular</td>
<td>Is very individualized</td>
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<tr>
<td>Can be anaphylactic, resulting in death</td>
<td>Can exhibit in a variety of symptoms</td>
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<tr>
<td>Very small amount can cause reaction</td>
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Gluten Intolerance

- Most severe form is Celiac Sprue
- The ingestion of gluten damages the surface of the small intestine. Symptoms are often gastrointestinal. Absorption of nutrients is impaired.
- Products that have gluten:
  BROW: barley, rye, oats (unless certified gluten free) & wheat

Common Food Allergens

90% of all food allergies are caused by the “Big 8”.

Because gluten is a common intolerance, OSU also includes gluten in all allergen labeling.
International Food Allergens

Food Allergy Symptoms

When ingested, body produces an immune response which is the allergic reaction.
Responding to an Allergic Reaction

- Call for emergency medical assistance (911) and will stay with the individual until help arrives.
- Ask if person has an epi-pen to self-administer and will monitor for need to administer CPR.
- In the state of Oregon, in order to administer injected medications, you MUST have special certification. Staff are not allowed to administer but friends or roommates can.

What is Cross Contact?

When an allergen comes into contact with an item that was initially free from that allergen. Can be caused by:

- Improperly washed hands or contaminated gloves
- Utensils, equipment or contact surfaces
- Shared equipment (fryers, meat slicers, utensils)
- Splashed or spilled food; self serve stations, cold trays in deli and grill areas are especially at risk.
Dietary Accommodations on Campus

- Lesley University vs Justice Dept., December 2012
  - Food allergies may constitute a disability
  - Terms of settlement/Guidance for industry
- Provide gluten-free and allergen-free food options in dining halls
- Allow students with known allergies to pre-order allergen-free meals
- Display notices concerning food allergies and identify foods containing specific allergens
- Train food service and university staff about food allergy-related issues
- Provide a dedicated space to store and prepare gluten-free and allergen-free foods

Incidence of Allergens and Intolerances within University Housing and Dining Services

- Tree Nuts
- Peanuts
- Milk/Dairy
- Shellfish
- Fish
- Egg
- Soy
- Other
- Wheat/Gluten

N=110
Campus Partners

- Disability Access Services
  - Dietary Accommodation Process
- Office of New Students and Family Outreach
- Retail Food Services
- Student Health Services

Accessing Dietary Information
Informing of Risk

Training Staff and Student Employees

- Training is ongoing
- Annual training for all staff and student employees
- Chefs, managers and coordinators receive additional training & certification
- More challenging to train student employees
Resources

- Food Allergy Research & Education (FARE)
  - Researched based
  - Educational materials
  - Laws and regulations
- Food and Drug Administration
  - Labeling standards
- Celiac Sprue Association

Thank You for Helping Us Celebrate *Risky Business* on Our Campus!

Questions?
Who Is URMIA?

- The University Risk Management and Insurance Association is dedicated to the advancement of risk management in higher education
  - URMIA helps institutions of higher education reach their academic, social, and economic goals
- Goals:
  - To protect the reputation and resources of institutions of higher education through sound risk management practices
  - To make available the best risk management information for institutions of higher education
  - To provide excellent professional development opportunities for risk management professionals

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