

Progress and Future Priorities for Allergic Disease in Australia

Allergic disease is one of Australia's fastest-growing chronic health conditions, affecting around one in three Australians and placing a significant burden on individuals, families, the health system and the economy. Despite this growing impact, gaps in national data, research, prevention, education, care and support continue to affect the ability to prevent, diagnose and manage allergic disease effectively.

Since 2022, the National Allergy Council (NAC) and the National Allergy Centre of Excellence (NACE), supported by the Australian Government, have worked together to improve research, prevention, education, care and support for people living with allergic disease. Together, they have strengthened Australia's response to allergic disease through nationally coordinated research, evidence-based programs, resources, community support and collaboration.

Allergic disease: How big a problem is it?



1 in 3 Australians are affected by allergic disease¹



Allergic disease is one of the fastest growing chronic conditions in Australia¹



Costs Australia \$18.9 billion a year in financial losses¹



Costs a further \$44.6 billion in wellbeing losses¹



1 in 10 babies have a confirmed food allergy²



1 in 20 adults report a medication (drug) allergy³



1 in 4 Australians have allergic rhinitis (hay fever)⁴



The Australian Capital Territory and Victoria have some of the highest rates of allergic rhinitis³



First Nations people are twice as likely to present at hospital with asthma and other allergy related illnesses, with emergency department presentations significantly increasing between 2018 to 2023⁵



Allergic conditions often co-occur, meaning that many people and households manage more than one allergic condition at the same time¹



Each year, more than 2400 people are hospitalised with a severe allergic reaction (anaphylaxis), and 20 Australians lose their lives⁶



Anaphylaxis deaths increased by seven per cent annually in Australia between 1997 and 2013 – mostly triggered by foods, insect stings or medications⁶



Living with the risk of anaphylaxis has a significant impact on health and wellbeing of both the individuals and their families due to anxiety, isolation, and poor mental health⁷

What is needed?

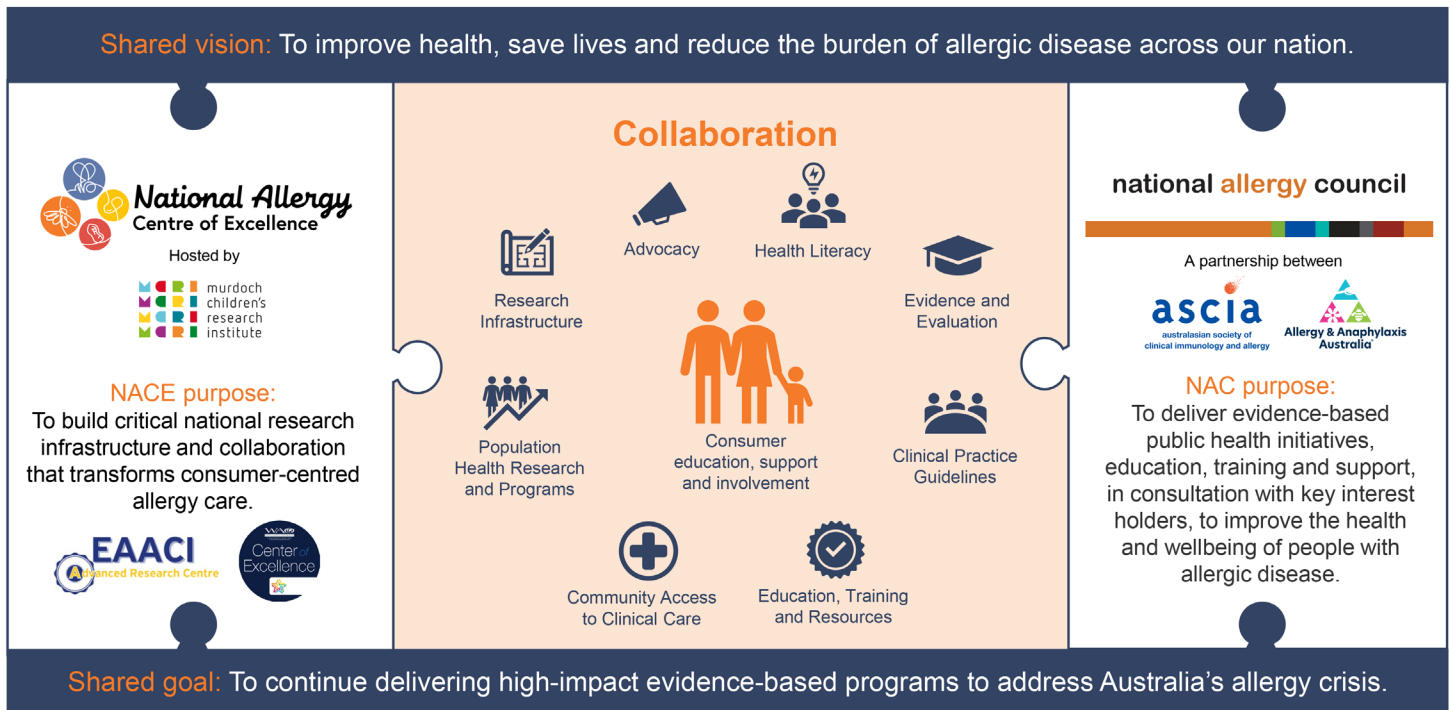
Improving outcomes for people living with allergic disease depends on better evidence to inform guidelines, policy, planning and investment.

A key future priority is improving the range and quality of national allergy data through the inclusion of allergy-related questions in major national collections such as the Australian Census, National Health Survey and National Nutrition and Physical Activity Survey.

Better data will provide a stronger evidence base to inform future guidelines, policy, planning, research and investment, helping ensure services reflect the true impact of allergic disease and ultimately improving outcomes for people living with allergic disease.

Our impact: The strength of the NAC and NACE collaboration

Together, the National Allergy Council (a partnership between the Australasian Society of Clinical Immunology and Allergy (ASCIa) and Allergy & Anaphylaxis Australia) and the National Allergy Centre of Excellence, as a world-leading allergy collaboration, drive new knowledge, transforming evidence-based care and public health programs.



Since 2022, as a collaboration, we have achieved the following, which would not have been possible without the funding support from the Australian government:

Research

- Enrolled 3648 people with allergies in six NACE embedded research programs, including close to 600 families in the world-first, national, [standardised peanut oral immunotherapy program \(ADAPT\)](#)
- Three [living systematic reviews established in drug, food and respiratory allergy](#), underpinning ASCIA Guidelines, public health programs, training materials, consumer support and resources.
- Designed and is building the [NACE Allergy BioRepository \(ALBI\)](#), an innovative platform to integrate fragmented allergy datasets to accelerate discovery and improve health.
- 768,118 people's data from existing research analysed to generate new knowledge by the NACE – including establishing the latest allergy prevalence rates from 17,090 National Health Survey participants.
- Trained the next generation of allergy experts to drive critical research forward through [PhD scholarships](#), travel grants and allergy research showcases.
- Strengthened consumer involvement in research through the NACE Consumer Advisory Group and [Consumer Engagement Register](#) with over 150 members contributing to 37 research projects.
- Developed in partnership with consumers and clinicians, [the National Allergy Priorities for Research](#).

Allergy prevention

- Development and publication of the [ASCIA guideline: Infant feeding for food allergy prevention](#) and a [summary of guideline recommendations](#) on the ASCIA website.
- A 66% increase in people (health professionals and parents) accessing practical information, recipes, food ideas and videos each year through the [Nip allergies in the Bub website](#).
- Development and launch of the [Nip allergies in the Bub Food Follower online app](#) to help parents introduce the common food allergens to their baby.

- An 81% increase in the number of people accessing the [allergy aware website](#) to help prevent and manage anaphylaxis in schools and children's education and care.

Education and training

- A 249% increase in course completions from June 2022 to June 2026 for online [ASCIA Anaphylaxis Refresher Training for Schools, CEC And Community](#), with 16,789 completions from July 2025 to June 2026.
- A 315% increase in [ASCIA online anaphylaxis and allergy course](#) completions by healthcare professionals, with 23,172 completions in 2025.
- A 45% increase in course completions of [ASCIA anaphylaxis online training for schools, children's education and care \(CEC\)](#), with 129,707 completions in 2025.
- Development of standardised [ASCIA drug allergy e-training for health professionals](#) and supporting resources.
- Development of [ASCIA allergy training for health professionals minimum competencies](#).
- 282,000 [food service staff trained](#) to provide safe food for people with food allergies.
- 231 course registrations for the [Best practice management of the psychosocial impacts of anaphylaxis and food allergies eLearning](#) for psychologists.

Consumer and health professional support

- 4407 people supported one on one, through the Allergy & Anaphylaxis Australia National Allergy Helpline, with translation service now available.
- 867 doctors supported by the [allergy assist[®]](#) education and specialist advice platform to support rural doctors and improve access to allergy care.
- Updates to more than 300 ASCIA online resources which are accessed by more than 2 million unique visitors to the ASCIA website each year.
- Twice yearly life-changing [Allergy 250K](#) camps conducted for young people living with severe allergies who are at the greatest risk of fatal anaphylaxis.
- Launch of the [Allergy 250K online curriculum game](#), with 441 users within the first month.
- Development of ASCIA penicillin allergy delabeling guidelines for adults and children.

Awareness

- 3.3 billion people reached globally by our media coverage, raising awareness of our government-funded programs.
- Launch of the Deloitte Access Economics Report – [Costly reactions: The economic and social cost of allergic disease in Australia](#).

References

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About us and our programs

National Allergy Council (NAC)

The National Allergy Council is a partnership between the [Australasian Society of Clinical Immunology and Allergy \(ASCI\)](#) and [Allergy & Anaphylaxis Australia \(A&AA\)](#), Australia's peak medical and patient support organisations for allergic disease. The National Allergy Council delivers evidence-based public health initiatives, education, training and support in consultation with key stakeholders, to improve the health and wellbeing of people with allergic disease.

Visit: nationalallergycouncil.org.au



Key programs



Managing
allergies and
anaphylaxis in
schools and
children's
education and
care



Supporting
school aged
kids and
young adults



Protecting
people with
allergies
through an
anaphylaxis
reporting
system



Building
connected
allergy care
through digital
health



Preventing
food allergy in
babies



Empowering
consumers
and improving
access to
quality allergy
care



Promoting
accurate
antibiotic
allergy
diagnosis and
documentation

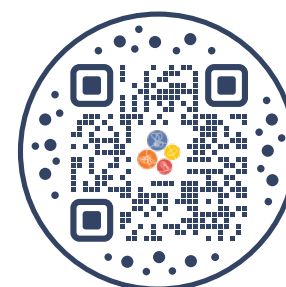


Improving
food allergen
management
in food service

National Allergy Centre of Excellence (NACE)

The National Allergy Centre of Excellence, hosted at Murdoch Children's Research Institute, is Australia's peak allergy research body. Backed by a national network of over 500 experts in drug, food, insect, and respiratory allergies, it is recognised as a European Academy of Allergy and Clinical Immunology (EAACI) Advanced Research Centre and a World Allergy Organisation (WAO) Centre of Excellence. The NACE builds critical national research infrastructure and collaboration that transforms consumer-centred allergy care.

Visit: nace.org.au



Key programs



**National Acute
Allergy Registry
(NAAR)**

Improving ED
anaphylaxis
management



iNAAN Partnership

International
Network of Antibiotic
Allergy Nations
expansion



**ADAPT OIT
Program and
Evaluation Study**

Treating infants
with peanut
allergy



JAVELIN Trial

Determining Jack
Jumper Ant
Venom
Immunotherapy
effectiveness



ARISE Trial

Improving the
management of
hay fever among
young Australians



**Allergy
BioRepository
(ALBI)**

Powering large-
scale discovery
research



**Living
Evidence
Collection**

Seamlessly
connecting the
latest evidence
to practice



**Fostering the
next generation**

Identifying and
mentoring
emerging allergy
researchers