



P.A.F.A.
Prevalence of Adult Food Allergy

PAFA (Prevalence of Adult Food Allergy) study

The PAFA study aims to find out how many people in the UK have food allergies or intolerances.

Why take part?

In order to help people with a food allergy or intolerance, we need to find out how many people in the UK have food allergies or intolerances.

We also want to hear from people who don't have any food allergies and intolerances so that we can accurately measure how common these problems are in the UK.

This information will help doctors and scientists to develop policies for preventing and treating food allergy in the future.

About the study

Many people in the UK suffer from food allergies and intolerances, which cause problems for them and their families when choosing what to eat.

Although this is well recognised in children, it affects many adults too. We would like to find out how many adults in the UK aged 18-70 years have food allergies and intolerances, so we can help them to avoid the problem food and live a better life.

The study is being funded by the Food Standards Agency and is sponsored by Manchester University NHS Foundation Trust.

The study will be carried out by researchers in the following organisations:

- Isle of Wight NHS Trust
- University of Southampton
- University Hospital Southampton NHS Foundation Trust
- The University of Manchester
- Manchester University NHS Foundation Trust
- Amsterdam Academic Medical Centre

Can I take part in the study?

If you have received a letter from your GP inviting you to take part in the PAFA study we would like to hear from you. Even if you do not have any problems with food, we still want to hear from you.

Information from people who don't have problems with food is also important, so that we can accurately measure how common these problems are in the UK.

You must be aged between 18-70 years old to take part in this study, and taking part is voluntary.

What will happen in the study?

You can take part in the PAFA study by completing the questionnaire in one of three ways:

- **Online** (on your tablet, computer or smartphone) - using your unique survey link.
- **By post** - please fill out the questionnaire you have received in the post and return it to us using the included a paid and addressed envelope.
- **On the phone** - ring one of our researchers to answer questions over the phone.

Researchers would like to invite some of the people who have completed the questionnaire for an allergy assessment visit, which involves a longer questionnaire and allergy tests to see if they may have a food or other allergy. Researchers would also like to include people who do not report any problems with food in this allergy assessment visit.

Get in touch

If you have any questions about the study, please contact the study team on pafastudy@manchester.ac.uk

