

# Allergies

**82**

**MILLION**

are diagnosed with year-round allergies



**40-60**

**MILLION**

Americans have allergic rhinitis



**3.6**

**WORK DAYS**

missed each year on average due to allergic rhinitis



**\$18**

**BILLION**

annual healthcare costs



**>80%**

of asthma patients also have allergic rhinitis



**1 = 30-50%**  
parent with allergies children more likely to have allergies



**2 = 60-80%**  
parents with allergies children more likely to have allergies

## **ALLERGIES**

are associated with sneezing, runny or stuffy nose, sinus pressure, cough, and red, itchy or watery eyes. Symptoms usually occur after exposure to pollen, mold, pet dander, dust mites, and other allergens.



## Allergies: Protecting Families in Every Community

Research into environmental allergies is helping Allergy & Asthma Network better understand how allergic conditions develop and progress. We are examining common triggers such as pollen, mold, and indoor allergens, and why some people experience more severe symptoms than others.

Research also shows that new and advanced therapies can help people gain control of their allergy symptoms. Biologic medications are increasingly available to treat allergic conditions such as chronic rhinosinusitis with nasal polyps, allergic asthma, and even food allergies. Biologics target specific parts of the immune system that drive inflammation and mucus production.

Just as important, research strengthens patient advocacy. It supports policies to reduce environmental triggers and improve air quality. Data on disease burden and treatment outcomes help advocates push to expand access to biologic medications and improve insurance coverage.

We also need advocacy to increase bilingual allergy resources in every neighborhood. By supporting community-based programs, leaders can ensure that a person's zip code or language does not impact their ability to find needed treatment.

