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## BACKGROUND & OBJECTIVES

Accidental gluten exposure is common in adults with celiac disease and can trigger multi-day symptomatic episodes that disrupt daily functioning and create economic burden. Real-world national estimates remain limited. Our objective was to quantify episode frequency, duration, productivity loss, healthcare use, financial burden, and avoidance behaviors associated with acute symptomatic gluten exposure in U.S. adults with biopsy-confirmed celiac disease.

## METHODS

National web-based survey of U.S. adults aged 18 years or older with self-reported biopsy-confirmed celiac disease, at least 12 months on a gluten-free diet, and at least 1 acute symptomatic gluten-exposure episode in the prior 4 months. Participants were recruited through email and social media outreach.

**3,696**

Total Respondents

**2,001**

Eligible Respondents

## HEOR RELEVANCE

These findings provide burden-of-illness evidence relevant to payer decision-making, economic modeling, and value assessment of adjunctive therapies.

**Acute symptomatic gluten exposure imposes a substantial real-world functional, economic, and behavioral burden on adults with celiac disease.**

**91.1%**

expressed interest in adjunctive therapy

**79.4%**

avoided restaurants, travel, or social events

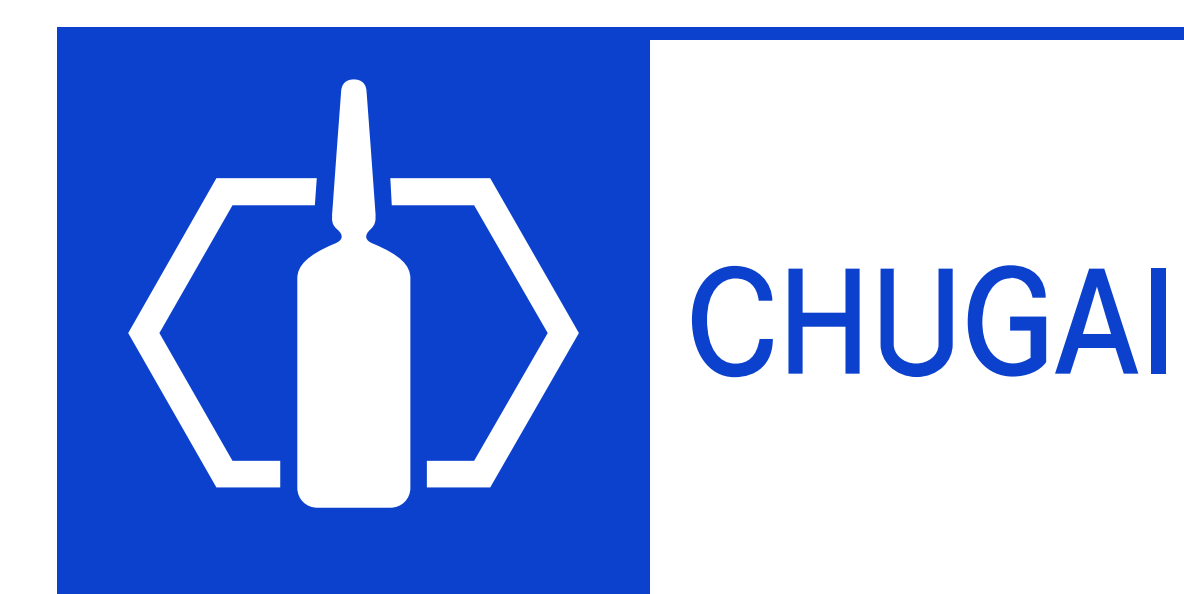
**36.3%**

symptoms lasted 3-4 days per episode

## CONCLUSIONS

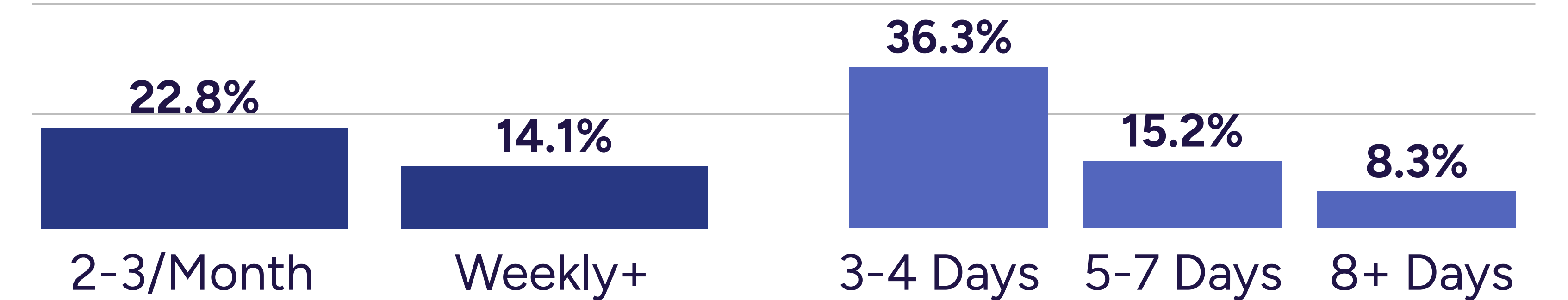
- Acute gluten exposure is common and recurrent.
- Burden extends beyond symptoms to productivity, healthcare use, finances, and social participation.
- These data provide real-world burden inputs for economic modeling and value assessment of adjunctive therapies.

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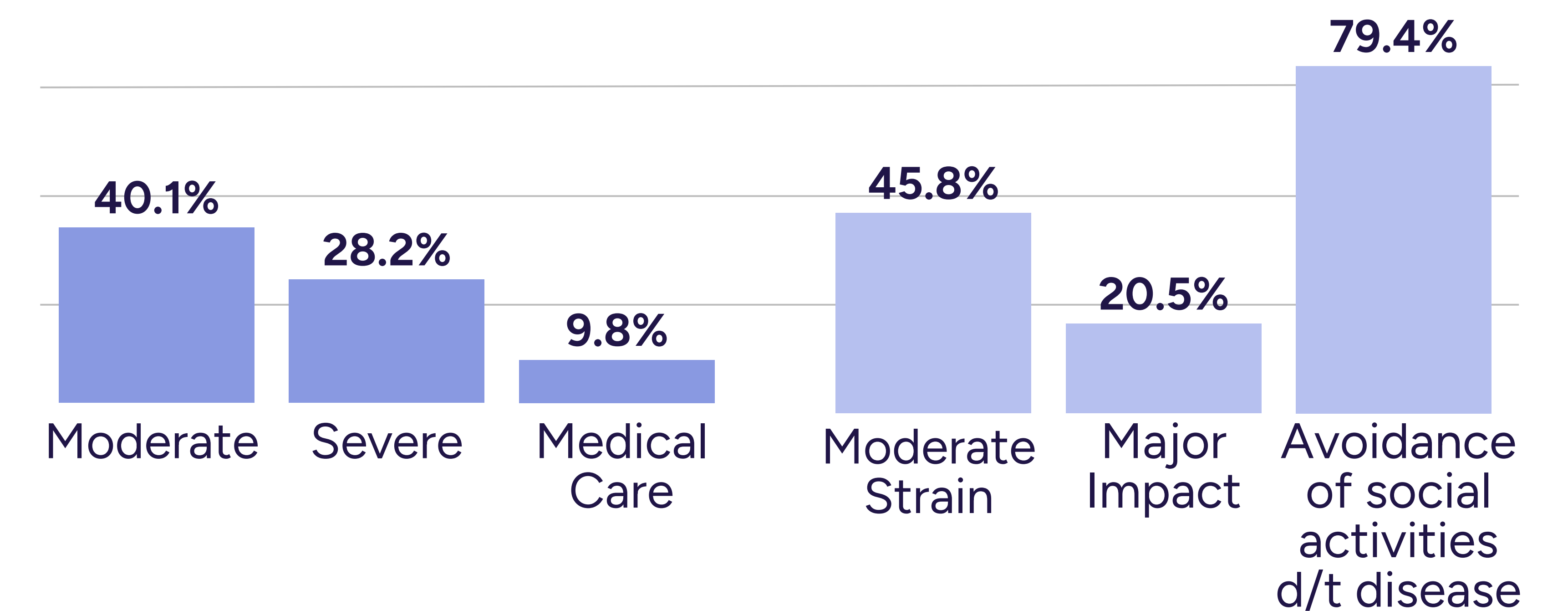
## RESULTS

### Exposure Frequency



### Symptom Duration

### Functional Impact



### Financial & Behavioral Burden

Moderate impairment: 1-2 days reduced function; severe impairment: >2 days reduced function

## LIMITATIONS

- Cross-sectional design; online recruitment may introduce selection bias
- Self-reported biopsy-confirmed diagnosis
- Direct costs not monetized

## DISCLOSURES

- Authors declare no additional conflicts of interest.
- Data source: Data on file, Celiac Disease Foundation, 2025.