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Frazer is the Policy Coordinator of the European Federation of Allergy and Airways Diseases Patients' Associations (EFA), which brings together 44 member associations from 25 countries to improve the care, environment, participation and equality of the over 200 million people with allergy, asthma and COPD at the European level.

He studied Human Ecology, a holistic interdisciplinary study of humans and their environment, in Huddersfield for his Bachelors and then for his masters in Brussels. He has worked in Brussels on transport, environment, development, health, and children's rights for more than 30 years. His work has included periods within the European Commission and as an independent consultant, but has mostly been within civil society organisations including the World Wide Fund for nature, the European Federation for Transport and Environment, Save the Children, and the European Public Health Alliance, before joining EFA in August 2025.