

Your Vision and Diabetes

Keeping Ohio's vision in

focus

Quick Stats on Diabetic Retinopathy

Diabetic retinopathy is an eye disease that is linked to diabetes. Anyone with diabetes is at risk for diabetic retinopathy. The longer someone has diabetes, the greater the chance of retinopathy leading to severe vision loss or blindness!

DIABETES RATE: More than **700,000 Ohioans** have diabetes.

GROWING PROBLEM: **One in three Ohioans** born in 2000 will develop diabetes during their lifetime.

INCREASED VISION LOSS: By the year 2030 the number of Ohioans with diabetic retinopathy will increase to more than **369,000 people**.

You can take steps now to preserve your sight!

If you have diabetes you can take three important steps to prevent vision loss from diabetic retinopathy:

1. **Watch and control your blood sugar levels;**
2. **Take care of yourself and exercise;**
3. **Have an dilated eye exam at least once a year!**

DID YOU KNOW...

Early treatment of retinopathy can improve the chance of saving your sight. For some people, diabetic retinopathy may be one of the first signs that they have diabetes! **Adults and children who have diabetes should have a dilated eye exam at least once a year.**



Normal Vision



Diabetic Retinopathy

KEEP AN EYE OUT

People with diabetes are at greater risk for other eye diseases too- and need to pay close attention to their visual health. According to data from a statewide health survey*, **Ohioans with diabetes were more than twice as likely to develop glaucoma and 45% more likely to develop cataracts than were Ohioans without diabetes.**

Also, Ohioans age 40-49 with diabetes were almost twice as likely to report having moderate difficulty reading print than were Ohioans of the same age without diabetes. This can lead to an impaired ability to perform effectively at work and ultimately cost an individual their job and the employers additional dollars due to reduced employee performance. Take the recommended preventative steps today to make sure this does not happen to you! Find out more at:

www.preventblindness.org/ohio/agingeye.

*Source: 2005-6 Behavioral Risk Factor Surveillance System (BRFSS) conducted by the Ohio Department of Health



Ohio's Aging Eye Public Private Partnership

A statewide collaboration preparing for the growth of aging eye challenges in Ohio

Something that costs more than a gallon of gas...

A [2007 study](#)* shows vision problems cost the U.S. an estimated \$51.4 billion annually. The impact to the U.S. economy was determined through analysis of direct medical costs, other direct costs, such as nursing home care and government programs, as well as lost productivity. Costs to the individual include medical care expenditures, informal care costs and health utility loss. Health utility loss refers to an evaluation of the quality of life in chronic medical conditions.

*Source "Economic Impact of Vision Problems-The Toll of Major Adult Eye Disorders, Visual Impairment and Blindness on the U.S. Economy" Prevent Blindness America 2007.

In Ohio, annual costs of vision problems are estimated to be \$2 billion annually. This amount is difficult to comprehend... with \$2 billion you could buy:

- 20,000 Mercedes Benz CL-Class automobiles
- 1,000,000 carats of diamonds
- 20,000,000 iPods
- 586,510,264 Big Macs

If appropriate steps are not taken, this cost estimate is expected to grow exponentially in the coming years as Ohio's 3.1 million baby boomers

reach retirement age and beyond.

Families are paying a lot in costs associated with eye diseases too— and the cost is not only financial. What's often not talked about is the bigger toll that vision loss takes on families. Many people and their loved ones feel at a loss following diagnosis of a vision problem. A new American Federation for the Blind poll shows vision loss is the health condition Americans fear most because they worry it means loss of independence.

RESOURCES
at your fingertips



Need help finding an eye doctor, prescription assistance, vision rehabilitation services, eye health education materials, or even access to low or no cost eye exams? Call us today for your free copy of the Vision Resources Guide for Ohio— 1-800-301-2020.



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c/o Prevent Blindness Ohio
1500 W. 3rd Ave.; Suite 200
Columbus, Ohio 43212

www.preventblindness.org/ohio/agingeye

Ohio's Aging Eye Public Private Partnership (AEPPP) is a statewide collaboration formed to respond to the growth of aging eye challenges in Ohio. The mission of the AEPPP, an initiative supported by the Ohio Department of Aging, is to develop a strategic plan of action to address issues relating to vision care public policy, vision care services, vision education, and vision research that impact the quality of life for Ohio's seniors now and in the future. The Partnership and its on-going work is supported by a resolution from Ohio Governor Ted Strickland.

Member organizations of the AEPPP are: AOPHA, Association of Area Agencies on Aging, Association of Ohio Health Commissioners, Council for Older Adults, KnowledgeWorks Foundation, Ohio Council for Home Care, Ohio Association of Gerontology and Education, Ohio Agencies Serving the Visually Impaired, Ohio Department of Aging, Ohio Department of Health, Ohio Department of Insurance, Representative Kathleen Chandler, Ohio Ophthalmological Society, Senator Steve Stivers, Ohio Rehabilitation Services Commission, Ohio Osteopathic Association, Ohio Optometric Association, Ohio Veterans Visual Impairment Services Team - VISN 10, Opticians Association of Ohio, and Prevent Blindness Ohio.