Ohio’s Vision and Eye Health Initiative
June 15, 2017
Northeast Ohio Medical University

Ohio’s Vision and Eye Health Initiative
Ohio is one of three states involved in this initiative led by the National Centers for Disease Control & Prevention and the National Association of Chronic Disease Directors.

The goal of this initiative is to **improve vision and eye health** through interventions that advance vision and eye health as public health priorities.

The AEPPP has joined with the Ohio Public Health Association’s Vision Care Section, The Ohio State University College of Optometry, the Ohio Department of Aging and the Ohio Affiliate of Prevent Blindness to implement Ohio’s Vision and Eye Health Initiative.
• An estimated **3.6 million Ohioans** have vision problems and as the population ages, this number will only increase!

• The estimated annual financial burden to the Ohio economy due to vision problems, refractive errors, visual impairment, and blindness is **$5.4 billion**.
AGING EYE SUMMIT
VISION FOR TOMORROW

2010

% 60+Population

- 11.6% - 20%
- 20.1% - 25%
- 25.1% - 30%
- 30.1% - 35%

(11) Number of counties

2040

% 60+Population

- 11.6% - 20%
- 20.1% - 25%
- 25.1% - 30%
- 30.1% - 35%
- 35.1% - 50.2%

(11) Number of counties

Our Vision is Vision...
Characterize the Public Health Impact of Eye Disease and Vision Loss.

Through the Ohio Public Health Association’s Vision Care Section (OPHA VCS)/The Ohio State University College of Optometry, we have **aggregate and analyzed existing vision-related public health data** generated through the BRFSS, the census, and other state and national mechanisms **to quantify the economic and personal impact** of eye disease and vision loss in Ohio. This will **quantify the magnitude of the impact of vision loss**.

Ohio’s Vision and Eye Health Initiative
Where the Data Reside

BRFSS      NHANES      NHIS
National Health Interview Survey

National Health and Nutrition Examination Survey

The Variability of Vision Loss Assessment in Federally Sponsored Surveys: Seeking Conceptual Clarity and Comparability

JOHN E. CREWS, DONALD J. LOLLAR, ALEX R. KEMPER, LISA M. LEE, CYNTHIA OWSLEY, XINZHI ZHANG, AMANDA F. ELLIOTT, CHIU-FANG CHOU, AND JINAN B. SAADDINE
“Are you blind or do you have serious difficulty seeing, even when wearing glasses?”
Vision Impairment in the United States

The map shows the crude prevalence of vision impairment across the United States, with different states shaded according to their prevalence levels. The map includes a key indicating the color codes for different prevalence ranges:

- 2.8 - 3.6
- 3.7 - 4.8
- 4.9 - 6.8
- 6.9 - 21.5
- Data unavailable

The states are color-coded to reflect the prevalence of vision impairment based on the above ranges.
Vision Impairment in the United States

BRFSS Vision Module 2011: No Reason to See an Eye Care Provider
Multi-state Assessment and Future Work

- Analyze data across 3 states
  - Alabama, Nebraska, Ohio

- Analyze data across multiple years

- BRFSS
  - Additional Data Sources
    - American Community Survey
American Community Survey

Data Source: 2009-2013 American Community Survey
Takeaway Finding 1

- Diabetes

- Those reporting no vision impairment
  
  - 11.07%  (CI 10.28-11.91)

- Those reporting vision impairment
  
  - 22.55%  (CI 17.91-27.99)
Figure 1. Number of US Adults Aged 18 or Older with Diagnosed Diabetes, 1980-2012

Diagnosed Diabetics Reporting Visual Impairment

1997: 2.7 million
2011: 4.0 million
Takeaway Finding 2

- Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia

- Those reporting no vision impairment
  - 29.56% (CI 28.30-30.86)

- Those reporting vision impairment
  - 58.95% (CI 52.17-65.40)
Arthritis or rheumatism
Back or spine problem
Heart trouble/hardening of the arteries
Lung or respiratory problem
Deafness or serious hearing problem
Limb/extremity stiffness
Mental or emotional problem
Diabetes

Blindness or vision impairment

Stroke

Percentage

Eye Exam Impacts on Re-engagement for Chronic Conditions

Linda M. Chous, O.D.,
Chief Eye Care Officer, UnitedHealthcare
and
Kim K. Christopher,
Vice President of Vision Clinical and Quality Programs, UnitedHealthcare

<table>
<thead>
<tr>
<th>Disease</th>
<th>Re-engagement Opportunities</th>
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<tbody>
<tr>
<td>Crohn’s Disease</td>
<td>2</td>
</tr>
<tr>
<td>Diabetes</td>
<td>1,253</td>
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<tr>
<td>Graves’ Disease</td>
<td>23</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>166</td>
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<tr>
<td>Hypertension</td>
<td>141</td>
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<tr>
<td>Multiple Sclerosis</td>
<td>26</td>
</tr>
<tr>
<td>Rheumatoid Arthritis</td>
<td>28</td>
</tr>
<tr>
<td>TOTAL:</td>
<td>1,639</td>
</tr>
</tbody>
</table>
Takeaway Finding 3

- Serious difficulty walking or climbing stairs

- Those reporting no vision impairment
  - 13.30% (CI 12.39-14.27)

- Those reporting vision impairment
  - 45.22% (CI 38.83-51.76)
Takeaway Finding 3

- Serious difficulty walking or climbing stairs
- Why is this important?
Takeaway Finding 4

- Limited in any way in any activities because of physical, mental or emotional problems
  - Those reporting no vision impairment
    - 20.69%  (CI 19.49-21.94)
  - Those reporting vision impairment
    - 57.60%  (CI 50.92-64.01)
Takeaway Finding 4

- Limited in any way in any activities because of physical, mental or emotional problems

Why is this important?

Association Between Depression and Functional Vision Loss in Persons 20 Years of Age or Older in the United States, NHANES 2005-2008

Xinzhi Zhang, MD, PhD; Kai McKeever Bullard, MPH, PhD; Mary Frances Cotch, PhD; M. Roy Wilson, MD, MS; Barry W. Rovner, MD; Gerald McGwin Jr, MS, PhD; Cynthia Owsley, PhD, MSPH; Lawrence Barker, PhD; John E. Crews, DPA; Jinan B. Saaddine, PhD
Promote Systems Change to Prevent Vision Loss and Enhance Access to Eye Care.

Through Ohio’s Aging Eye Public Private Partnership, the Ohio Department of Aging (ODA) and Prevent Blindness Ohio has convened stakeholders to address issues relating to vision care public policy, vision care services, public and professional awareness and vision research that affects the quality of life for Ohio’s aging population now and in the future.

Ohio’s Vision and Eye Health Initiative
Created by Executive Order in 2003 and supported by the Administrations of Governors Taft, Strickland and Kasich
Member Organizations:

Health Services Advisory Group
NASA John H. Glenn Research Center
Ohio Association of Area Agencies on Aging
Ohio Association of Gerontology and Education
Ohio Agencies Serving the Blind and Visually Impaired
Ohio Department of Aging
Ohio Department of Health
Ohio Department of Insurance/OSHIIP
Ohio Ophthalmological Society
Ohio Osteopathic Association
Ohio Optometric Association
Ohio Public Health Association
Ohio Veterans Visual Impairment Services Team
Opticians Association of Ohio
Opportunities for Ohioans with Disabilities
Prevent Blindness, Ohio Affiliate
State Senator Capri Cafaro
State Representative Mike Duffey
Dr. Rafat R. Ansari
Vision Research Senior Scientist
NASA John H. Glenn Research Center

Stephanie M. Louckka
Director, Ohio Department of Aging
Bonnie K. Burman, Sc.D.
Director (2011-2016)
Ohio Department of Aging

Bonnie K. Burman provided testimony to the National Academies of Sciences, Engineering, and Medicine, (NASEM), Health and Medicine Division on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health held in Washington DC.
Advocacy and Awareness

- Co-chaired by Jaqueline Davis, OD, MPH-The Ohio State University College of Optometry
- Marcus J. Molea, Chief Strategic Partnerships Division, Ohio Department of Aging

Vision Research

- Co-chaired by Heithem El-Hodiri, PhD-The Research Institute at Nationwide Children’s Hospital
- Andrew Hartwick, OD, PhD-The Ohio State University College of Optometry
How the AEPPP Addresses the Growth of Age-Related Eye Diseases

- **Build partnerships and collaborations** to provide input to various state agencies and organizations concerned with Ohio's aging population to insure a consistent and comprehensive statewide plan of action.

- **Advise and make recommendations** as to ways of increasing awareness about the growing future vision needs of Ohio's aging population.

- **Examine and recommend best practices** for seniors in the area of identifying eye problems and maintaining healthy eyes.
Policy and Program Recommendations

1. Integrate adult vision messaging and strategies into existing efforts at the Ohio Department of Health (i.e. tobacco cessation, primary care and rural health, diabetes prevention and control, health promotion, falls prevention) and include both adult and child vision issues, including aging vision, in state and local health improvement planning.

2. Support measures that increase multidisciplinary vision screening practices and facilitate mechanisms for follow up care.

3. Support and advocate for comprehensive and corrective preventive eye/vision care services for adults in the state Medicaid budget.
Policy and Program Recommendations

4. Support and advocate for comprehensive and corrective preventive eye/vision care benefits for all Medicare recipients.

5. Establish adult vision screening as an essential benefit to the Medicare annual medical exam.

See Remaining Recommendations in AEPPP Annual Report:

https://ohio.preventblindness.org/ohios-aging-eye-public-private-partnership
Aging Eye Research Summits
Awareness Raising and Educational Activities

Donna Pusecker
Aging Eye Summit
Vision for Tomorrow

Fellowship Award Recipients
Legislative Breakfasts and Briefings
Research indicates that low vision is a key cause of falls among older adults, that falls are the leading cause of eye injury and that falls and the fear of falling result in a loss of independence.

Ohio has taken the momentum and collaboration developed through Ohio’s AEPPP and STEADY U falls prevention initiative and is developing a collective impact strategy that improves vision and eye health, and reduces falls and associated injury among older adults.

Ohio’s Vision and Eye Health Initiative
STEADY U Ohio is a comprehensive falls prevention initiative led by the Ohio Department of Aging and supported by Ohio government and state business partners to:

• strengthen existing falls prevention activities,
• identify opportunities for new initiatives, and
• coordinate a statewide educational campaign to bring falls prevention to the forefront of planning for individuals, families, health care providers, business and community leaders and all Ohioans.
STEADY U Strategies include:

- Launch [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) to serve as the source of falls prevention information and resources in Ohio;
- Expand statewide the evidence-based *A Matter of Balance* education and exercise program, which helps elders increase their activity level and reduce their fear of falling;
- Give healthcare providers a toolkit they can use to conduct falls risk assessments of their older patients.
- Help stores, restaurants and other businesses become “fall-free zones” by identifying and addressing slips, trips and falls hazards.
More STEADY U Strategies:

- Help nursing homes evaluate their lighting and other environmental factors to identify and address falls risks.
- Partner with the Alzheimer’s Association Ohio Chapters to implement strategies to reduce falls in this high-risk population.
- Make a falls risk assessment a core part of the state’s home and community based Medicaid waiver programs.
- The Department of Aging and Prevent Blindness are cross-training new A Matter of Balance coaches in the Adult Vision Screening Training Program and encouraging current coaches to take the training to add this process to the falls prevention curriculum.
Adult Vision Screening
Falls/Vision Fact Sheet

Together We Can Reduce Vision Loss and Falls

The Centers for Disease Control and Prevention lists "having yearly eye exams" among its recommended fall prevention strategies for older Americans. However, a large number of people who have problems with their eyesight don't visit their eye doctor because of the cost or because they don't have health insurance that covers eye care, according to a 2012 CDC survey. The survey also showed that older adults don't get regular eye exams because they don't think they have eye problems or have no transportation to get to doctors' offices.

Ohio's Aging Eye Public Private Partnerships, the Ohio Department of Aging, Prevent Blindness and our many partners are working together to help older Ohioans access vision care and prevent falls.

STAGING U: Ohio's A Matter of Balance

The Ohio Department of Aging and STAGING U partners collaborate to offer A Matter of Balance, a community-based, award-winning program available in all 88 Ohio counties. The program consists of small group workshops that help participants learn to recognize and address various factors in their lifestyle that may be increasing their risk of falling, including a fear of falling. Through group discussions, problem-solving activities, relationship building, exercise and skill-building, participants are empowered to:

- View falls as something they can control
- Set goals and increase their activity levels
- Make changes around the home to reduce falls risks
- Exercise to increase strength and balance

Workshop leaders are not health professionals, but people who have made a commitment to stay falls free and have been specifically trained to help others maintain healthy, active lifestyles. Free from falls and falls-related injuries.

For more information about STAGING U: Ohio's A Matter of Balance, please visit www.agestrongohio.org or call 1-800-334-5979 to be connected to the area agency on aging serving your community.

Adult Vision Screening Training Program

According to the National Commission on Prevention Strategies, vision screening is one of the 25 health services that offers the greatest potential for preventing future disease, as well as for improving quality of life.

Prevent Blindness Ohio reaches adults from organizations to offer vision screening with other programming to assist in the early identification of vision problems and prevent eye health education.

After completing the Adult Vision Screening Training Program, individuals will be able to:

- Perform rear and distance visual acuity screenings
- Educate people about aging-related eye diseases and disorders, and
- Assist in setting up referral

Upon successful completion of the training, participants will be formally certified to provide vision screenings for three years.

The Department of Aging and Prevent Blindness are cross-training their A Matter of Balance coaches in the Adult Vision Screening Training Program and encouraging current coaches to take the training to aid this process to the falls prevention curriculum.

For additional information on Adult Vision Screening Training, please call Prevent Blindness at 1-800-334-5979, ext. 111 or email info@pbohio.org.

Ohio's Aging Eye Public Private Partnership 1-800-222-2222 (Ohio) 1-844-689-0746 (text) www.preventblindness.org/ohios-aging-eye-public-private-partnership

The Falls Epidemic Among Our Elders

The Nexus Between Vision Loss and Falls

Vision loss can not only lead to a fall, falls are also the leading cause of eye injury.

An estimated 5.6 million Ohioans have vision problems and the number of Ohioans with impaired vision, including blindness, could double in the next three decades. Data from the 2022 Vision Problems in the U.S. report indicate that vision loss is the leading cause of vision loss, age-related macular degeneration, cataract, open-angle glaucoma and diabetic retinopathy.

The economic impact of vision problems in Ohio is $5.6 billion annually in both direct and indirect costs.

Age-related eye diseases increase the risk of falling for those with vision loss. According to the Centers for Disease Control and Prevention, Ohioans age 55 and older who have an age-related eye disease were 3.7 percent more likely to have fallen than those without an eye disease. This is the sixth highest rate of falls among all Ohioans. Of those who fell, 20 to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently. Falling once doubles the chances of falling again, threatening the health and independence of older adults and leading to higher medical costs.

Eye diseases can not only lead to a fall, falls are also the leading cause of eye injury, according to research from the American Academy of Ophthalmology.

Falls are an epidemic among our elders and are the number one cause of injuries leading to ER visits, hospital stays and deaths for Ohioans age 65-plus. An older Ohioan falls every minute on average, sustaining an injury every five minutes. An emergency department visit every six minutes, two hospitalizations each hour and three deaths each day. The number of fatal falls among older Ohioans increased more than 20 percent from 2005-2015.

The total estimated cost of falls-related costs, work loss, etc. is $5.6 billion annually in Ohio.

Seasons:
The Best of Vision Problems: The Economic Burden of Deformities and Eye Diseases in the United States, Prevent Blindness America, June 2018 Preventing Falls in Older Older Adults, 14th annual meeting of the American Academy of Ophthalmology, Nov 2017

Ohio Department of Health
A Matter of Balance is an award-winning, evidence-based falls intervention. After six months, participants report more control over factors that could cause them to fall, increased exercise and activity levels and fewer falls. They feel more comfortable talking about their fear of falling and plan to continue exercising. Ninety-eight percent of participants would recommend A Matter of Balance to their friends and loved ones.

A Matter of Balance is available from community-based providers in all 88 Ohio counties.
• The work of Ohio’s AEPPP is supported entirely by **donated funds, products and services** from member organizations, as well as contributions from private sources.

• Prevent Blindness serves as the **fiscal agent** for the partnership.

• Support for educational materials, advocacy, printing, supplies and meeting expenses have been provided by:

  ▪ Ohio Universities and Colleges for Summits
  ▪ Ohio Departments of Aging and Health
  ▪ Prevent Blindness, Ohio Affiliate

  ▪ The Vision Research Fellowship Program is supported by a grant from the Sarah E. Slack Prevention of Blindness Fund, Muskingum County Community Foundation and the Levin Family Foundation.
The Ohio Affiliate of Prevent Blindness has spent more than 50 years working to prevent blindness and preserve the sight of all Ohioans through public information, research and early detection.

www.pbohio.org
Our Mission

To Prevent Blindness and Preserve Sight

The Ohio Affiliate of Prevent Blindness has spent more than 50 years working to prevent blindness and preserve the sight of all Ohioans through public information, research and early detection.
Serving Ohioans in 88 Ohio Counties

The Ohio Affiliate of Prevent Blindness – Columbus
Northeast Ohio Chapter – Cleveland
Northwest Ohio Chapter – Toledo
Southwest Ohio Chapter – Cincinnati
Miami Valley Chapter – Dayton
Prevent Blindness Promotes Eye Health and Safety

- Target vision preservation programs and services to high-risk populations
- Vision Care Outreach (VCO) Program
- Educate Ohioans to take care of their eyes
- Advocate for Ohio consumers
Expanding Vision Research

Young Investigator Student Fellowship Award for Female Scholars in Vision Research.

Since the program was initiated, 40 fellowships were awarded.

Application deadline February 15, 2018
Opportunities for Collaboration

- Be trained to be a HealthyEyes Advocate
- Become a Certified Vision Screener

Upcoming training program in Cleveland on June 28, Dayton July 11, Springfield July 26, and Toledo August 9

- Sign up to be a VCO Partner
- Attend and plan eye health presentations at conferences/statewide events
- Offer vision screening services promoting the need for regular dilated eye exams
- Utilize vision specific data from Prevent Blindness in grant proposals, newsletters, & other communications
Contact Information

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