

According to the U.S. Department of Health and Human Services, 8% of the adult population currently experiences vision trouble.<sup>1</sup> This is defined as trouble seeing, even with glasses or contact lenses.

In Greater Cincinnati, 1 in 5 adults (19%) described their eyesight as either fair or poor, even with glasses or contact lenses. Adults more likely to report fair or poor eyesight included adults who:

- live below 100% of the federal poverty guidelines (FPG, 33%)<sup>2</sup>
- live between 100–200% FPG (26%)
- are ages 65 and older (24%)

## African American, White Appalachian Adults Report Poorer Eyesight

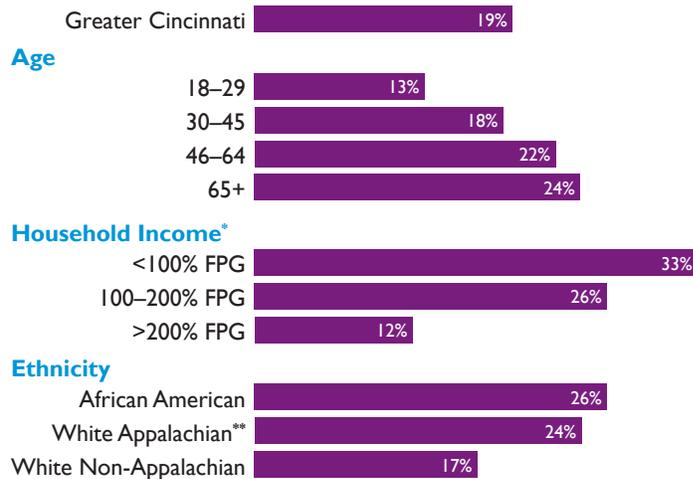
About 1 in 4 African American (26%) and white Appalachian (24%)<sup>3</sup> adults reported fair or poor eyesight, compared to 1 in 6 white non-Appalachian adults (17%).

<sup>1</sup> Department of Health and Human Services. (2010). *Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2009*. Baltimore: Department of Health and Human Services. Available at [www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_249.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_249.pdf).

<sup>2</sup> In 2009, 100% FPG was an annual income of \$22,050, and 200% FPG an annual income of \$44,100, both for a family of 4.

<sup>3</sup> White Appalachian adults are adults who indicated they were white and that either themselves or one of their parents were born in any Appalachian-designated county in the U.S.

## Greater Cincinnati adults reporting their eyesight, even with glasses or contact lenses if they wear them, is fair or poor



\* In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050, and 200% FPG an annual income of \$44,100, both for a family of 4.

\*\* White Appalachian adults are adults who indicated they were white and that either themselves or one of their parents were born in any Appalachian-designated county in the U.S.

## Adults with Chronic Conditions Report Poorer Eyesight

Over 6 in 10 (64%) of Greater Cincinnati adults have been told by a doctor or other healthcare provider that they have a chronic condition.<sup>4</sup>

Nearly 1 in 4 (24%) of adults with a chronic condition reported that they had fair or poor eyesight, compared to 11% without a chronic condition.

<sup>4</sup> For information, see “Chronic Conditions of Greater Cincinnati Adults,” available at [www.healthfoundation.org/gcchss.html](http://www.healthfoundation.org/gcchss.html).

## Importance of Eye Exams

Vision is an important, but an often overlooked, part of overall health. The U.S. Department of Health and Human Services recommends that adults ages 18–60 who have no risk factors for visual impairment have a comprehensive eye exam every two years.

Many eye diseases, such as glaucoma, have no obvious symptoms. A comprehensive eye exam, which includes having your pupils dilated, can detect common

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vision problems and eye diseases that cannot be detected in any other way.<sup>5</sup>

In Greater Cincinnati, 64% of adults have had an eye exam, during which their pupils were dilated, within the past two years. This exceeds the Healthy People 2010 goal of 58% of adults, and puts the region ahead of the Healthy People 2020 goal of 60.5% of adults having a comprehensive eye exam, including dilation, in the last two years.<sup>6</sup>

Another 1 in 4 Greater Cincinnati adults (25%) reported it had been more than two years since they had an eye exam in which their pupils were dilated, and 1 in 10 adults (10%) said they had never had one.

### Low-Income and Younger Adults Less Likely to Have Had an Eye Exam

Just under half of adults living below 100% FPG (49%) reported having an eye exam in which their pupils were dilated in the last two years. This is compared to 70% of adults living above 200% FPG.

In addition, 15% of adults living below 100% FPG reported they had *never* had an eye exam in which their pupils were dilated. This is compared to 7% of adults living above 200% FPG.

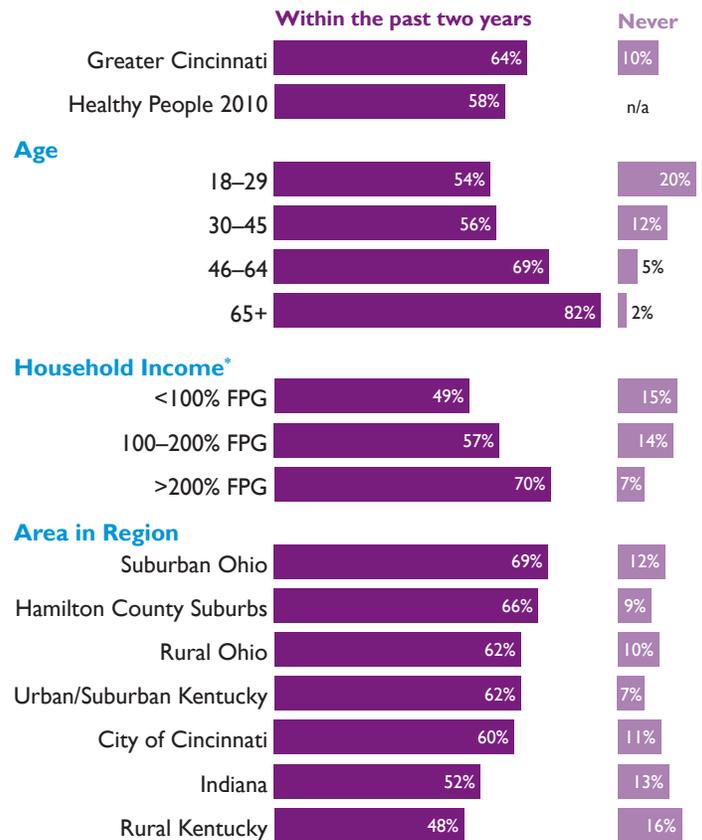
Just over half of adults ages 18–29 (54%) and adults ages 30–45 (57%) reported having an eye exam in which their pupils were dilated in the last two years. This is compared to 69% of adults ages 46–64 and 82% of adults ages 65 and older.

Adults ages 18–29 (20%) were also more likely to report they had *never* had an eye exam in which their pupils were dilated. This is compared to 12% of adults ages 30–45, 5% of adults ages 46–64, and 2% of adults ages 65 and older.

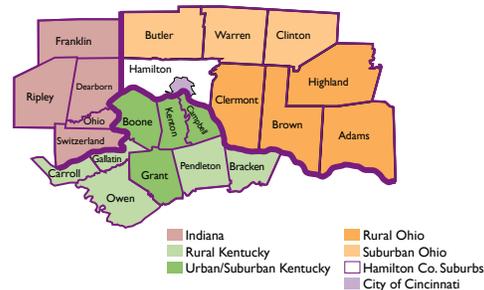
### Adults in Indiana and Rural Kentucky Less Likely to Have Had an Eye Exam

About half of adults living in the Indiana<sup>7</sup> (48%) and Rural Kentucky<sup>8</sup> (52%) counties in Greater Cincinnati reported having an eye exam in which their pupils were dilated in the last two years. Adults living in other counties had rates similar to the region as a whole, with the exception of adults in Butler, Clinton, and Warren, who had a slightly higher rate (69%).

**When was the last time you had an eye exam in which the pupils were dilated?** (Graph presents only the percentage of Greater Cincinnati adults who said their exam was within the last two years or that they never had an exam.)



\* In 2009, 100% of the federal poverty guidelines (FPG) was an annual income of \$22,050, and 200% FPG an annual income of \$44,100, both for a family of 4.



<sup>5</sup> American Optometric Association. *Comprehensive Eye and Vision Examination*. Accessed February 9, 2011, from [www.aoa.org/eye-exams.xml](http://www.aoa.org/eye-exams.xml).

<sup>6</sup> For more information about Healthy People 2010 and 2020, please visit [www.healthypeople.gov](http://www.healthypeople.gov).

<sup>7</sup> The Indiana counties in the region are Dearborn, Franklin, Ohio, Ripley, and Switzerland.

<sup>8</sup> The rural Kentucky counties in the region are Bracken, Carroll, Gallatin, Owen, and Pendleton.