



## CAO Eye Health Statistics

### Eye Health

- **5.5 million** Canadians (**1 in 7**) have vision threatening eye conditions.<sup>1</sup>
- **75%** of all vision loss and blindness is preventable or treatable with early intervention.<sup>2</sup>
- The prevalence of vision loss is expected to increase by nearly **30%** in the next decade.<sup>3</sup>
- After age 40, cases of vision loss **double** every decade and **triples** at age 75.<sup>4</sup>
- Vision loss has the highest direct health care cost of any other disease. By 2032, vision loss is expected to cost Canadians **\$30.3 billion**.<sup>5</sup>
- Vision loss is the most feared disability among Canadians.<sup>6</sup>
- Canadians rank maintaining vision health and preventing vision loss among their **top 3** health priorities.<sup>7</sup>
- **70%** of Canadians have Extended Health Coverage<sup>8</sup>
- **57%** of Canadians ages 45-85 used eye care in the last year.<sup>9</sup>
- **5.7%** of Canadians ages 45-85 had a visual acuity worse than 20/40.<sup>10</sup>

### Children's Vision

- **1 in 4** school-aged children has an undetected vision issue.<sup>11</sup>
- **61%** of parents mistakenly believe they'd know if their child had a vision issue.
- **88%** of Canadian adults with a visual impairment identify their educational experiences were directly impacted by their sight, which has in turn impacted educational attainment, career choices and employment.<sup>12</sup>

### Seniors' Vision

- **1 in 4** Canadians develop irreversible vision loss by age 75.<sup>13</sup>
- **1 in 9** Canadians develop irreversible vision loss by age 65.<sup>14</sup>
- Compared to people of the same age without vision problems, people with vision loss:<sup>15</sup>
  - Have **4** times as many hip fractures.
  - Are admitted to nursing homes **3** years earlier.
  - Experience **3** times the incidence of depression.
  - Experience **twice** the number of falls.
  - Have **double** the mortality rate.
- The population of Canadians 65 and older is expected to double to **9.2M** in the next 25 years.<sup>16</sup>





## Diabetic Retinopathy

- In 2016, **3.5 million** Canadians had diabetes, a figure expected to rise to nearly **14 million** by 2026.<sup>17</sup>
- The associated costs of managing diabetes are currently estimated at **\$3.4 billion**, increasing to **\$5B** over the next ten years.<sup>18</sup>
- The risk of blindness is **25** times higher for someone with diabetes.<sup>19</sup>
- Diabetes is the **#1** cause of blindness in Canada.<sup>20</sup>
- Diabetic retinopathy is seen in **20%** of cases of newly diagnosed diabetes, suggesting that a person has been experiencing the damaging effects of the disease for 4 to 7 years prior to diagnosis.<sup>21</sup>
- With early detection, timely treatment and appropriate follow-up care, there is a **95%** reduced risk of vision loss.<sup>22</sup>
- **1 out of 4** adults with diabetes aged 60 and older has not seen an eye care provider in the last year. They should be seen every year.<sup>23</sup>

## Chronic Disease Detection

- **3 out of 5** Canadians older than 20 have a chronic condition.<sup>24</sup>
- **4 out of 5** Canadians are at risk of developing a chronic condition.<sup>25</sup>

## Indigenous health and vision care

- Research commissioned by the CNIB found **one-third** of Indigenous people have not had an eye examination within the last two years.<sup>26</sup>
- Over the last two decades, the percentage of Canada's Indigenous population living with diabetes increased to **20%**, putting them at increased risk of diabetic retinopathy leading to vision loss.<sup>27</sup>
- First Nations citizens with diabetes are **25 times** more likely to experience vision loss and blindness than other populations.<sup>28</sup>

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<sup>1</sup> CNIB. *Fast Facts about Vision Loss*. <http://www.cnib.ca/en/about/media/vision-loss/pages/default.aspx>

<sup>2</sup> CNIB: Seeing Beyond Vision Loss. Accessed November 7, 2016 at: <http://www.cnib.ca/en/your-eyes/Pages/default.aspx>

<sup>3</sup> CNIB. *Fast Facts about Vision Loss*. <http://www.cnib.ca/en/about/media/vision-loss/pages/default.aspx>

<sup>4</sup> Access Economics Pty Limited. The cost of vision loss in Canada summary report. CNIB and the Canadian Ophthalmological Society (COS); 2009. [http://www.cnib.ca/eng/cnib%20document%20library/research/summaryreport\\_covl.pdf](http://www.cnib.ca/eng/cnib%20document%20library/research/summaryreport_covl.pdf)

<sup>5</sup> *The National Coalition for Vision Health. 2011. Vision Loss in Canada 2011*. [http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada\\_e.pdf](http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada_e.pdf)

<sup>6</sup> Vision Critical. Canadian Council of the Blind. Summary Report. June 2011.

<sup>7</sup> Nanos Research. Impressions of eye care in Canada. 2017. Survey for the Canadian Association of Optometrists. CNIB. (2015). Vision health and eye care: The Canadian perspective. Ottawa: Author

<sup>8</sup> Canadian Life and Health Insurance Association, November 2018

<sup>9</sup> From the Canadian Longitudinal Study on Aging

<sup>10</sup> From the Canadian Longitudinal Study on Aging



- <sup>11</sup> The National Coalition for Vision Health. 2011. Vision Loss in Canada. Accessed July 11, 2016 at [http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada\\_e.pdf](http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada_e.pdf)
- <sup>12</sup> Bizier, C. Contreras, R. and Walpole, A. (2016). Seeing disabilities among Canadians aged 15 years and older, 2012. Canadian Survey on Disability, 2012. Statistics Canada.
- <sup>13</sup> The National Coalition for Vision Health. 2011. Vision Loss in Canada 2011. [http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada\\_e.pdf](http://www.cos-sco.ca/wp-content/uploads/2012/09/VisionLossinCanada_e.pdf)
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- <sup>16</sup> Seniors and Aging. Government of Canada. 2002 Accessed online at: <http://publications.gc.ca/collections/Collection/H39-608-2002E.pdf>
- <sup>17</sup> <https://www.diabetes.ca/getmedia/513a0f6c-b1c9-4e56-a77c-6a492bf7350f/diabetes-charter-backgrounder-national-english.pdf.aspx>
- <sup>18</sup> <https://www.diabetes.ca/getmedia/513a0f6c-b1c9-4e56-a77c-6a492bf7350f/diabetes-charter-backgrounder-national-english.pdf.aspx>
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- <sup>20</sup> <https://www.diabetes.ca/diabetes-and-you/complications/eye-damage-diabetic-retinopathy>
- <sup>21</sup> <http://care.diabetesjournals.org/content/15/7/815>
- <sup>22</sup> <https://nei.nih.gov/health/diabetic/retinopathy>
- <sup>23</sup> From the Canadian Longitudinal Study on Aging
- <sup>24</sup> Elmslie. *Against the Growing Burden of Disease*. Public Health Agency of Canada. Retrieved on March 15, 2017 at <http://www.ccgh-csih.ca/assets/Elmslie.pdf>.
- <sup>25</sup> Elmslie. *Against the Growing Burden of Disease*. Public Health Agency of Canada. Retrieved on March 15, 2017 at <http://www.ccgh-csih.ca/assets/Elmslie.pdf>.
- <sup>26</sup> CNIB. 2015. Vision Health and Eye care: The Canadian Perspective, page 18. Accessed October 14, 2016 at: <http://www.cnib.ca/en/get-involved/join-an-event/Vision-Health-Month/Documents/Vision-Health-Report-2015-English.pdf>
- <sup>27</sup> Young TK, et al. Type 2 diabetes mellitus in Canada's First Nations: status of an epidemic in progress. CMAJ; September 5, 2000; 163(5)
- <sup>28</sup> *Diabetes and Ocular Complications. The Eighth Line, Spring 2014.* <https://acao.ca/wp-content/uploads/2017/07/Updated-2017-Diabetes-and-Ocular-Complications.pdf>

