



CAO Eye Health Statistics

Eye Health

- **5.5 million** Canadians (**1 in 7**) have vision threatening eye conditions.¹
- **75%** of all vision loss and blindness is preventable or treatable with early intervention.²
- The prevalence of vision loss is expected to increase by nearly **30%** in the next decade.³
- After age 40, cases of vision loss **double** every decade and **triples** at age 75.⁴
- 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**.⁵
- Vision loss is the most feared disability among Canadians.⁶
- Canadians rank maintaining vision health and preventing vision loss among their **top 3** health priorities.⁷
- **70%** of Canadians have Extended Health Coverage⁸
- **42%** of Canadians reported seeing an eye doctor in the past 12 months.⁹
- **57%** of Canadians ages 45-85 used eye care in the last year.¹⁰
- **5.7%** of Canadians ages 45-85 had a visual acuity worse than 20/40.¹¹

Children's Vision

- **1 in 4** school-aged children has an undetected vision issue.¹²
- **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.¹³

Seniors' Vision

- **1 in 4** Canadians develop irreversible vision loss by age 75.¹⁴
- **1 in 9** Canadians develop irreversible vision loss by age 65.¹⁵
- Compared to people of the same age without vision problems, people with vision loss:¹⁶
 - 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.¹⁷





Diabetic Retinopathy

- In 2016, **3.5 million** Canadians had diabetes, a figure expected to rise to nearly **14 million** by 2026.¹⁸
- The associated costs of managing diabetes are currently estimated at **\$3.4 billion**, increasing to **\$5B** over the next ten years.¹⁹
- The risk of blindness is **25** times higher for someone with diabetes.²⁰
- Diabetes is the **#1** cause of blindness in Canada.²¹
- 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.²²
- With early detection, timely treatment and appropriate follow-up care, there is a **95%** reduced risk of vision loss.²³
- **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.²⁴

Chronic Disease Detection

- **3 out of 5** Canadians older than 20 have a chronic condition.²⁵
- **4 out of 5** Canadians are at risk of developing a chronic condition.²⁶

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.²⁷
- 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.²⁸
- First Nations citizens with diabetes are **25 times** more likely to experience vision loss and blindness than other populations.²⁹

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

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

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

⁴ 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

⁵ *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

⁶ Vision Critical. Canadian Council of the Blind. Summary Report. June 2011.

⁷ 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

⁸ Canadian Life and Health Insurance Association, November 2018

⁹ Buckley G, Dobbs G, Guindon GE, Guo EX. Optometric Care in Canada: Results from Survey Data. *Final Report to the Canadian Association of Optometrists September 25, 2018*. Final report, September 25, 2018.

¹⁰ From the Canadian Longitudinal Study on Aging

¹¹ From the Canadian Longitudinal Study on Aging



- ¹² 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
- ¹³ 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.
- ¹⁴ 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
- ¹⁵ 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
- ¹⁶ 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
- ¹⁷ Seniors and Aging. Government of Canada. 2002 Accessed online at: <http://publications.gc.ca/collections/Collection/H39-608-2002E.pdf>
- ¹⁸ <https://www.diabetes.ca/getmedia/513a0f6c-b1c9-4e56-a77c-6a492bf7350f/diabetes-charter-backgrounder-national-english.pdf.aspx>
- ¹⁹ <https://www.diabetes.ca/getmedia/513a0f6c-b1c9-4e56-a77c-6a492bf7350f/diabetes-charter-backgrounder-national-english.pdf.aspx>
- ²⁰ Thomann KH, Marks ES, Adamczyk DT. (2001). Primary Eye care in Systemic Disease; New York: McGraw-Hill. Cited in <http://www.cdc.gov/diabetes/ndep/pdfs/ppod-guide-eye-care-professionals.pdf>
- ²¹ <https://www.diabetes.ca/diabetes-and-you/complications/eye-damage-diabetic-retinopathy>
- ²² <http://care.diabetesjournals.org/content/15/7/815>
- ²³ <https://nei.nih.gov/health/diabetic/retinopathy>
- ²⁴ From the Canadian Longitudinal Study on Aging
- ²⁵ 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>.
- ²⁶ 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>.
- ²⁷ 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>
- ²⁸ 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)
- ²⁹ *Diabetes and Ocular Complications. The Eighth Line, Spring 2014.* <https://acao.ca/wp-content/uploads/2017/07/Updated-2017-Diabetes-and-Ocular-Complications.pdf>

