

## Eye Health Report Card key findings

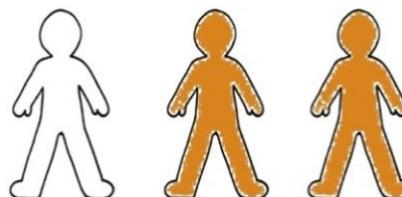
Vision 2020 Australia commissioned Galaxy Research to conduct a study looking at the state of eye health in Australia. The study asked a representative sample of 1003 Australian adults (18 years+) a number of questions about their eye health. Following are the key results from the study.

### How do Australians feel about their sight?

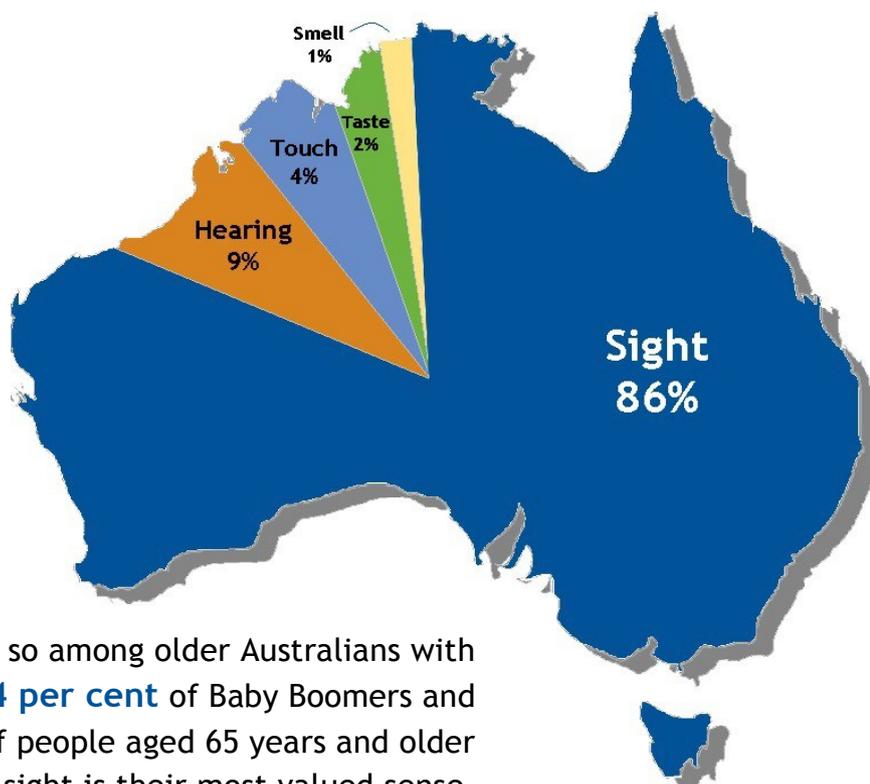


The majority of Australians say that going blind is worse than having a heart attack or losing a limb... ..which equates to 60 per cent or six in ten

The fear of going blind increases with age with as many as two in three (68 per cent) of Australians aged 65 years and older saying that losing their sight is worse than a heart attack or losing an arm or leg.



Nine out of 10 (86 per cent) of Australians say that **sight** is their **most valued** sense

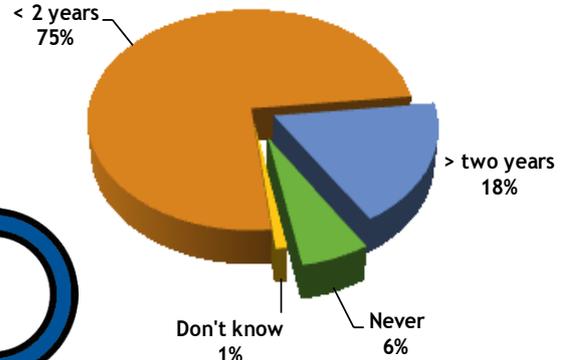


This is especially so among older Australians with **94 per cent** of Baby Boomers and **92 per cent** of people aged 65 years and older saying that sight is their most valued sense.

## What are Australian's doing to prevent vision loss?

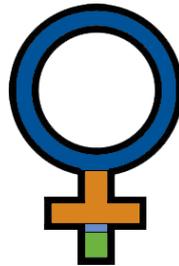
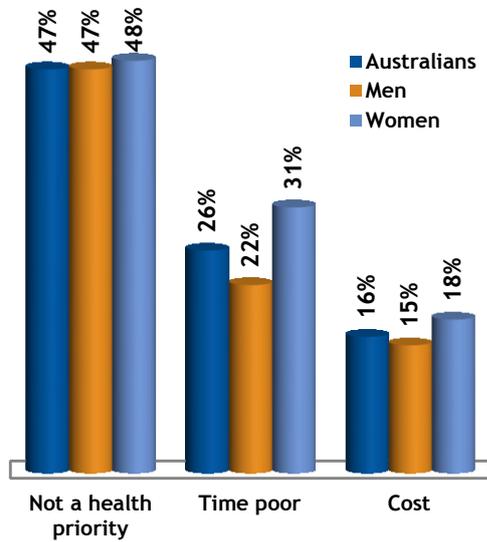
### When did you last have your eyes tested?

Nearly 4.1 million (24 per cent) Australians haven't had an eye examination recently (in the last 2 years), which includes nearly 1 million (6 per cent) Australians who have never had an eye examination.



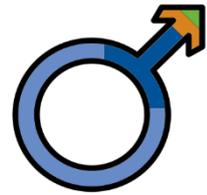
### Why aren't we getting our eyes tested?

The top reasons why nearly a quarter of Australians aren't having eye examinations regularly include:



**19 per cent** (1.7 million) of Australian women haven't had an eye examination recently (in the last two years).

**27 per cent** (2.4 million) of Australian men haven't had an eye examination recently (in the last two years).

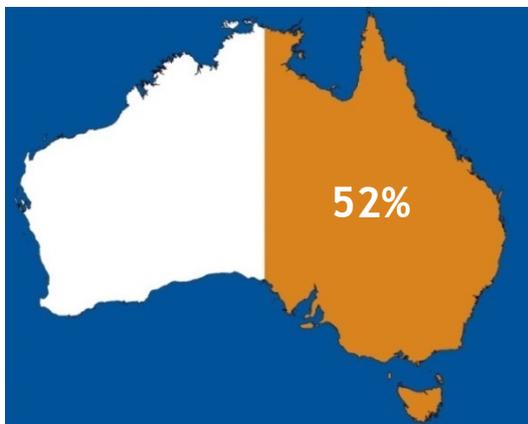


### Are we getting our eyes tested regularly?

**28 per cent** (4.6 million) Australians do not get their eyes tested regularly (every two years)

## Why Australians are at risk?

Half (52 per cent) of Australians are at a higher risk of losing their vision due to a family history of potentially blinding eye conditions.



Family history includes siblings, parents, or grandparents who have been diagnosed with an eye condition or disease—such as glaucoma, macular degeneration or diabetes. It is even more important for these people to protect their sight by:

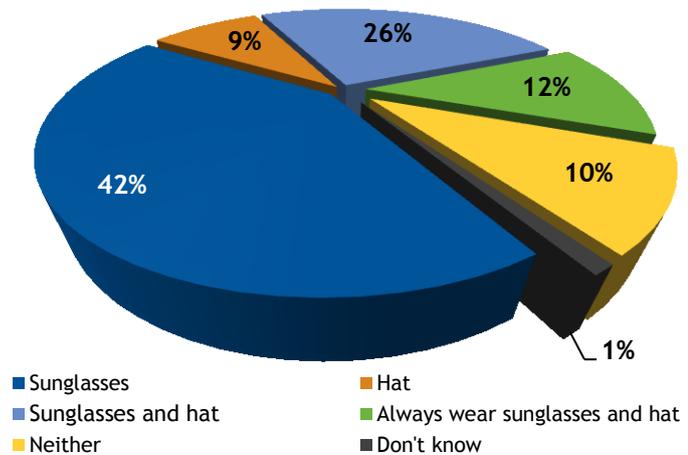
- Having regular eye tests
- Maintaining a healthy weight
- Not smoking
- Always wearing a hat and sunglasses when in the sun

A further 17 per cent do not know their family eye health history, which puts them at greater risk of eye disease.

# What are Australians doing to protect their sight?

## Are we protecting our eyes from the sun?

- **10.8 million** (62 per cent) Australians are putting their sight at risk by not wearing sunglasses and a hat when out in the sun
- **1.8 million** (10 per cent) do not wear either a hat or sunglasses when in the sun

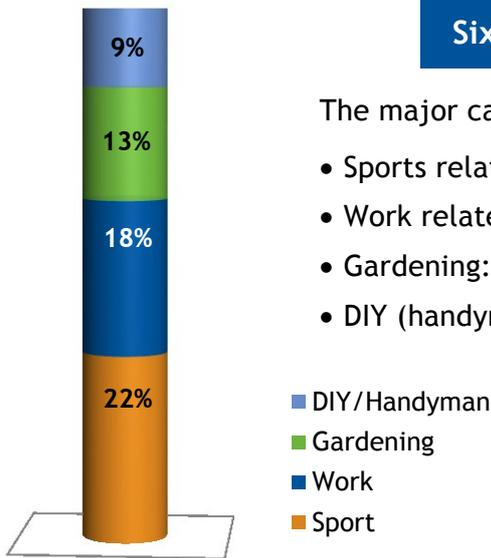


## Are we protecting our eyes from injury?

Six per cent of Australians have an eye injury

The major causes of eye injury in Australia include:

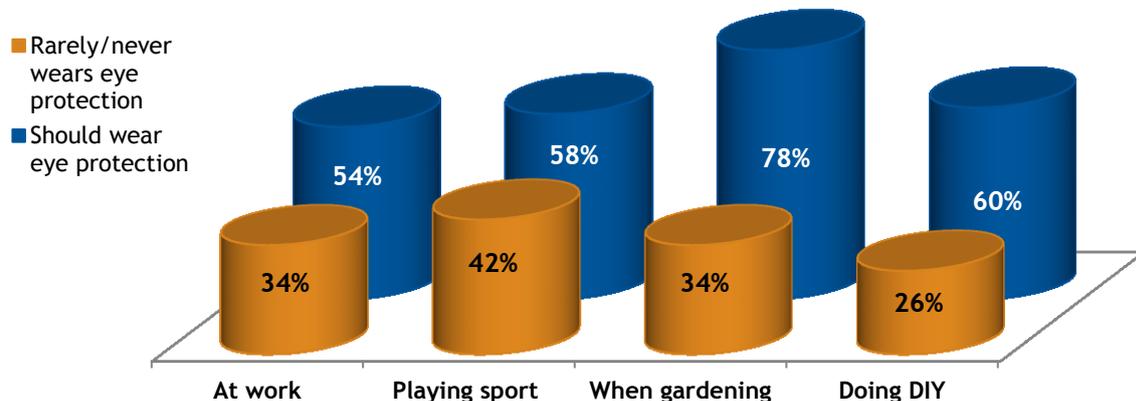
- Sports related: 237,000 - one in five - 22 per cent
- Work related: 198,000 - 18 per cent
- Gardening: 144,000 - 13 per cent
- DIY (handyman/building related): 98,000 - nine per cent



These eye injuries could have been easily prevented by wearing the appropriate eye protection when playing sport, gardening, doing DIY or at work

Top eye injury causes

An alarming number of Australian's who should wear eye protection never do. Of those surveyed:



# Australia's Eye Health Report Card

Australians were scored on their frequency and regularity of eye exams, family history knowledge, whether they smoked, wore eye protection when required and if they always wore sunglasses and a hat when out in the sun.

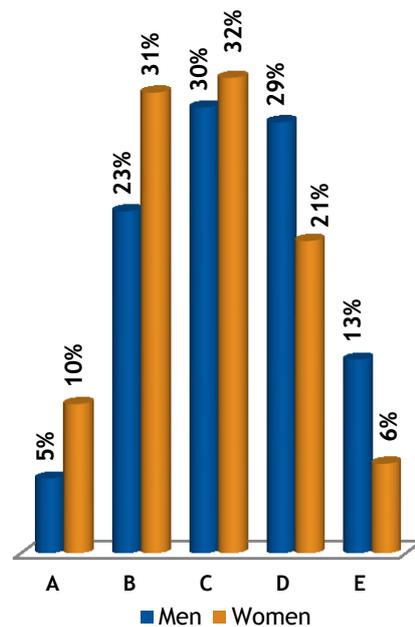
Australia's eye health report card is average...



Among those at the bottom of the class were:

- men—in some cases out number women two to one
- those who don't get their eyes tested regularly
- those who don't always wear sunglasses and a hat when out in the sun
- people who smoke

Eye health by gender



Eye health by generation

