

# EYE SIGHT INSIGHTS

250 people in the UK start to lose their sight every day



**1 in 5**

people will live with sight loss in their lifetime



**1 in 4** women



**1 in 8** men



**74%**

of UK adults currently either wear glasses or contact lenses, or have had laser surgery

## ECONOMIC IMPACT



**£58 billion**

The cost of vision and hearing loss to the UK economy each year

**123 million**

Work days lost across Europe each year due to eye-related absence



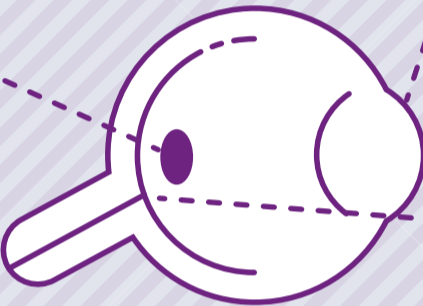
**50%**

By **2050**, half the world's population (**5 billion**) is expected to be short-sighted compared to **1.4 billion** today

## EYE CONDITIONS

**600,000**

People affected by age-related macular degeneration – the UK's biggest cause of blindness  
This is set to increase to **1.2 million** in 2050



**380,000**

UK adults with sight loss due to cataracts

**145,000**

UK adults affected by glaucoma

## PREVENTATIVE EMPLOYEE HEALTHCARE

On average, opticians are the first to identify:



High cholesterol  
62% of the time

**62%**



Diabetes  
34% of the time

**34%**



Hypertension  
39% of the time

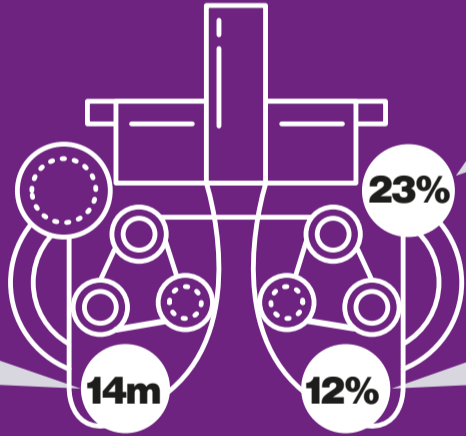
**39%**

## EYE TESTS

**1 in 10**

British adults have never had an eye examination

UK adults ignoring the NHS-recommended two-yearly tests



UK adults who haven't sought advice from an optician despite not being able to see as well as they used to

of UK adults haven't had their eyes tested since childhood

## EMPLOYEE RISK BEHIND THE WHEEL



**£1000/6** penalty points  
The fine drivers could face if caught without wearing their glasses or contact lenses when driving

**20 metres**



The distance drivers must be able to read a number plate from



**One in four**

UK drivers haven't had a vision test in the last two years



**One in eight** UK drivers admit not visiting the optician for five years or more

**1.5 million** UK drivers have never had their eyes tested

## DIABETES

Percentage of Brits who don't realise diabetes is a major cause of blindness



**95,000** People with diabetic retinopathy sight loss

More than **half a million** diabetic people in England at risk of blindness due to not receiving their annual retinal screening

## SMOKING



Smokers are **four times** more likely to lose their sight than someone who has never smoked

Just **one in five** people recognise that smoking can lead to blindness



## DIET



Hot tea drinkers are **74%** less likely to have glaucoma

**60%**

Eating an orange every day reduces the risk of deteriorating eyesight by up to **60%**