

EYE HEALTH

stats that might surprise you

VISION IS ONE OF OUR MOST CHERISHED SENSES

But many people overlook their eye health even though an annual comprehensive eye exam can actually save a life! A recent YouGov survey in collaboration with VSP Vision Care may have the answers.

THE SENSES CENSUS

Which of the 5 senses is most important to you?

84%



7%
HEARING

4%
TOUCH

4%
TASTE

1%
SMELL



8 OUT OF 10 people say they *should* get an eye exam
but just over 1/2 see an eye doctor annually

FOUR REASONS WHY:

I don't need glasses or contacts.

It's too expensive.

I don't have vision coverage.

I didn't know an eye exam can help spot major health issues.

EYE EXAMS

more than meets the eye

DID YOU KNOW?

Annual comprehensive eye exams can help detect:



DIABETES

HIGH BLOOD PRESSURE

HIGH CHOLESTEROL

61%

of people in the US

WORRY ABOUT DIABETES

BUT ONLY 4% know an eye doctor can detect early signs of diabetes

SEEING IS ACHIEVING

Good vision and good grades go hand in hand.

84%

of parents agree

REGULAR EYE EXAMS

help kids do their best in school

but nearly

1/2

of parents wait until their child complains about vision issues



THE PROBLEM WITH THAT IS...

Many kids don't complain because they don't realize they may be having vision issues

ONLY 12% OF PARENTS KNOW

children should receive their first eye exam at 6 months old

KIDS SHOULD GET EYE EXAMS AT THESE MILESTONES

6 months old

3 years old

Before starting elementary school

Yearly after that



MAKE YOUR EYE HEALTH A PRIORITY



Find an eye doctor near you at [vsp.com](https://www.vsp.com) to schedule your annual eye exam.

