

# Healthy Eyes, Healthy You



When you take care of your eye health, you're also taking care of your whole body. That's because lots of things that are good for your eye health are good for your overall health and well-being!

Building eye-healthy habits is important for everyone – it can help you manage eye conditions you already have and prevent new problems from developing. So take steps toward a healthier you with these eye health tips.

**Black/African American adults are at higher risk than white adults for eye diseases that can lead to visual impairment and blindness. There are lots of different factors that can affect your overall health and eye health –like where you live and work, your finances, and your access to health care.**



## Get active

Did you know that getting active can help keep your eyes healthy? That's because physical activity can lower your risk of health conditions that can cause eye health or vision problems – like diabetes, high blood pressure, and high cholesterol.





## Choose eye-healthy foods

Healthy foods are eye-healthy foods! Try to eat lots of dark leafy greens — like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

## Say no to smoking

Smoking isn't just bad for your lungs — it can increase your risk of eye diseases, too. If you're ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free support.



## Learn your family's eye health history



Some eye diseases can run in families. So ask your family members if they've had any eye problems. If they have, talk with your eye doctor about what that means for you.

## Get your eyes checked

Scheduling your next doctor's appointment? Find some time on that calendar for a trip to the eye doctor, too! Getting regular eye care can help doctors find problems early — when they're easier to treat. Talk with your eye doctor about how often to get eye exams.



**Remember, it's never too late to start building healthy habits! Protecting your eye health now can help you see a brighter future tomorrow. Learn more at: [nei.nih.gov/HealthyVision](https://nei.nih.gov/HealthyVision)**



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