Veo, Veo (I See): Understanding the Eye Health Education Needs of Older Hispanics/Latinos

Today's speakers

Michael Maldonado, O.D.

Paul L. Foster School of Medicine

Texas Tech University Health Sciences Center

Neyal J. Ammary-Risch, M.P.H., MCHES

Director, National Eye Health Education Program
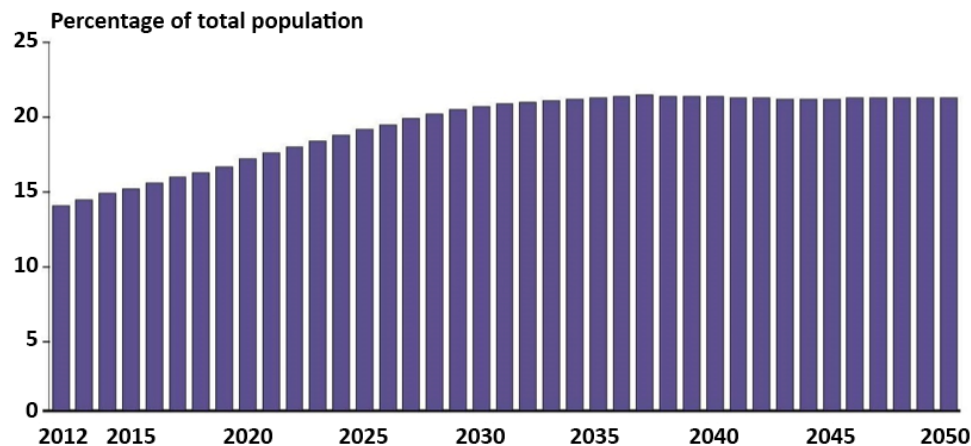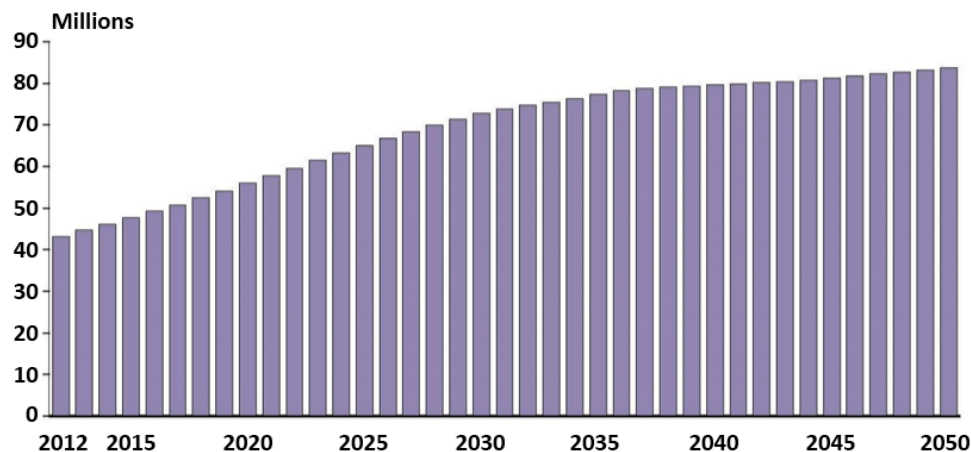
National Eye Institute
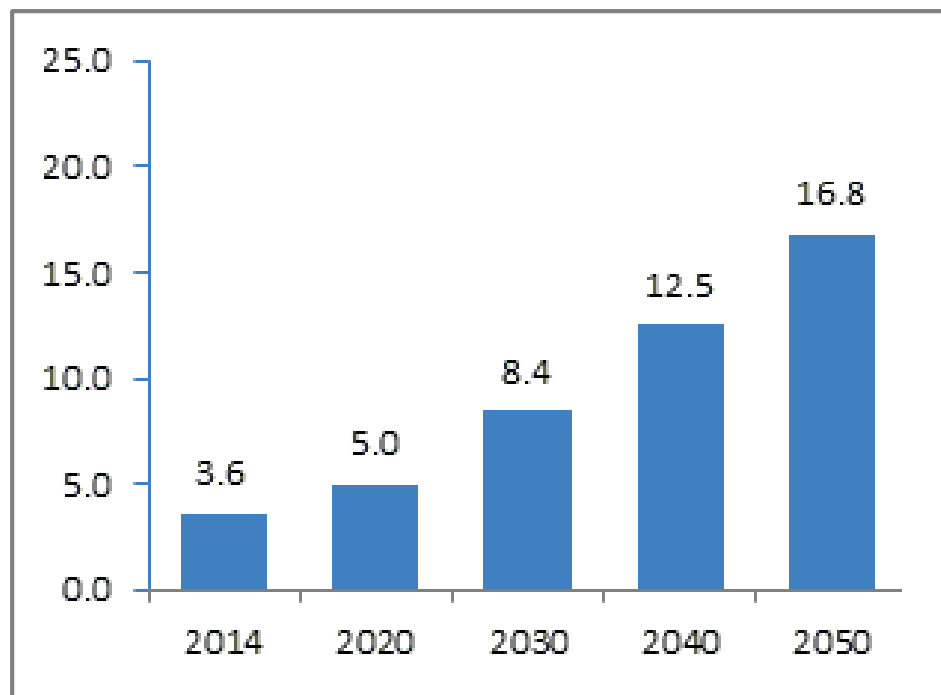
National Institutes of Health

Marcela Aguilar, M.H.S.

Senior Manager

ICF

Aging of the U.S. population, 2012–2050

Source: U.S. Census Bureau, 2012 Population Estimates and 2012 National Projections

Number of older Hispanics/Latinos, 2014–2050

Source: *A Statistical Profile of Hispanic Older Americans Aged 65+*; Administration for Community Living, Administration on Aging www.aoa.acl.gov/Aging_Statistics/minority_aging/Facts-on-Hispanic-Elderly.aspx

What is NEHEP?

- The National Eye Health Education Program (NEHEP) is part of the National Eye Institute (NEI) at the National Institutes of Health.

- NEHEP works to help preserve sight and to prevent vision loss and blindness by sharing scientifically based health information with healthcare professionals and the public.
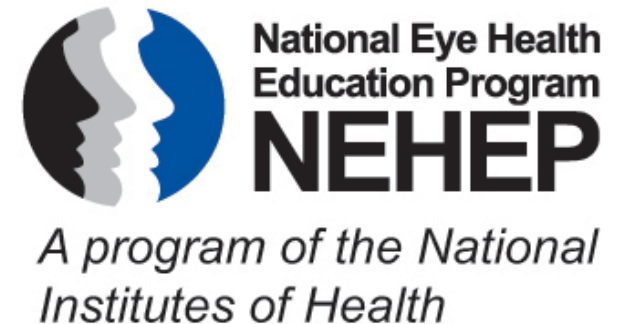
NEHEP overview

Goal

To help make vision a public health priority by translating eye and vision research into public and professional education programs.

NEHEP program areas

- Diabetic Eye Disease
- Glaucoma
- Low Vision
- *¡Ojo con su visión!*
  (Watch out for your vision!)
- Vision and Aging
- African American Outreach Initiative
  (in development)

¡Ojo con su visión! Program (Watch out for your vision!)

The *¡Ojo con su visión!* Program is designed to promote eye health among Hispanics/Latinos and to assist health professionals and community health workers in educating Hispanics/Latinos about vision health.

Key target audiences

- Hispanics/Latinos
- Health professionals
- Community health workers

Key program messages

- Hispanics/Latinos are at higher risk for certain eye diseases and conditions.
- Hispanics/Latinos can help protect their vision by getting regular comprehensive dilated eye exams.
- Eye diseases often have no early symptoms.

Vision and Aging Program

The Vision and Aging Program provides health and community professionals with tools and guidance for educating older adults about eye health, eye diseases and conditions, low vision, and the importance of comprehensive dilated eye examinations.

Key target audience

- Adults ages 50 and older

Key program messages

- Vision loss is not a normal part of aging.
- Everyone ages 50 and older should have a comprehensive dilated eye exam.
- Age-related eye diseases often have no early symptoms.
- Early detection and treatment may prevent vision loss or blindness.

Common vision problems with age

- Vision loss and blindness are not a normal part of aging.

- Some vision changes are common, for example:

  - Losing focus
  - Noticing declining sensitivity
  - Needing more light

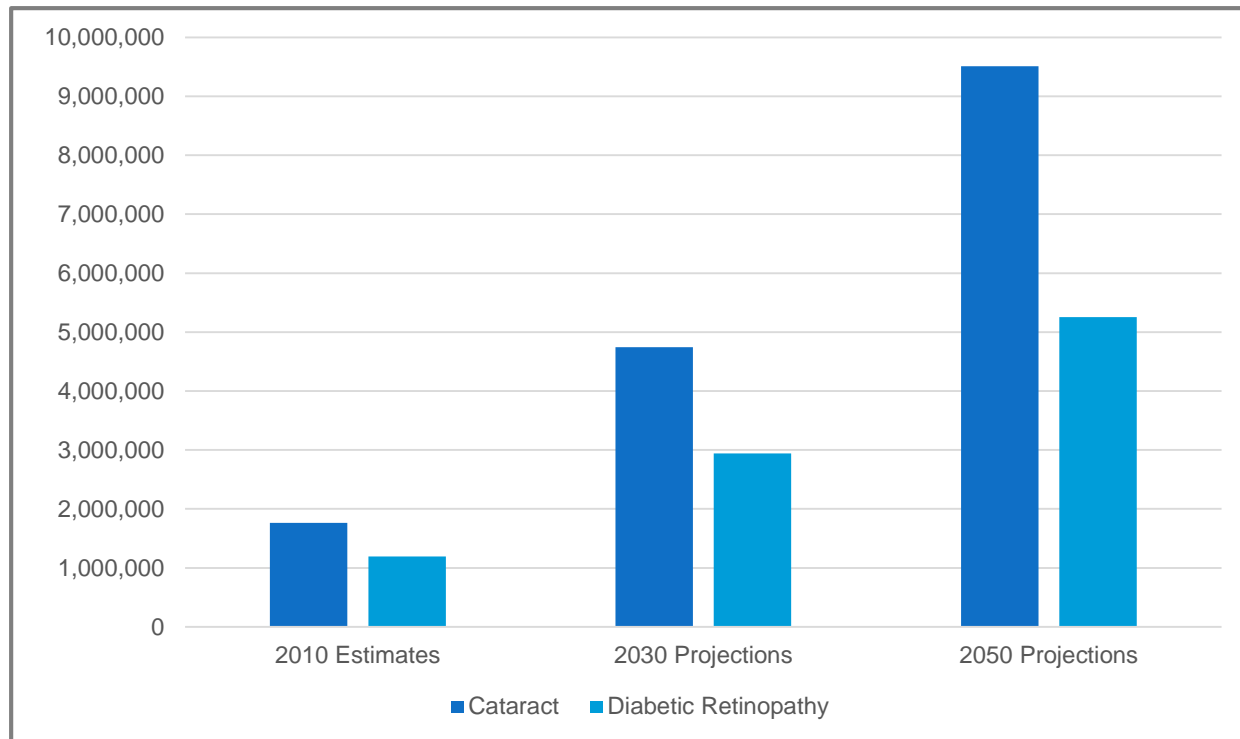- Some people age without experiencing changes in their vision.

Many vision changes can be corrected

Many times, vision changes can be corrected with the following:

- Contact lenses
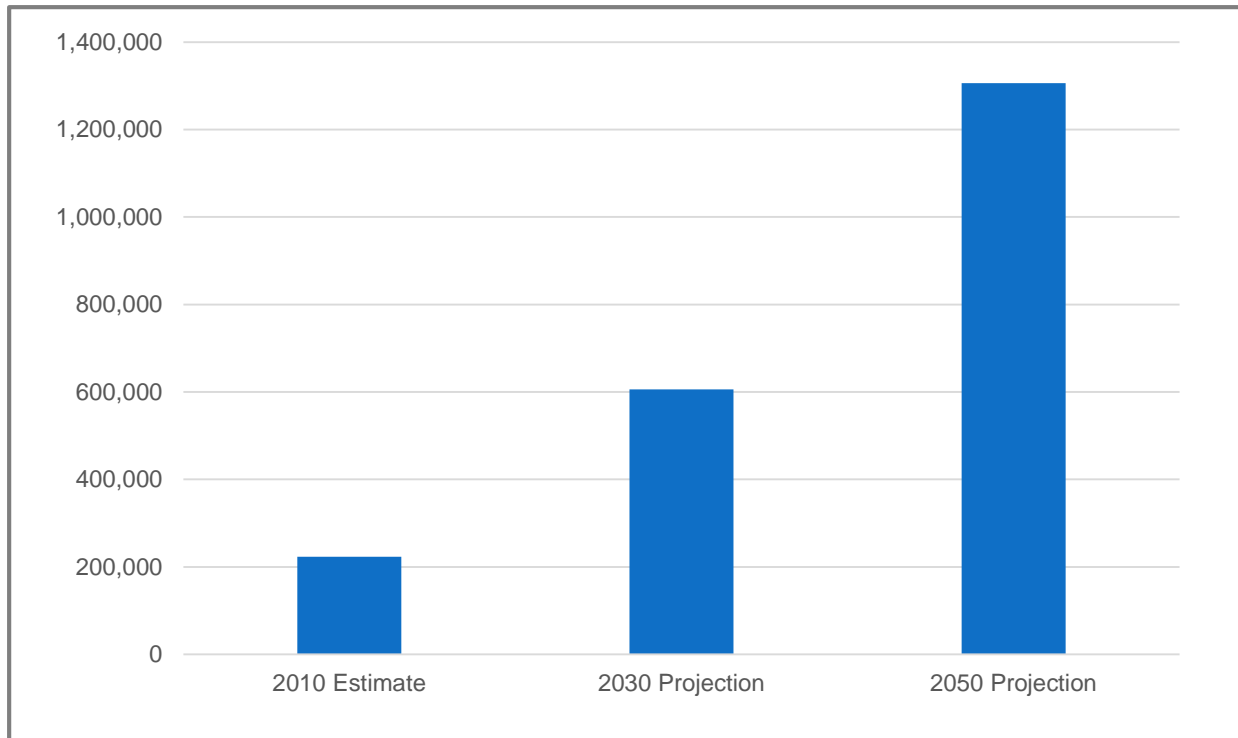
- Glasses

- Improved lighting

Cataract and diabetic retinopathy prevalence and projections among Hispanics/Latinos

Source: *Vision Problems in the U.S.*; Prevent Blindness America
www.nei.nih.gov/eyedata

Glaucoma prevalence and projections among Hispanics/Latinos

Source: *Vision Problems in the U.S.*; Prevent Blindness America
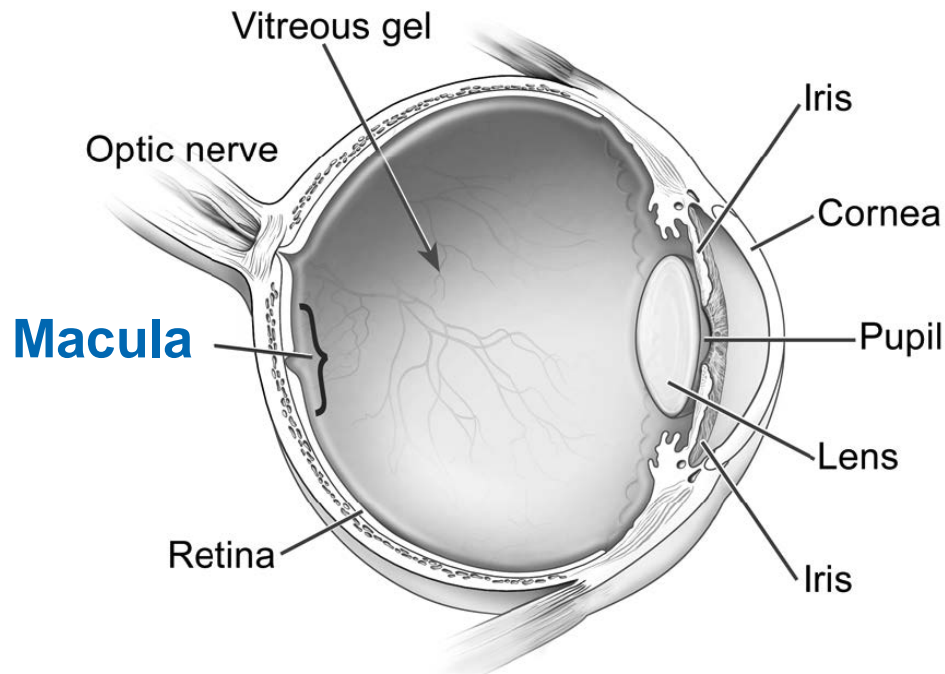www.nei.nih.gov/eyedata

Age-related eye diseases and conditions

- As people get older, common eye diseases and conditions they may face include:

  - Age-related macular degeneration (AMD)
  - Cataract
  - Diabetic eye disease
  - Glaucoma
  - Low vision
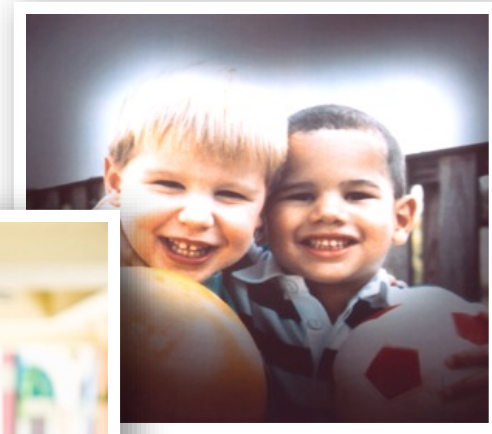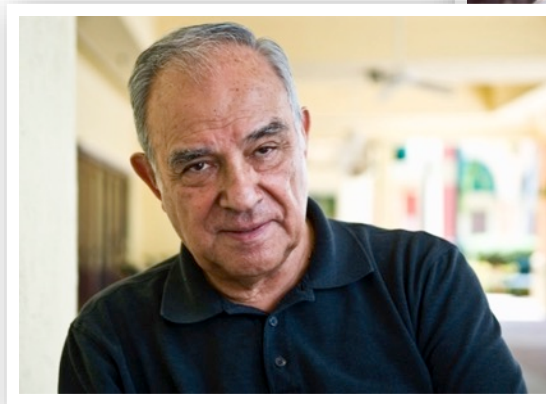
Age-related macular degeneration

AMD damages the macula, which is needed for sharp, detailed central vision.

Age-related macular degeneration

Normal Vision

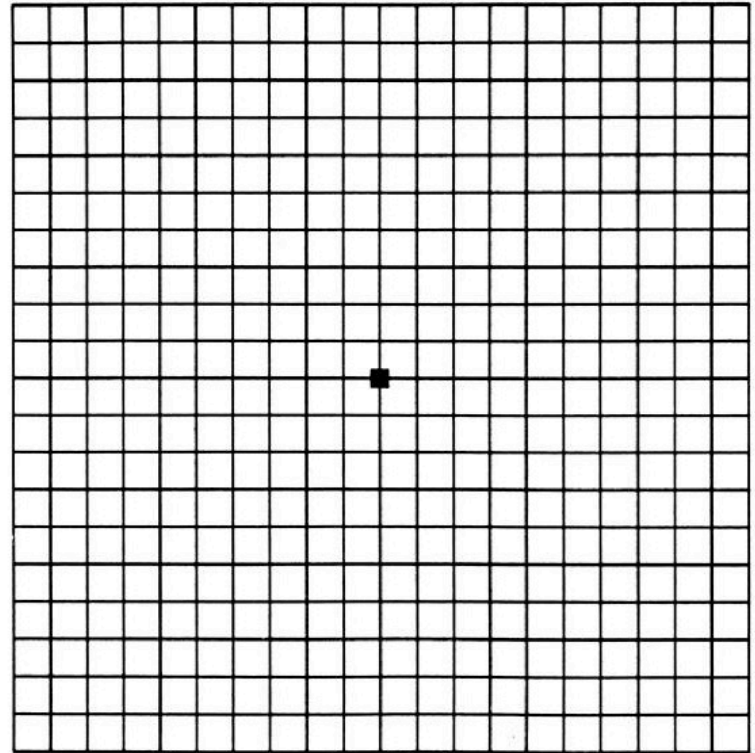Same scene viewed by a person with advanced AMD

Age-related macular degeneration

Risk factors:

- Age, smoking, family history, obesity, race

Symptoms:

- No pain

- Blurred vision

- Drusen (only visible to an eye care professional)

Amsler grid used to detect changes to central vision
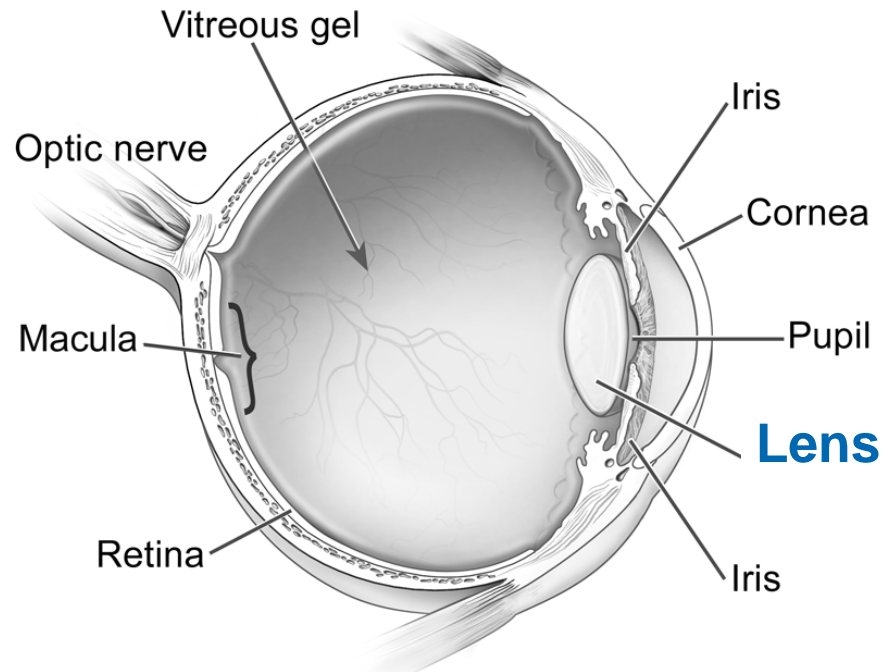
Age-related macular degeneration

Treatment options:

- Age-Related Eye Disease Study (AREDS) formulation (special supplement of vitamins and minerals)
- Eye injections
- Laser surgery

Cataract

Cataract is a clouding of the eye's lens that causes loss of vision.

Cataract

Normal Vision

Same scene viewed by
a person with an advanced cataract

Cataract

Risk factors:

- Age
- Diabetes, smoking, and exposure to sunlight

Symptoms:

- Cloudy or blurred vision
- Colors that appear less vivid than they once did
- Glare
- Poor night vision

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Cataract

Treatment options:

- Glasses
- Better lighting
- Surgery

Diabetic eye disease

Diabetic eye disease is a group of eye problems associated with diabetes, and includes diabetic retinopathy, glaucoma, and cataract.
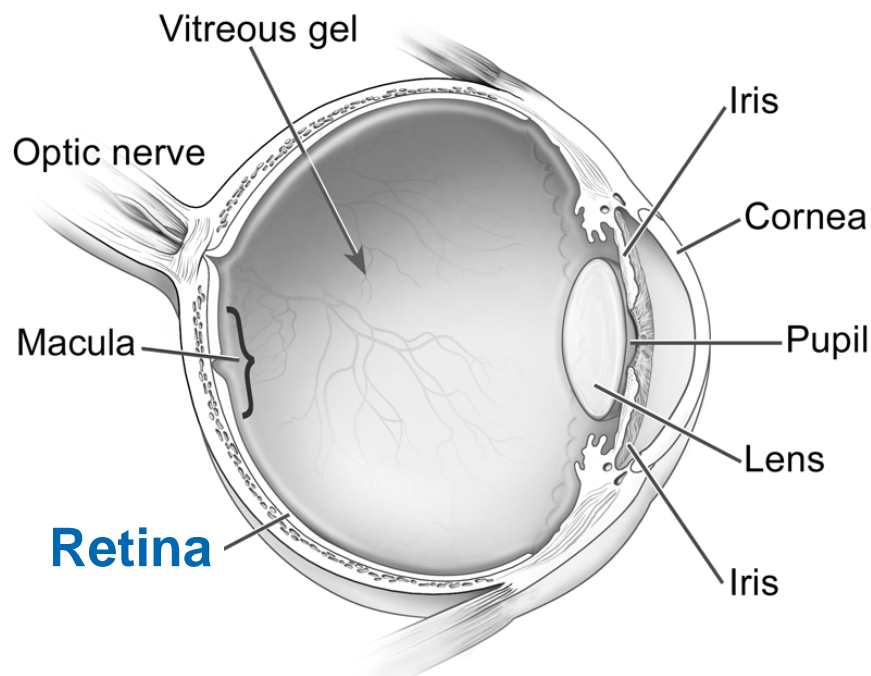
Diabetic retinopathy

Normal Vision

Same scene viewed by a person
with advanced diabetic retinopathy

Diabetic eye disease

Risk factors:

- Diabetes

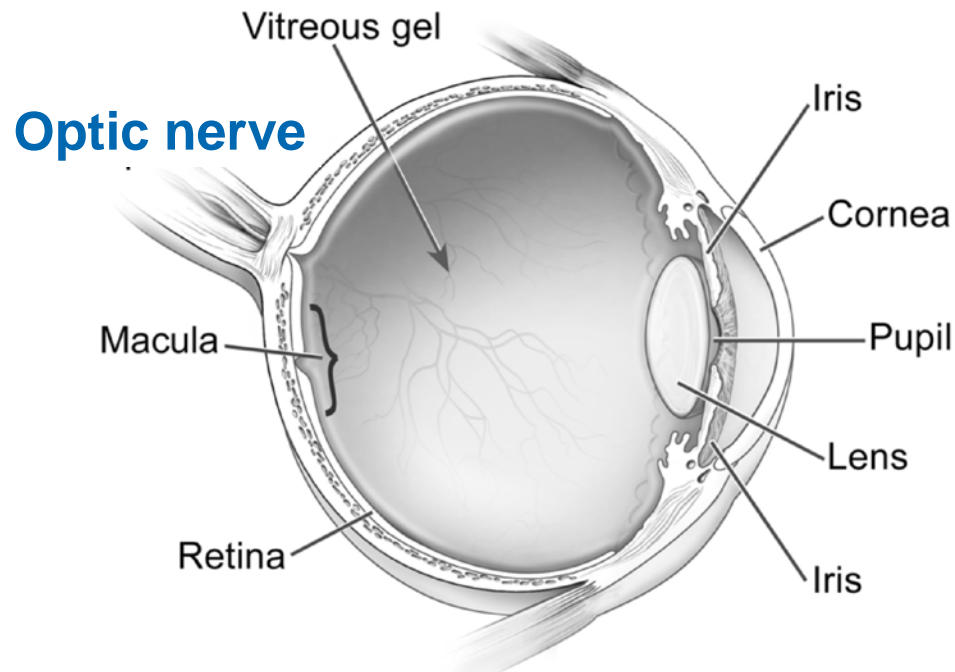**Symptoms:**

- No early warning signs or symptoms

Diabetic eye disease

Treatment options:

- Laser treatment
- Injections

Glaucoma

Glaucoma is a group of eye diseases that damages the optic nerve of the eye.
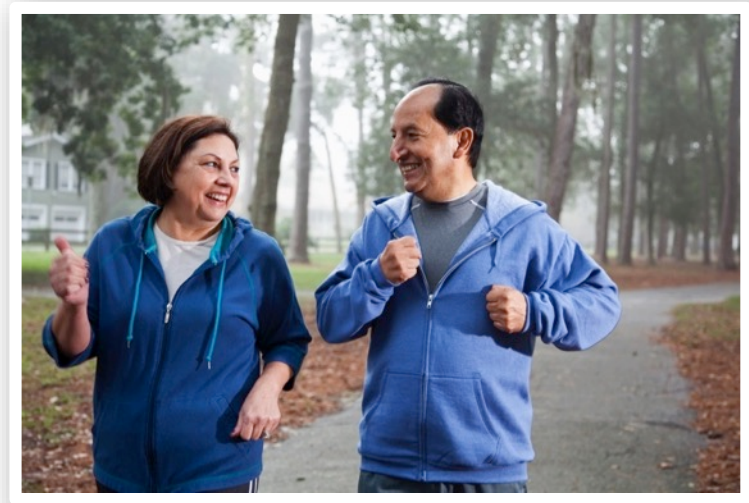
Glaucoma

Normal Vision

Same scene viewed by
a person with advanced glaucoma

Glaucoma

Risk factors:

- Age, race, and family history
  - African Americans over age 40
  - Everyone over age 60, especially Hispanics/Latinos
  - People with a family history of glaucoma
- People with diabetes

Glaucoma

Symptoms:

- No early warning signs or symptoms
- No pain
- Loss of side vision

Treatment options:

- Medication, usually eye drops
- Laser or conventional surgery

Low vision

- Low vision is a visual impairment that cannot be corrected by regular glasses, contact lenses, medication, or surgery and that interferes with the ability to perform everyday activities.
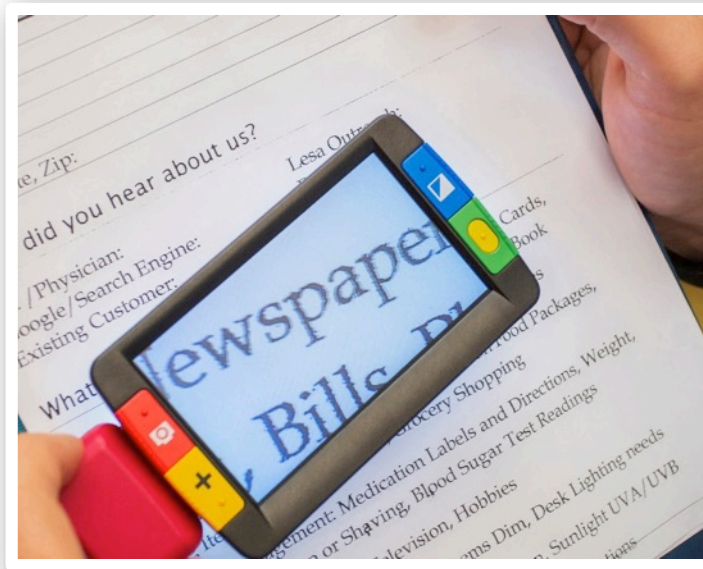
Low vision

People at higher risk:

- People with eye diseases
- People who develop vision loss after eye injuries or because of birth defects

Treatment options:

- Vision rehabilitation

Dry eye

Dry eye occurs when the eye does not produce tears properly or when tears evaporate too quickly.

Common symptoms:
- Episodes of excess tears following dry periods
- Feeling of sand or grit
- Blurred vision
- Pain and redness
- Stringy discharge from the eye
- Stinging or burning of the eye
- Sensitivity to light

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Dry eye

People at higher risk:

- Dry eye can occur at any age.
- Women experience dry eye more often than men.
- Dry eye can occur as a side effect of certain medications.
- Dry eye can also result from focusing on a computer screen for long periods of time.

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Dry eye

Treatment options:

- Using artificial tears, prescription eye drops, gels, gel inserts, and ointments
- Wearing glasses or sunglasses
- Getting punctal or tear duct plugs

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Educating older adults about vision loss

- Existing knowledge about eye health and disease

- Key eye health messages to communicate to older adults

- Ways to prevent vision loss

Survey question

- A national survey found what percentage of Hispanic/Latino older adults reported having had their eyes examined?

  - 92%

  - 73%

  - 35%

  - 10%

Knowledge and attitudes about eye health

- 72% of Hispanic/Latino adults reported that loss of eyesight and loss of memory would have the greatest impact on their daily life.

- 14% of Hispanic/Latino adults and 23% of non-Hispanic adults reported being told by an eye care professional that they had an eye disease or condition.

- 73% of Hispanic/Latino adults and 94% of non-Hispanic adults reported having had their eyes examined sometime in the past by an eye care professional.

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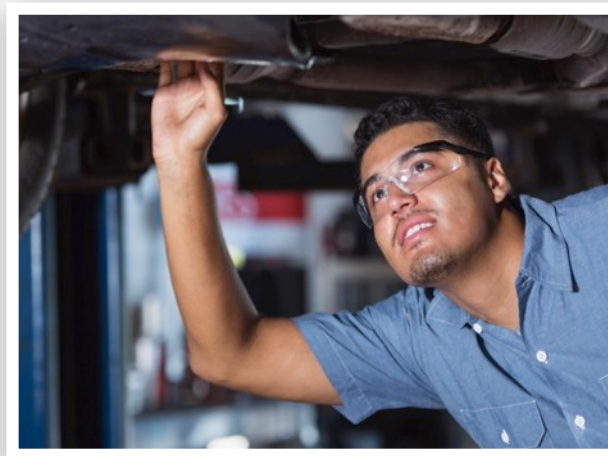*A program of the National Institutes of Health*
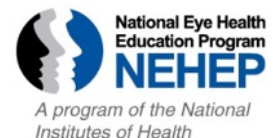
Survey question

- What are the greatest barriers Hispanics/Latinos report in seeking eye care?
  - Lack of health insurance or money
  - Finding a trustworthy physician
  - Lack of awareness about eye health
  - All of the above

What do older adults know about vision loss?

- Most older adults have limited knowledge of age-related eye disease and think it is a natural part of aging.

- They fear the loss of vision will mean loss of independence.

- The barriers they face include:

  - Lack of health insurance or money
  - Finding a trustworthy physician
  - Lack of awareness

Source: *2012 Focus Group Findings: Older Adults*; NEHEP
www.nei.nih.gov/nehep/research#1

Ways to prevent vision loss

Step #1

- Visit an eye care professional for a comprehensive dilated eye exam.

Comprehensive dilated eye exam

An eye care professional puts dilating drops in a patient's eye.

The eyes are examined for any signs of damage or disease.

The dilated eye
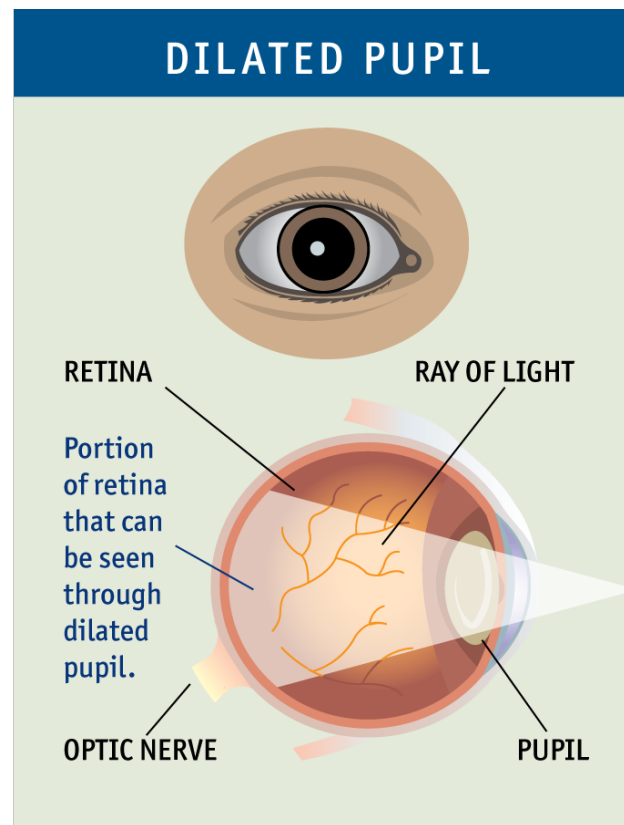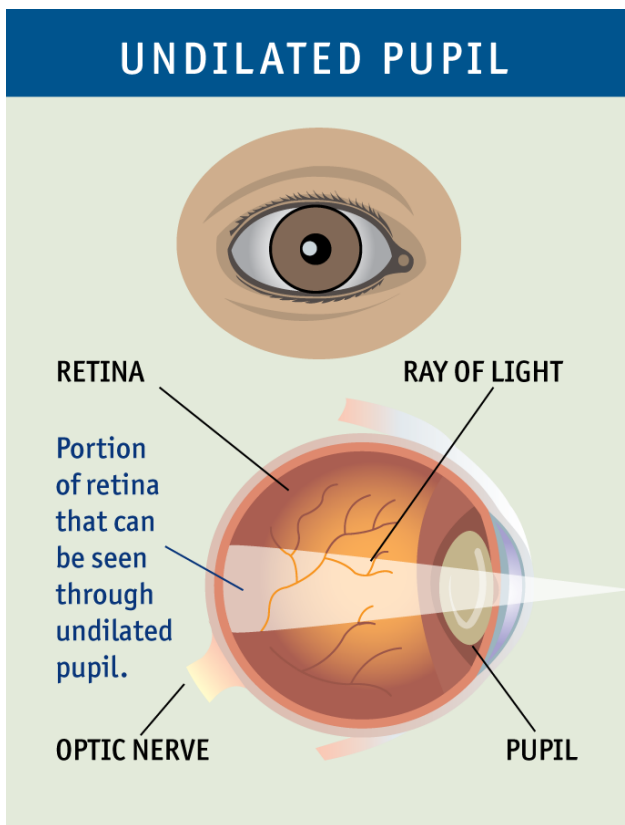
Medicare Benefit

- Will help pay for comprehensive dilated eye exams for:

  - African Americans ages 50 or older

  - Hispanics/Latinos ages 65 or older

  - People with a family history of glaucoma

  - People with diabetes

- To learn more, visit www.nei.nih.gov/medicare.

- For more information on financial assistance, visit www.nei.nih.gov/healthyeyes/financialaid.

Ways to prevent vision loss

Step #2

- Eat a healthy, balanced diet.

Ways to prevent vision loss

Step #3

- Maintain a healthy weight.

Ways to prevent vision loss

Step #4

- Don't smoke.

Ways to prevent vision loss

Step #5

- Keep diabetes under control.

Ways to prevent vision loss

Step #6

- Wear sunglasses and a brimmed hat when outdoors.

Ways to prevent vision loss

Step #7

- Wear protective eyewear.

Ways to prevent vision loss

Step #8

- Know your family's eye health history.

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Ways to prevent vision loss

- NEHEP is dedicated to preventing vision loss and promoting vision rehabilitation through public and professional education programs.

- Health and community professionals play a vital role in raising awareness.

- NEHEP resources can help you convey science-based, easy-to-understand information about eye health.

Resources to help spread the word

- *See Well for a Lifetime Toolkit*

- *Living With Low Vision* booklet

- Drop-in article

- Infocards and animations

- NEHEP Vision and Aging Program website

- NEHEP *¡Ojo con su visión!* Program website

- Age-related eye diseases Web page

- *Outlook*

Resources to help spread the word

See Well for a Lifetime Toolkit

- For health and community professionals who work with older adults

Resources to help spread the word

Living With Low Vision

- For people with low vision and their friends, family, and caregivers.

Resources to help spread the word

Drop-in article

- For use in websites, blogs, or newsletters

Resources to help spread the word

Cuide sus ojos y
mire hacia el futuro.

La visión puede cambiar a medida que envejecemos, pero la pérdida de la visión y la ceguera no es normal. Hágase un examen completo de los ojos con dilatación de las pupilas para seguir mirando hacia el futuro.

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www.nei.nih.gov/healthyeyes/spanish

Infocards and animations

- For use in social media pages and websites

Una catarata ocurre cuando el lente del ojo se nubla, afectando la visión. La mayoría de las cataratas están relacionadas con el envejecimiento.

Resources to help spread the word

Resources to help spread the word

NEHEP Vision and Aging Program Web page

- Designed for professionals who work with older adults

Available at

- www.nei.nih.gov/nehep/programs/visionandaging

Resources to help spread the word

NEHEP *¡Ojo con su visión!* Program website

- Designed for professionals who work with older adults

Available at

- www.nei.nih.gov/nehep/programs/ojo

Resources to help spread the word

Age-related eye diseases Web page

- Designed to educate older adults about eye health

Available at
- www.nei.nih.gov/nehep/programs/ojo

Additional resources

Outlook

- Provides updates on NEHEP eye health education research, activities, and resources
- Subscribe on the NEHEP website to start receiving quarterly issues

Outlook Newsletter Summer 2016

Outlook — National Eye Health Education Program NEHEP

In this issue:

- Notes From NEHEP
- Planning Committee Corner: Helping deliver culturally-appropriate eye information to Hispanics/Latinos
- NEHEP print materials: Get them before they're gone!
- National Eye Institute launches new website: NEI for Kids
- Register for NEHEP webinar on Advances in Diabetic Retinopathy Treatments on July 21
- Help others look forward to the future during Healthy Aging® Month
- Hispanic Heritage Month—Celebrate with ¡Ojo con su visión! resources
- National Eye Institute and NEHEP win awards for excellence in communication
- NEI's Audacious Goals Initiative supports new imaging tools to view the eye
- Prevent Blindness to hold fifth annual Focus on Eye Health National Summit
- Subscribe to the Vision Health Initiative at CDC
- EyeCare America offers discount drug card
- Anaheim to host American Academy of Optometry annual meeting
- Toolkit available to help educate Hispanics/Latinos with diabetes
- Try CDC's Clear Communication Index Widget
- Featured organization: National Council on Aging
- Let us know what you think about *Outlook*

Available at
- www.nei.nih.gov/nehep/newsletter

Additional resources

- NEHEP website: **www.nei.nih.gov/nehep**

- YouTube: /**NEINIH**

- Facebook: /**NationalEyeHealthEducationProgram**

- NEHEP Twitter: **@NEHEP**

- NEI Twitter: **@NatEyeInstitute**

- NEHEP Flickr: **/photos/nehep**

- NEI Flickr: **/photos/nationaleyeinstitute**

- Pinterest: **/neinih**

- NEI LinkedIn: **/company/national-eye-institute-nei**

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Contact

- **National Eye Institute**
  2020@nei.nih.gov
  Phone: 301–496–5248

thank you!