EYE HEALTH IN HACKNEY

Timely vision care can **prevent around half of blindness and sight loss cases** and **reduce health inequalities** among different groups.

In the year 2021/22, **58 new certificates of visual impairment** were issued to **Hackney** residents due to sight loss that **could have been prevented**.

Vision loss can impact a person's **quality of life**, **mental health**, **educational attainment**, **mobility**, level of **independence**, and cause difficulty when finding or keeping a **job**.

PRIMARY PREVENTION

Targeting some of the risk factors that are known to contribute to sight loss can help people maintain good vision into old age. For example, adopting a healthy lifestyle by staying **physically active**, maintaining a **healthy weight**, and **quitting smoking**, can help prevent or delay sight loss.

Physical activity promotes eye health by enhancing **blood circulation**, reducing the risk of eye-related conditions linked to **diabetes** and **hypertension**.

Maintaining a **healthy weight** lowers the risk of conditions like **diabetes** and **high blood pressure**, which can harm the eyes. Obesity also leads to **inflammation** and **can** negatively impact eye health.

Quitting smoking is essential for maintaining and improving eye health because it **lowers the risk** of various eye conditions and promotes better **blood circulation** and **oxygen** delivery to the eyes.

SECONDARY PREVENTION

To keep your eyes healthy for longer, it's important to take action early. You can do this by:
- Getting **regular eye check-ups** from an eye doctor, especially if you have **diabetes.**
- **Treating** any eye issues as soon as you notice them.

You can find more information about how to get support on Hackney Council's **Sensory Team** page