

WHAT IS FOCUS ON DIABETES™?

Focus on Diabetes is a multiyear initiative from the American Diabetes Association® that brings together leading organizations in vision care to increase awareness of, and help to reduce, treat, and manage, diabetes–related eye disease.

WHAT DOES FOCUS ON DIABETES DO?

- **Raise awareness of risk** and suggest actions for those who may be at risk for diabetes- related eye disease;
- **Provide support and education** to people affected by it; and,
- **Educate health care professionals** about diabetes-related eye disease and how to help prevent it.

WHY IS THIS IMPORTANT?

Diabetes-related eye disease, including diabetic retinopathy (DR) and diabetic macular edema (DME) is the leading cause of blindness in working age adults.¹

Diabetes-related blindness are predicted to affect 13.2 million Americans, by 2050.² Although all people with diabetes can develop diabetic eye disease, African Americans, American Indians and Alaska Natives, Hispanics/Latinos, and older adults are at higher risk of losing their vision from it.¹

It's estimated that vision-related disorders are costing the U.S. health care system \$139 billion annually.³ The Centers for Disease Control and Prevention has reported that diabetes-related blindness costs can total more than \$500 million per year, alone.⁴ With millions of Americans undiagnosed with diabetes, or living with prediabetes, the cost of diabetes to individuals and society will only continue to rise.

The good news is vision loss can be prevented with early detection, timely treatment, and appropriate follow-up care. An annual comprehensive eye exam is the first, critical step to helping people with diabetes preserve their vision.

WHO DOES FOCUS ON DIABETES HELP?



Consumers and People Diagnosed with Prediabetes

Ninety-six million people are living with prediabetes – and 80% don't know it.⁵ People at risk for diabetes are also at risk for diabetes-related eye disease and vision loss. The 60-second ADA Diabetes Risk Test⁶ can help them learn their risk factors and get information to share with their care team as they work together to prevent diabetes. Blurred vision is also a prominent symptom of undiagnosed diabetes. For those at high risk, an annual eye exam is a must –offering an important way to help detect potential problems early.

¹ <https://www.cdc.gov/diabetes/managing/diabetes-vision-loss.html>

² <https://www.cdc.gov/visionhealth/risk/burden.htm>

³ https://www.nei.nih.gov/sites/default/files/2019-04/NEI_Eye_Disease_Statistics_Factsheet_2014_V10.pdf

⁴ <https://medcitynews.com/2020/01/how-to-curb-the-high-cost-of-diabetic-eye-disease/>

⁵ <https://www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html>





People with Diabetes

People living with diabetes face increased risk for glaucoma, cataracts, diabetic macular edema, and diabetic retinopathy. Diabetic eye disease is a common complication of diabetes, affecting a third or more of people with diabetes over age 40. The way to prevent or delay disease and vision loss caused by diabetes is to get an annual eye exam. Along with diabetes care and education specialists, eye care professionals can help them understand the symptoms of diabetes-related eye disease – and help with early intervention. Eye care professionals are critical members of the diabetes care team.



Professionals – Primary Care, Eye Care

Twenty percent (20%) of people first learn they have diabetes as a result of a comprehensive eye exam.⁴ Primary care and eye care professionals are critical members of the broader diabetes care team and can help those at risk understand the symptoms of diabetes-related eye diseases. Early detection and intervention can reduce the risk of blindness from the disease by 95%.⁷

OUR COMMITMENT

The American Diabetes Association is a leading force in the fight against the deadly consequences of diabetes and for those affected by diabetes, committed to being Connected for Life to the diabetes community. With visionary partners like VSP™ Vision Care and Regeneron Pharmaceuticals, we are well positioned to decrease the incidence and severity of diabetes-related eye disease.

Together we can help Transform Lives with Action by raising awareness of the crucial role eye care providers play in the diabetes care team as an accessible pathway to early diabetes detection and ongoing management.

We can help increase the cost effectiveness of health care through education that drives people towards diabetes risk assessment and comprehensive annual eye exams, which can lead to early detection, intervention, and prevention efforts.

FOR MORE INFORMATION

Focus on Diabetes provides support and education to those affected by diabetes-related eye disease and educates health care professionals about diabetes-related eye disease and how to prevent and manage it. For more information, go to www.diabetes.org/eyehealth.

⁶ <https://www.diabetes.org/risk-test>

⁷ <https://www.nei.nih.gov/sites/default/files/2019-06/Stay-on-TRACK-To-Prevent-Blindness-From-Diabetes.pdf>