

THE BIG STEP UP

Things You Should Know About **Diabetes and Eye Health**

- Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults.
- Diabetic retinopathy affects men and women about equally. In 2010, 51 percent of U.S. cases occurred in women compared with 49 percent in men.
- From 2010 to 2050, the number of Americans with diabetic retinopathy is expected to nearly double, from 7.7 million to 14.6 million.
- Latinxs are expected to see the greatest increase in cases, rising more than three-fold from 1.2 million to 5.3 million.¹
- Diabetes-related retinopathy affects over one in four of those living with diabetes.
- Some racial and ethnic groups are at higher risk. If you are African American, Latinx, American Indian, Asian American, or Pacific Islander, you are at increased risk for developing diabetes-related retinopathy.
- Damage in your retina often happens before you notice changes in your vision.
- Having a dilated eye exam annually (or at least retinal photographs evaluated by an eye doctor) is the best way to catch any eye disease in its early stage to ensure you have healthy vision.



Find out more information and resources on eye health at eyehealth.diabetes.org

References

1. Source: <https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/eye-health-data-and-statistics/diabetic-retinopathy-data-and-statistics>
2. Source: <https://preventblindness.org/diabetes-related-retinopathy/>