STRAIGHT TALK:

Diabetic eye disease in our communities

The real impact of vision loss and blindness from diabetes.
Today’s presenters

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Diabetes Educator
Agenda

- Overview of diabetic eye disease
- Hispanics/Latinos, diabetes, and diabetic eye disease perceptions
- *Vision Voice* film and clips
- NEHEP resources to use in the community
- Q&A
Diabetes today

- 29 million people have diabetes.
- 86 million people have prediabetes.
- Of those with diabetes, 8 million are undiagnosed.
- Of those with prediabetes, 9 out of 10 don’t know they have it.
Age-adjusted* percentage of people aged 20 years or older with diagnosed diabetes, by race/ethnicity, United States, 2010–2012

- Non-Hispanic whites: 7.6%
- Asian Americans: 9.0%
- Hispanics: 12.8%
- Non-Hispanic blacks: 13.2%
- American Indians/Alaska Natives: 15.9%

*Based on the 2000 U.S. standard population.
What is diabetic eye disease?

- Most common form of diabetic eye disease
- Diabetes damages the blood vessels in the retina, the light-sensitive tissue at the back of the eye.

Diabetic retinopathy

- Clouding of the lens of the eye

Cataract

- Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision

Glaucoma

Normal vision

Vision with advanced stages of diabetic retinopathy

Normal vision

Vision with advanced stages of cataract

Normal vision

Vision with advanced stages of glaucoma
Diabetic eye disease

- All people with diabetes are at risk for diabetic eye disease.
- Diabetic eye disease is a serious complication of diabetes.
- Diabetes is the leading cause of vision loss and blindness in adults ages 20 to 74.
Preventing vision loss

- People with diabetes need to have a comprehensive dilated eye exam at least once a year.
- There are no early warning signs or symptoms.
- Early detection, timely treatment, and appropriate follow-up may prevent vision loss or blindness.
- In addition to having eye exams, people should keep their health on **TRACK:**
Additional steps

Take medications as prescribed.

Reach and maintain a healthy weight.

Add physical activity to your daily routine.

Control blood sugar, blood pressure, and cholesterol.

Kick the smoking habit.
Hispanics/Latinos in the United States

There are more than 50 million Hispanics/Latinos

16 percent of the population

Origin:
- Mexico
- Puerto Rico
- Cuba

Source: U.S. Census Bureau, 2011.
Eye health studies of Hispanics/Latinos

- **Proyecto VER**
  - 23 percent of those newly diagnosed had early-to-moderate diabetic retinopathy.

- **Los Angeles Latino Eye Study I (LALES)**
  - Almost half had diabetes, of which almost 25 percent had signs of diabetic retinopathy.

- **Los Angeles Latino Eye Study II**
  - 34 percent of those who had diabetes developed diabetic retinopathy.
# Diabetic eye disease prevalence

Hispanics/Latinos over age 40

<table>
<thead>
<tr>
<th>Disease or condition</th>
<th>2012</th>
<th>2030*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataract</td>
<td>1.8 million</td>
<td>4.7 million</td>
</tr>
<tr>
<td>Diabetic retinopathy</td>
<td>1.2 million</td>
<td>3 million</td>
</tr>
<tr>
<td>Glaucoma</td>
<td>224,000</td>
<td>606,000</td>
</tr>
</tbody>
</table>


*Estimates
National Survey of Public Knowledge, Attitudes, and Practices

- Results for Hispanics/Latinos:
  - Reported the lowest access to eye health information
  - Knew the least about eye health
  - Were the least likely to have their eyes examined
Nationwide focus groups

- Onset of diabetes a wake-up call for many.
  - Place high value on eyesight.
  - Vision is associated with independence, work, and enjoyment of life.
  - Willing to have their eyes examined.
- Only a few participants were familiar with the term “diabetic eye disease.”
  - Hispanics/Latinos were less likely to be familiar with the term than African Americans and whites.
- Inaccurate information about symptoms and how the eye is affected.
- Lack of awareness of treatments and prevention.
What They Said

- “Vision is the most important thing.”
  - “La visión es la cosa más importante”.
- “Vision is necessary for living.”
  - “La visión es necesaria para vivir”.
- “Vision is important for everything.”
  - “La visión es importante para todo”.
- “If people couldn’t see, they couldn’t work.”
  - “Si las personas no pueden ver, no pueden trabajar”. 
Community-academic partnership came together to address diabetes-related disparities in Harlem

- CDC-funded Center of Excellence in the Elimination of Disparities (REACH U.S.)

- Rooted in community engagement and partnership
  - Focused in East and Central Harlem
    - Low-income, predominantly black and Latino; among highest obesity, diabetes prevalence, and mortality rates in New York City

- Community partners chose vision focus and formed an eye health work group:
  - Understand scope of problem locally
  - Develop strategies and interventions to improve receipt of eye screening
Exploring the scope of the problem: survey of Harlem adults (n=635)

- Many reported having trouble with their vision and no eye exam in the past year:
  - 51 percent reported problems with vision that make it difficult to do the things that they like to do.
  - 54 percent reported difficulty recognizing the faces of family and friends.
  - 44 percent reported difficulty reading regular-size print.
  - 49 percent reported difficulty reading medicine and price labels.
  - 26 percent met validated criteria for low vision.
  - 28 percent reported not having had an eye exam in the past 12 months.
Exploring the scope of the problem: survey of Harlem adults (cont.)

- Disparities in self-reported eye exams and prevalence of low vision:
  - People < age 65, Latinos, and those without diabetes were significantly **less** likely to have had an exam in the past year.
  - People > age 65, Latinos, and those with diabetes were **more** likely to report low vision.
Take-away points

• Racial and ethnic disparities exist in eye health and exams.
• Poor vision is a major challenge for minority, low-income populations with high rates of diabetes, and yet they are less likely to get recommended eye screenings.
• Adults engage positively with materials that include relevant and relatable personal narratives.
• Certified diabetes educators and other professionals should consider developing narrative-based multimedia (video, photograph, radio) educational materials for disease prevention and control.
• Multimedia approaches that are developed in partnership with communities can increase the impact of outreach and diabetes education.
Communities IMPACT Diabetes Center presents
Film Discussion
National Diabetes Month

• Set your sight on healthy vision if you have diabetes.
Social Media Toolkit

- Defines diabetic eye disease, outlines who is at higher risk, and provides key messages to share via social media outlets.
- Provides NEHEP resources to share:
  - Facebook posts and Twitter tweets
  - YouTube videos
  - Flickr
  - Pinterest
  - More!
NEHEP videos

Animation of a dilated eye exam

Diabetic eye disease overview

Animation of diabetic retinopathy

Comprehensive dilated eye exam overview

Webinar: What People With Diabetes Know About Their Eyes
Set Your Sight on Healthy Vision if You Have Diabetes
NATIONAL DIABETES MONTH 2014

Set Your Sight on Healthy Vision if You Have Diabetes
National Eye Health Education Program Special Collaboration

If you have diabetes, your doctors most likely have told you to keep your blood sugar under control through diet, exercise, and proper medication. But did you know that you also need a dilated eye exam at least once a year? A dilated eye exam is when an eye care professional dilates, or widens, the pupil to check the retina in the back of the eye for signs of damage. All people with diabetes, type 1 and 2, are at risk for vision loss, but certain groups are at higher risk: African Americans, American Indians/Alaska Natives, and Hispanic/Latino Americans.

The longer a person has diabetes, the greater the risk of diabetic eye disease, which includes the following:
- Diabetic Retinopathy (Damage to the retina)
- Cataract (Clouding of the lens of the eye)
- Glaucoma (Damage to the optic nerve)

In November, when National Diabetes Month is observed in the United States, the National Eye Health Education Program (NEHEP) of the National Eye Institute (NEI) recommends that all people who have diabetes reduce the risk of vision loss from the disease by having a comprehensive dilated eye exam at least once a year.

“Half of all people with diabetes don’t get annual dilated eye exams. People need to know that about 95 percent of severe vision loss from diabetic retinopathy can be prevented through early detection, timely treatment, and appropriate follow-up,” said Dr. Suder Huang, chair of the Diabetic Eye Disease Subcommittee for NEHEP.

“Diabetic eye disease often has no early warning signs but can be detected early and treated before vision loss occurs,” said Paul A. Sieving, M.D., Ph.D., director of NEI. “Don’t wait until you notice an eye problem to have a dilated eye exam, because vision that is lost often cannot be restored.”

(next)

Si tiene diabetes, enfoque su mirada en el cuidado de su vista
Mes Nacional de la Diabetes 2014

Si tiene diabetes, enfoque su mirada en el cuidado de su vista
Colaboración especial de programas nacionales en materia de salud de ojos.

Si usted tiene diabetes, la más probable es que su médico le haya indicado que controle sus niveles de azúcar en sangre con frecuencia y evitar medicamentos. Pero, ¿sabe que también necesita hacer un examen completo de ojos con dilatación de la pupila por lo menos una vez al año? Durante este examen, el oftalmólogo le pone gafas en los ojos para agudizar o dilatar las pupilas para examinar la retina en la parte trasera del ojo y así detectar si hay señales de daño. Todas las personas con diabetes, tanto del tipo 1 como del tipo 2, corren riesgo de pérdida de la visión. Se observa que grupos que nacieron en el mayor riesgo incluyen a los hispanohablantes, africanoamericanos y los indígenas de América Latina.

Mientras más tiempo tenga diabetes, mayor es su riesgo de desarrollar la enfermedad diabética del ojo, lo cual indica:
- La catarata (escasa es de la sangre en el bulbo del ojo)
- La retinopatía diabética (daño a los vasos sanguíneos de la retina)
- El glaucoma (daño en el nervio óptico)

El Programa Nacional de Educación sobre la Salud del Ojo (NEHEP), por sus siglas en inglés del Instituto Nacional del Ojo (NIH), por sus siglas en inglés, estableció cada noviembre en los Estados Unidos, que todas las personas con diabetes se hagan un examen completo de los ojos con dilatación de las pupilas. Este examen debe hacerse por lo menos una vez al año para disminuir el riesgo de pérdida de la visión.

“La mitad de las personas con diabetes no se hacen el examen completo de los ojos con dilatación de las pupilas cada año. Casi el 50% por ciento de pérdida de visión por retinopatía diabética se puede prevenir cuando la enfermedad se detecta en su etapa temprana y se sigue el tratamiento y cuidado apropiados”, dijo el Dr. Suder Huang, presidente del Subcomité de la Enfermedad Diabética del Ojo en NEHEP.

(continúa)
E-signature and Web buttons
Announcement and Receipt Messages

- Uses
  - Phone systems when people are on hold
  - Digital signage systems
  - Website highlights reel
  - Waiting areas
  - Payment receipts
  - Client statements or invoices
Public Service Announcements

Set your sight on healthy vision if you have diabetes.

What is diabetic eye disease?
It is a complication of diabetes that has no warning signs and can lead to vision loss or blindness if left untreated.

What should you do?
Get a comprehensive dilated eye exam at least once a year. Ninety-five percent of severe vision loss from diabetes can be prevented with early detection, timely treatment, and appropriate follow-up care.

www.nei.nih.gov/diabetes
1-877-569-8474

If you have diabetes, you are at risk for diabetic eye disease.

Diabetic eye disease has no warning signs and can lead to vision loss or blindness if left untreated. Visit your eye care professional at least once a year for a comprehensive dilated eye exam. Vision loss from diabetes can often be prevented with early detection, timely treatment, and appropriate follow-up care.

www.nei.nih.gov/diabetes
1-877-569-8474
Connect with the National Eye Health Education Program (NEHEP) on Facebook and Twitter.

A lot of things can catch us off guard.
Diabetic eye disease doesn’t have to.

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NIH
National Eye Institute
A program of the National Institutes of Health
**E-blast**

**National Diabetes Month**

Set your sights on healthy vision if you have diabetes

November is National Diabetes Month, an ideal time to encourage people with diabetes to get a comprehensive dilated eye exam at least once a year.

NEHEP has a variety of materials, including an updated social media toolkit, drop-in articles, public service announcements, web buttons, e-signature, and more! We invite you to use these resources to help raise awareness about diabetic eye disease in your community. Many are available in both English and Spanish.

**Check out our new diabetic retinopathy infographic and infocards!**

Get your free resources and ideas on how to use them in your community at:

http://www.nei.nih.gov/nehep/NDM

Together, we can spread the word and help encourage people at higher risk for diabetic eye disease to set their sights on healthy vision.
Check out these NEHEP Web pages
http://www.nei.nih.gov/nehep/NDM
¡Ojo con su visión! resources

https://catalog.nei.nih.gov
Diabetes and Healthy Eyes Toolkit
http://www.nei.nih.gov/diabetestoolkit

• Provides community health workers with science-based, user-friendly materials that can be used to teach people about diabetic eye disease.

• Includes:
  – Flipchart and educator’s guide
  – Participant handouts
  – Pre- and post-tests
  – Sample materials
  – Publications order form
  – Evaluation form
  – CD
Vision loss resources

- **Living With Low Vision** booklet and DVD
  - Designed for people with vision loss and their friends, family, and caregivers
  - [www.nei.nih.gov/lowvision](http://www.nei.nih.gov/lowvision)
Stay engaged with NEHEP
Questions?

Thank you!
Please share your activities with us.

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For information about the film: http://visionvoice.cinemedical.com