



Opticians & Audiologists



**NATIONAL EYE HEALTH WEEK**  
 MONDAY 19 – SUNDAY 25 SEPTEMBER 2016  
**YOUR VISION MATTERS**

## Generation Eye

### Regional Eye Health Statistics for All Adults in the UK

	UK	East Midlands	East / East Anglia	London	North East	North West	Northern Ireland	Scotland	South East	South West	Wales	West Midlands	Yorkshire and the
<b>Suffered poor eye health in last 12 months)</b>	75%	74%	77%	78%	82%	76%	79%	72%	76%	74%	73%	71%	74%
<b>Eye health restricted or impaired vision in last 12 months</b>	22%	18%	11%	38%	40%	25%	11%	18%	19%	16%	24%	17%	11%
<b>Haven't had a sight test in last two year's as recommended</b>	28%	31%	32%	32%	33%	21%	34%	29%	28%	31%	27%	20%	27%
<b>Worried about deteriorating eyesight when older</b>	55%	65%	47%	44%	45%	65%	46%	51%	59%	55%	65%	62%	56%
<b>Fails to eat a diet rich in eye friendly nutrients*</b>	82%	80%	85%	79%	84%	82%	93%	84%	81%	75%	85%	83%	84%
<b>Smokers who say they would be encouraged to quit if they knew smoking put their sight at risk</b>	65%	72%	56%	73%	55%	73%	36%	63%	69%	62%	58%	56%	59%

*\*including five portions of fruit and vegetables and a serving of fish a week plus plenty of wholegrains.*

The Generation Eye report is based on the findings of the Eye Health 16 survey conducted by Atomik Research, in accordance with MRS guidelines and regulations, on a representative sample of 2002 UK respondents aged 18+ between 24 – 31 August 2016