



## Kids' Vision Facts

Essilor Vision Foundation (EVF) refers to vision impairment as an invisible problem because unlike hunger or tooth decay, children who have vision issues believe that their sight is normal. To them, blurry eyesight is normal.

With millions of kids around the country getting ready for a new school year, parents and caregivers are encouraged to schedule an eye exam for their children.

### Signs and symptoms of vision impairment

Parents, caregivers and educators should look for these signs<sup>1</sup> to identify if a child might need vision correction:

- Sitting too close to the TV
- Holding a book or digital device too close
- Complaining of headaches or tired eyes
- Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports
- Losing their place while reading or using a finger to guide their eyes when reading
- Squinting or tilting the head to see better
- Rubbing eyes frequently
- Experiencing sensitivity to light or excessive eye watering
- Receiving lower grades than usual or having behavior issues at school

### Key statistics about kids and vision in the U.S.

- One in four children in the U.S. has a vision issue significant enough to affect their ability to learn.<sup>2</sup>
- It is estimated that 10 million children in the U.S. have vision issues and need vision care.<sup>3</sup>
- According to the Centers for Disease Control and Prevention Vision impairment is one of the most prevalent disabling conditions among children in the U.S.<sup>4</sup>
- 80% of all vision impairment can be prevented or cured.<sup>5</sup>
- 44% of parents are not aware that behavioral problems can be an indication that a child's vision is impaired.<sup>6</sup>

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<sup>1</sup> <https://www.allaboutvision.com/en-in/parents/schoolage/>

<sup>2</sup> <http://www.aoa.uberflip.com/i/807465-cpg-pediatric-eye-and-vision-examination>

<sup>3</sup> <http://www.oepf.org/sites/default/files/journals/jbo-volume-22-issue-2/22-2%20Zaba.pdf>

<sup>4</sup> <https://www.cdc.gov/visionhealth/basics/ced/fastfacts.htm>

<sup>5</sup> <http://www.who.int/mediacentre/factsheets/fs282/en/>

<sup>6</sup> <http://www.beareye.com/news/Eye-Q-Report-card.pdf>

### **When children should have an eye exam**

Given the fact that 80 percent<sup>7</sup> of what a child learns comes through their eyes, it's hard to overstate the importance of clear eyesight. That is why regular eye exams are vital for children. The American Optometric Association<sup>8</sup> recommends children receive a comprehensive eye exam from an eye care professional as follows:

- First eye exam at age six months
- Second eye exam between ages three and five
- Next exam at age six or before starting first grade
- Annually through age 18 -- children whose vision is at risk should have an exam as recommended by their eye doctor

Visit [www.evfusa.org](http://www.evfusa.org) to learn more.

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<sup>7</sup> <http://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age?sso=y>

<sup>8</sup> <https://www.aoa.org/patients-and-public/caring-for-your-vision/comprehensive-eye-and-vision-examination/recommended-examination-frequency-for-pediatric-patients-and-adults>