

Diabetes Eye Health Survey Fact Sheet

Background

According to the Centers for Disease Control and Prevention (CDC), approximately **29.1 million people in the United States have diabetes**, and many can be at risk of developing diabetic retinopathy, a common complication of diabetes caused by changes in the blood vessels of the retina.^{1,2,3}

Diabetic retinopathy is the leading cause of blindness in American adults. In fact, the CDC predicts that the number of people age 40 and older with diabetic retinopathy will reach 16 million by 2050.⁴ If left untreated, diabetic retinopathy can lead to diabetic macular edema (DME), in which fluid can leak into the center of the macula, causing the macula to swell and blurred vision.^{2,3}

An annual dilated eye exam can detect vision problems and these common diabetic eye diseases.³

Everyday Health Inc., on behalf of Regeneron Pharmaceuticals, Inc., surveyed U.S. adults with diabetes to uncover their understanding of eye complications, perception of risk and likelihood to get regular eye exams. The findings show that many people living with diabetes may have more to learn about protecting against vision loss.

About the Survey

The Diabetes Eye Health Survey was conducted by Everyday Health, Inc., a leading provider of digital health and wellness solutions. Everyday Health, Inc. conducted a quantitative online survey – designed by Everyday Health on behalf of Regeneron – among a representative sample of 1,074 U.S. adults diagnosed with diabetes. The survey was fielded August 4 – 17, 2015. The margin of sampling error at the 95 percent level of confidence is ±2.99 for total respondents (1,074).

Key Findings

- **76% of people surveyed** are concerned about overall complications from diabetes.
- In fact, when thinking about diabetes complications, those surveyed said **eye disease is the #2 concern** just behind cardiovascular health.
- Yet, **less than half** (44%) say they are very knowledgeable about eye diseases that could result in vision loss.
- Only **35%** of respondents said they were familiar with diabetic retinopathy, and only **18%** of respondents said they were familiar with diabetic macular edema.
- **1/3 of people with diabetes do not get a yearly dilated eye exam.** Of those, 56% are not aware that an annual exam is recommended or that it could detect early disease.

Audiences surveyed included:

- ➔ 1,074 U.S. adults who have diabetes
- ➔ 755 U.S. adults who have had an annual dilated eye exam
- ➔ 319 U.S. adults who have not had an annual dilated eye exam

For more information about diabetes-related eye disease and to learn about comprehensive dilated eye exams, visit

www.DiabetesSightRisk.com

References ¹Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2014. <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>. Accessed September 4, 2015; ²Centers for Disease Control and Prevention. Vision Health Initiative (VHI): Common Eye Disorders. http://www.cdc.gov/visionhealth/basic_information/eye_disorders.htm. Accessed September 4, 2015; ³National Eye Institute. Facts About Diabetic Eye Disease. <https://nei.nih.gov/health/diabetic/retinopathy>. Accessed September 4, 2015; ⁴Centers for Disease Control and Prevention. Vision Health Initiative (VHI). http://www.cdc.gov/visionhealth/publications/diabetic_retinopathy.htm. Accessed September 4, 2015.