Contents

Arts Participation

Adults with disabilities are…

38% less likely to attend live performing arts event

36% less likely to attend visual arts event

46% less likely to visit art museum or gallery

23% less likely to create paintings, sculpture, or graphic arts

19% more likely to weave, crochet, quilt, or do other needle arts

1% less likely to create pottery, ceramics, or jewelry

46% more likely to read, listen to, or download novels, short stories, poetry, or plays on mobile or handheld device

57% more likely to watch, listen to, or download any music on mobile or handheld device

28% more likely to watch, listen to, or download any theater or dance performances on mobile or handheld device

55% more likely to download or view any visual arts (paintings, sculpture, design, or photographs) on mobile or handheld device

Source:

2012 Survey of Public Participation in the Arts

April 2015

Office of Research & Analysis

National Endowment for the Arts

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Blindness Prevalence

By 2050, the number of visually impaired people in the US is projected to more than double (+116%). (3.22MM in 2015 to 6.95MM in 2050) – equates to a 25% increase per decade

Visually impaired women outnumber men by 33% (2015)

By 2050, the number of legally blind people in the US is projected to double (+97%). (1.02MM in 2015 to 2.01MM in 2050) - equates to a 21% increase per decade

Blind women outnumber men by about 10%.

IMPORTANT NOTE: These numbers are based only on visual acuity, not disease-related blindness, so likely underestimate the number of people, but the trend is likely correct. Therefore, the correct way to use this data is to use the percentage trends and not the population numbers.

Limitations: Lastly, the criterion for blindness is based solely on VA, and visual field is not included in this report or in other previous studies. This limitation might lead to an underestimation of the prevalence of VI and blindness consequent to diseases, such as glaucoma and certain retinal degenerations that cause peripheral visual field loss.

Why Women higher than men: Similar to previous reports, we found that women outnumber men with respect to both VI and blindness and attributed this difference to the higher prevalence and longer life expectancy of women compared to men (81 years in women vs. 76 years in men). In addition, previous studies suggest that women are less likely to be treated for various medical conditions, including blinding ophthalmological diseases such as glaucoma.

Source:

Visual Impairment and Blindness in Adults in the United States: Demographic and Geographic Variations from 2015 to 2050

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Physical Fitness – Children

Multiple studies have shown that children who are visually impaired consistently exhibited lower levels of fitness than their sighted peers.

More than 80% of children who are visually impaired perceived a limitation in their ability to engage in physical activity; however, given equal opportunity with regular exercise, their fitness can be comparable to sighted peers.

Sources:

https://www.ncbi.nlm.nih.gov/pubmed/3830146

https://scholar.google.com/scholar?q=visually+impaired+children+physical+fitness&hl=en&as_sdt=0&as_vis=1&oi=scholart&sa=X&ved=0ahUKEwjMod3q-crUAhVl5YMKHTX0B4oQgQMIKjAA&safe=strict

Compared to children and adolescents in other disability groups, those who are visually impaired, along with those with physical disabilities, are the most inactive, with 39% classified as sedentary and only 27% classified as active (Longmuir & BarOr, 2000). Furthermore, older children and adolescents who are visually impaired are less physically active than are their younger counterparts (Ayvazoglu, Oh, & Kozub, 2006; Oh, Ozturk, & Kozub, 2004).

Children who are visually impaired consistently exhibited lower levels of fitness than their sighted peers (Blessing, McCrimmon, Stovall, & Williford, 1993; Lieberman & McHugh, 2001; Skaggs & Hopper, 1996; Winnick & Short, 1985, 1999). The need for fitness in children who are blind might be greater because of the increased energy required to complete activities of daily living (Buell, 1982). Children who are visually impaired and blind can improve their levels of physical activity, thereby improving comfort and success of movement (Lancioni, Oliva, Bracalente, ten Hoopen, 1996; Lieberman, Butcher, & Moak, 2001). The improved comfort and success of movement facilitates the completion of activities of daily living.

Journal of Visual Impairment & Blindness, April 2006 23 1 that found that more than 80% of children who are visually impaired perceived a limitation in their ability to engage in physical activity (Longmuir & Bar-Or, 2000). In contrast, other studies have found that with equal opportunity, the fitness of individuals who are visually impaired who engage in regular physical activity improves and that these individuals exhibit levels of fitness that are comparable to those of sighted individuals (Blessing et al., 1993; Ponchillia et al., 1992; Williams et al., 1996).

Prevalence and Diabetes

In a recent survey, one in five adults reported knowing someone who has either lost sight or is currently losing their eyesight to diabetes.

This survey was conducted online within the United States on behalf of Prevent Blindness on Sept. 23, 2014 among 1000 U.S. adults ages 18 and older.

The number of diabetes and pre-diabetes cases continues to climb. And with that, so does the number of cases of diabetic eye disease. According to a recent study from Prevent Blindness, the estimated number of diabetic retinopathy cases in 2014 is currently more than 8 million and projected to increase to close to 11 million by 2032.

Diabetes is the leading cause of blindness in the United States.

Diabetics are 40 percent more likely to develop glaucoma and 60 percent more likely to develop cataracts than those without diabetes.

Source:

file:///Y:\Communications\Key%20Messages\Statistics\Diabetes%20is%20the%20Leading%20Cause%20of%20Blindness%20and%20Continues%20to%20Climb%20_%20Prevent%20Blindness%20Northern%20California.pdf

Vision Loss and Mental Health

https://www.mdmag.com/conference-coverage/aao-2017/addressing-depression-in-vision-loss-patients

An estimated 29-58% of those who suffer significant vision loss have major depressive disorder one year later.

People with vision loss are 2x more likely to be depressed than someone without vision loss.

Source:

J Aging Health. 2018 Jun 1:898264318781123. doi: 10.1177/0898264318781123. [Epub ahead of print]

Depressive and Anxiety Symptoms in Older Adults With Auditory, Vision, and Dual Sensory Impairment.

Simning A[1], Fox ML[1], Barnett SL[1], Sorensen S[1], Conwell Y[1].

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Some studies show people living with vision loss are twice as likely to report depressive symptoms.

A link between depression and vision loss was also found in people as young as 20 according to a recent study. It looked at over 10,000 adults in the US and found they were approximately 2x more likely to be depressed.

RESULTS:

In 2005-2008, the estimated crude prevalence of depression (9-item Patient Health Questionnaire score of ≥10) was 11.3% (95% CI, 9.7%-13.2%) among adults with self-reported visual function loss and 4.8% (95% CI, 4.0%-5.7%) among adults without. The estimated prevalence of depression was 10.7% (95% CI, 8.0%-14.3%) among adults with presenting visual acuity impairment (visual acuity worse than 20/40 in the better-seeing eye) compared with 6.8% (95% CI, 5.8%-7.8%) among adults with normal visual acuity. After controlling for age, sex, race/ethnicity, marital status, living alone or not, education, income, employment status, health insurance, body mass index, smoking, binge drinking, general health status, eyesight worry, and major chronic conditions, self-reported visual function loss remained significantly associated with depression (overall odds ratio, 1.9 [95% CI, 1.6-2.3]), whereas the association between presenting visual acuity impairment and depression was no longer statistically significant.

Self-reported: 11.3/4.8=2.35

Source:

JAMA Ophthalmol. 2013 May;131(5):573-81. doi: 10.1001/jamaophthalmol.2013.2597.

Association between depression and functional vision loss in persons 20 years of age or older in the United States, NHANES 2005-2008.

Zhang X[1], Bullard KM, Cotch MF, Wilson MR, Rovner BW, McGwin G Jr, Owsley C, Barker L, Crews JE, Saaddine JB.