



## June Wellness Health Initiative

### VISION AWARENESS

Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, 54.2 percent of those who are blind and 41.7 percent of those with impaired vision say their overall health is fair or poor.

-[cdc.gov/visionhealth/healthyvisionmonth/](https://cdc.gov/visionhealth/healthyvisionmonth/).



### How You Can Celebrate Vision Awareness Month?

- Get regular comprehensive dilated eye exams.
- Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition since some are hereditary.
- Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
- Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs or doing particular jobs.
- Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Wash your hands before removing your contacts and cleanse your contact lenses properly to avoid infection.

### Activity for Vision Awareness

Set up an appointment with an Optometrist through the VSP Network to check your eye health and vision. To learn more about your vision benefits contact our member services team at [memberservices@unitedag.org](mailto:memberservices@unitedag.org).

### Resources

- [cdc.gov/visionhealth/healthyvisionmonth/](https://cdc.gov/visionhealth/healthyvisionmonth/)
- [cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html](https://cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html)
- [nei.nih.gov/learn-about-eye-health/](https://nei.nih.gov/learn-about-eye-health/)
- [vsp.com/eye-doctor](https://vsp.com/eye-doctor)