



Healthy Vision Program: Making Vision a Health Priority

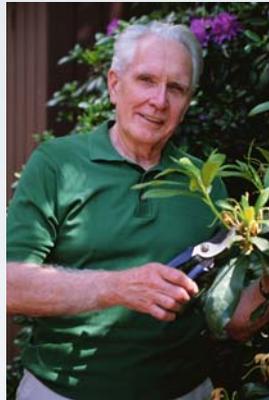
Vision in Children and Adolescents





The Healthy Vision Program is...

Vision is an essential part of everyday life.





The Healthy Vision Program includes...

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation

Examination and prevention

- Dilated eye exams
- Vision screening for children (age 5 and under)
- Impairment due to refractive error
- Impairment in children and adolescents



**Reduce blindness and
visual impairment in
children and adolescents
aged 17 years and under.**



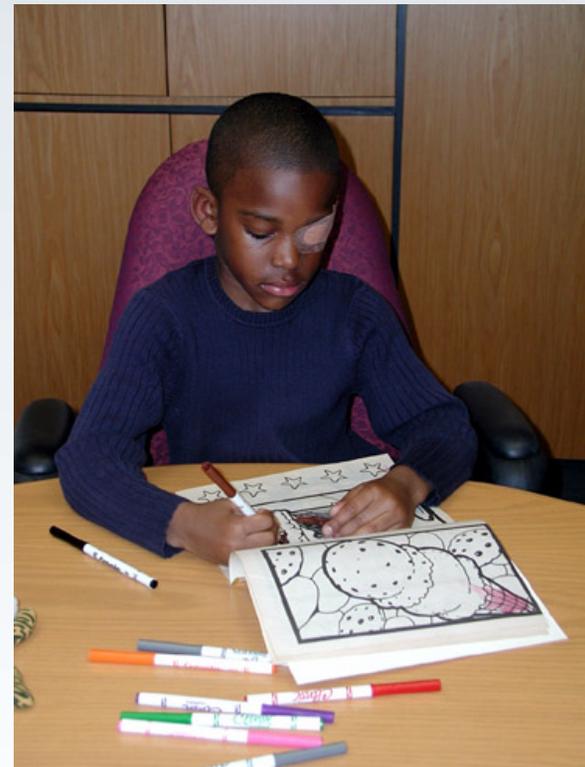


What are the most common vision problems in children?

- Refractive errors are the most common vision problems in children and adolescents.
- Refractive error occurs when the eye doesn't correctly bend, or refract, light as it enters the eye.
- About 25 percent of children aged 12 to 17 have some type of refractive error.

What are some other common vision problems in children?

- Amblyopia
(lazy eye)
- Strabismus
(misaligned eyes)





What are possible symptoms of visual impairment?

- Trouble seeing the blackboard or other distant objects clearly.
- Holding reading material closer than normal.
- Losing one's place when reading.
- Squinting or frowning.



How are vision problems detected?

Eye examinations, as recommended by your family physician or eye care professional, can detect visual impairment as it develops.



How are vision problems treated?

- Nearsightedness, farsightedness, and other refractive errors in children and adolescents can usually be corrected with prescriptive contact lenses or eyeglasses.
- There are treatments for other visual impairments such as amblyopia.

What can parents do to protect their children's vision?

- Check with your eye care professional or family physician about the appropriate eye exam schedule for your child.
- Make sure your child always wears protective eyewear for sports and household chores.





Vision Quest Pledge

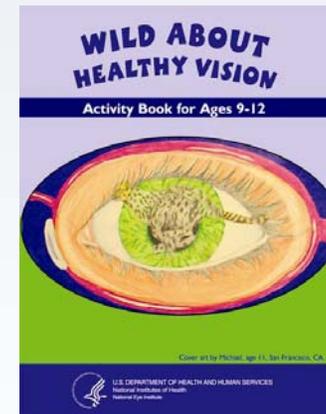
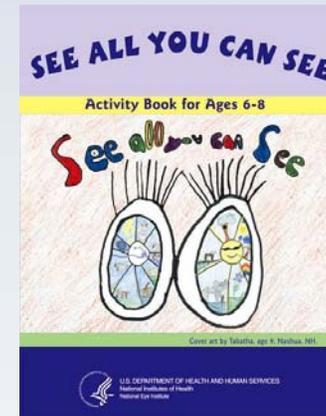
I hereby pledge not to lose sight of healthy vision.

I understand the dangers of fireworks and paintball and will not use them. I promise to use protective goggles when playing high-risk sports such as baseball and basketball, using machinery such as lawn mowers, or working with household chemicals. I will not wear contact lenses unless prescribed by an eye care professional. I promise to wear sunglasses to protect my eyes from harmful UV rays.

I understand that there are many dangers to my eyesight and promise to make eye health and safety a priority.

Children's Activity Books

- The National Eye Institute has developed activity books to educate children about eye health and safety.
- Order the activity books through the NEI Website at www.nei.nih.gov/activitybooks/.





How the Healthy Vision Program works

The Healthy Vision Program challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



You can help

- Begin at home
- Become an advocate
- Start something in your community



You can help

- Use the Healthy Vision Program resources
- Add the logo to your Website
- Identify partners to work with you



**Share in the success of the
Healthy Vision Program**



Visit the Healthy Vision Website

[http://healthyvision2010.
nei.nih.gov/](http://healthyvision2010.nei.nih.gov/)



Join the Healthy Vision Consortium

[http://healthyvision2010.nei.nih.gov
/about_hv/join.asp](http://healthyvision2010.nei.nih.gov/about_hv/join.asp)

Contact the National Eye Institute

National Eye Institute
National Institutes of Health
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Bethesda, MD 20892–3655
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Website: www.nei.nih.gov



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Make Vision a Health Priority