

Driven to Wellness

Physical Wellness Fact Sheet: HEARING

- Hearing loss can affect daily routine tasks, even driving.
- Careful driving requires good hearing to make informed and often, very quick decisions to navigate safely.
- People lose around \$1000 in income for every 10% increase in hearing loss.
- Hearing loss can impede a driver's ability to hear important safety cues such as sirens, horns, or other nearby vehicles.
- Good hearing is critical to perform routine driving actions including responding to motorcycles that may be sharing the roadway; the ability to give way to emergency vehicles; and respond to other cues to react to avoid potential dangers on the road.
- Street noise outside the car can make it difficult for normal hearing drivers to detect signals. Background noise presents an even greater challenge drivers with hearing loss.
- Noise is the most common (and preventable) cause of hearing loss.



- Listening to the radio at loud volumes and wearing headphones while driving impairs the ability to hear these important safety cues. Headphones should never be worn while driving!
- According to "Helping Me Hear", recreational noise is a leading source of hearing problems.
- Employers are likely not aware of the scope of hearing loss among employees, assuming only the retired population is at risk.
- Approximately 30 percent of employees report they suspect they have hearing loss but have not sought treatment.
- One in five people who could benefit from a hearing aid wear one.
- Smoking, obesity and medication (including common pain relievers) all increase the risk of hearing loss.
- The majority of hearing loss can be easily managed with the right access to hearing care and hearing aid treatment
- 1 in 6 people (18-44) have a diagnosed hearing loss.

"Navigating safe driving through healthy habits and lifestyles".