

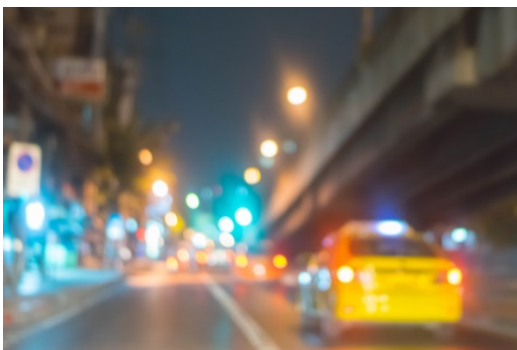
Driven to Wellness

Physical Wellness Fact Sheet: VISION

- Good vision is critical when driving.
- Ninety percent of a driver's reaction depends on vision.
- Loss of vision, even minimal loss or impaired vision can affect your driving.
- Vision impairment may prevent drivers from identifying bicyclists, motorcycles and pedestrians crossing the street; accurately reading road signs, traffic lights and traffic signals; and properly identifying road barriers and other roadway designs to judge appropriate driving speed and distance between objects.
- The dangers of driving with vision issues can be even greater when driving at night or in inclement weather.
- At night, lighting is poor and more complex visual tasks are required for safe driving. Awareness of common vision-related changes and problems can help drivers stay safe while driving.



- The Academy of Ophthalmology reports that normal, age-related eye changes can affect your vision and your ability to drive safely. These changes include presbyopia, which may impact your ability to see your dashboard or navigation system, and dry-eye, which can reduce the quality of your vision at night.
- The Academy of Ophthalmology recommends having regular eye exams can help your ophthalmologist find these changes early and treat conditions promptly before they cause irreversible vision loss.
- According to The National Opinion Research Center (NORC) the current population with vision loss includes nearly 3.1 million impaired and almost 1.4 million blind in 2014 and estimates that by 2050, the impaired and blind populations are projected to reach 7.3 million and 3.1 million respectively.



"Navigating safe driving through healthy habits and lifestyles".