**London**

|  |  |
| --- | --- |
| **8,961,989**  total population  **213,000**  people living with sight loss  **40,420**  registered blind or partially sighted  **2,795**  Certificates of Vision Impairment in 2019/20  **£2,668,000,000**  Estimated cost of sight loss each year (includes direct and indirect costs) | **General population stats**   * 12% aged 65+ * 40% from ethnic minority communities * 5% of people describe their health as “bad” or “very bad” * 14% say that they have a long-term health condition or disability |
| **21%** increase in number of people with sight loss by 2030 |

**UK stats**

|  |  |
| --- | --- |
| **One in every five people will start to live with sight loss in their lifetime**  Image of a stopwatch | **Main causes of sight loss**   * Uncorrected refracted error (39%) * AMD (23%) * Cataract (19%) * Glaucoma (7%) * Diabetic eye disease (5%)   **Blind and partially sighted people**   * Only one in four in work * 40% moderately or completely cut off * 17% offered emotional support with sight loss * 75% have experienced a deterioration in sight over the last 12 months |
| **Every day 250 people start to lose their sight** |
| The references section at the end of this report lists sources for these statistics. | |

# London: eye health and sight loss report

This report has been generated using RNIB’s Sight Loss Data Tool. It provides a range of indicators relevant to blind and partially sighted people and those at risk of sight loss in London.

There is a comprehensive set of guidance notes to accompany this report. These notes provide further information on the data we have used throughout, including notes on terminology and the limitations of the data. Further information, including references, can be found at [www.rnib.org.uk/datatool](http://www.rnib.org.uk/datatool).

In terms of referencing, we suggest using the full sources at the end of the report. In addition, the RNIB Sight Loss Data Tool may be given as a reference. Published 2021, version 4.3.

Whilst every effort has been made to ensure the accuracy of the information in this report, sometimes mistakes do happen or information has changed. If you notice anything that doesn’t look right, please let us know.

If you have any questions, please contact us at [research@rnib.org.uk](mailto:research@rnib.org.uk).

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## 1. General population

This section provides an overview of the general population in London.

### Age

There are 8,961,989 people living in London (1).

The older you are, the greater your risk of sight loss, which is why the population aged 75 and older offers a good indication of the demand for sight loss services. One in five people aged 75 and over are living with sight loss.

London has a lower proportion of people aged 75 years and over compared to the average for England (1, 2). Of the population:

* 23% are aged 17 or under.
* 65% are aged 18-64.
* 12% are aged over 65.

##### Table: Population by age band

|  |  |
| --- | --- |
| Age band | Population |
| 0-4 | 606,004 |
| 5-17 | 1,426,423 |
| 18-29 | 1,517,213 |
| 30-49 | 2,877,275 |
| 50-64 | 1,453,559 |
| 65-74 | 586,472 |
| 75-84 | 344,126 |
| 85+ | 150,917 |

##### Table: Proportion of population by age band

|  |  |  |
| --- | --- | --- |
| Age band | London | England |
| 0-4 | 7% | 6% |
| 5-17 | 16% | 16% |
| 18-29 | 17% | 15% |
| 30-49 | 32% | 26% |
| 50-64 | 16% | 19% |
| 65-74 | 7% | 10% |
| 75-84 | 4% | 6% |
| 85+ | 2% | 3% |

Note: totals may not add to 100% due to rounding.

### 1.2 Ethnicity

London has a higher proportion of people from minority ethnic groups than the average for England. People from different ethnic backgrounds are at greater risk of some of the leading causes of sight loss.

* 40% of the population are from minority ethnic groups, compared to 15% in England (3).

##### Table: Total population by ethnicity

|  |  |
| --- | --- |
| Ethnicity | Population |
| White | 4,887,435 |
| Mixed ethnicity | 405,279 |
| Asian / Asian British | 1,387,296 |
| Black / Black British | 1,088,640 |
| Other ethnic groups | 405,291 |

##### Table: Proportion of population by ethnicity

|  |  |  |
| --- | --- | --- |
| Ethnicity | London | England |
| White | 60% | 85% |
| Mixed ethnicity | 5% | 2% |
| Asian / Asian British | 17% | 7% |
| Black / Black British | 13% | 4% |
| Other ethnic groups | 5% | 2% |

Note: totals may not add to 100% due to rounding.

### 1.3 Health

Sight loss can be linked to poor health and other health conditions. Certain risk factors can also increase the chance of sight loss. For example, smoking can double the risk of AMD and obesity increases the risk of developing diabetes which can cause sight loss.

* The health of people in London is better the England average (4). Life expectancy for both men and women is higher than the national average (5).
* 14% of people have a long-term health condition or disability that limits their day to day life (6).
* 5% of people describe their health as either 'bad' or 'very bad' (4).

### 1.4 Local labour market

Only one in four blind and partially sighted people of working age are in employment. Local data is not available. However, general labour market figures can demonstrate the realities for people with sight loss and challenges finding or retaining employment. The gap in the employment rate between those with a long term health condition and the general population indicates the inequality in employment for visually impaired persons.

* The unemployment rate in London is 5%, which is higher than than the national average (7).
* There is a 11% gap in the employment rate between people with a long-term health condition and the overall population (8).

## 2. Adults living with sight loss

### 2.1 UK overview

More than two million people are estimated to be living with sight loss in the UK today (9). This sight loss is severe enough to have a significant impact on their daily lives. This figure includes:

* people who are registered blind or partially sighted;
* people whose vision is better than the levels that qualify for registration, but that still has a significant impact on their daily life (for example, not being able to drive);
* people who are awaiting or having treatment such as eye injections or surgery that may improve their sight;
* people whose sight loss could be improved by wearing correctly prescribed glasses or contact lenses.

The main causes of sight loss are:

* Uncorrected refracted error – 39 per cent
* AMD – 23 per cent
* Cataract – 19 per cent
* Glaucoma – 7 per cent
* Diabetic eye disease – 5 per cent

### 2.2 London

In London, there are an estimated 213,000 people living with sight loss (9). This includes around:

* 185,800 people living with partial sight.
* 27,200 people living with blindness.

Note: these figures include people whose vision is better than the levels that qualify for registration, but that still has a significant impact on their daily life (for example, not being able to drive).

The estimated prevalence of sight loss is lower in London compared to the average for England, with 2.3% of the population living with sight loss, compared to 3.2% nationally (9). This estimate is based on age and gender. Ethnic diversity, low income and access to healthcare services could all potentially impact on the prevalence of sight loss in the local area.

#### Age profile

In terms of the age profile of the people living with sight loss in London, we estimate that:

* 54,300 are aged 18 to 64 years
* 38,900 are aged 65 to 74 years
* 51,900 are aged 75 to 84 years
* 64,600 are aged 85 years and over

#### Future projections

By 2030, there are expected to be 258,000 people in London living with sight loss, an increase of 21% from 2021 (9).

##### Table: Estimated prevalence of sight loss over time, by severity

|  |  |  |  |
| --- | --- | --- | --- |
| Severity of sight loss | 2021 | 2025 | 2030 |
| Partial sight | 185,800 | 200,600 | 224,600 |
| Blindness | 27,200 | 29,700 | 33,600 |
| Total | 213,000 | 231,000 | 258,000 |

## 3. Children and young people

There are over 25,000 visually impaired children aged 0-16 in the UK, and around 15,000 aged 17 to 25 (10). Around half of these children will have additional disabilities and special educational needs. This figure includes:

* children who are registered blind or partially sighted;
* children who are living with sight loss but who are not registered blind or partially sighted.

In London, there are an estimated:

* 3,910 blind and partially sighted children aged 0-16.
* 1,970 blind and partially sighted young people aged 17-25.

##### Table: Estimated number of blind and partially sighted children by age group

|  |  |  |  |
| --- | --- | --- | --- |
| Age group | Blind | Partially sighted | Total |
| 0 to 16 years | 980 | 2,930 | 3,910 |
| 17 to 25 years | 490 | 1,480 | 1,970 |

Note: Based on different childhood prevalence rates, totals may not sum to total number of people living with sight loss.

## 4. Certification and registration

A Certificate of Vision Impairment (CVI) certifies a person as either sight impaired (partially sighted) or severely sight impaired (blind). The purpose of the CVI is to provide a formal referral route for someone with sight loss to social care services. Each CVI form is signed by a consultant ophthalmologist in an eye clinic and a copy is sent to the person's local social services department. Upon receipt of the CVI, social services offer registration and other relevant advice and services.

### 4.1 Certification of Vision Impairment (CVI)

In 2019/20, 2,795 Certificates of Vision Impairment were issued in London (11).

This was lower than the overall rate for England. In London, 31 CVIs were issued per 100,000 people; compared to 41 per 100,000 people in England (11).

There have been numerous initiatives to support better identification of need and recording of CVI so that people get access to the support they need. A higher rate of certification may indicate a positive response to this work.

#### Public Health Outcomes Framework

The Public Health Outcomes Framework gathers information on the rate of CVIs for three of the main causes of preventable sight loss. In London:

* The rate of age related macular degeneration was 82 CVIs per 100,000 people over 65 years.
* The rate of glaucoma was 14 CVIs per 100,000 people over 40 years.
* The rate of diabetic eye disease was 4 CVIs per 100,000 people over 12 years.

#### Trend

Since 2015/16, there is been an increase of 4% in the number of CVIs issued. (12).

### 4.2 Registration

Upon receipt of a completed CVI form, the social services department offer registration as blind or partially sighted and other relevant advice and support. Registers of blind and partially sighted people are maintained by all local authorities to help them plan and deliver services.

In London, there are 40,420 people registered as blind or partially sighted (13). 47% are registered as blind and 53% are registered as partially sighted.

##### Table: Registered blind or partially sighted by age band

|  |  |  |  |
| --- | --- | --- | --- |
| Age band | Registered blind | Registered partially slighted | Total |
| 0-17 | 765 | 725 | 1,490 |
| 18-49 | 3,815 | 3,105 | 6,920 |
| 50-64 | 3,780 | 2,540 | 6,320 |
| 65-74 | 2,670 | 1,890 | 4,560 |
| 75+ | 11,825 | 9,300 | 21,125 |
| Total | 22,860 | 17,560 | 40,420 |

#### Additional disabilities

12,130 of the people registered as blind or partially sighted in London have also been recorded as having an additional disability by the local authority (13).

#### New registrations

In the year 2019/20, there were 2,545 new registrations of blind and partially sighted people in London (13).

This compares to 2,795 new CVIs in the same year. Any difference in these numbers may be due to time taken from certification to registration, and these processes falling into different calendar years. In addition, not all people with a CVI join the register. A significant difference between the numbers could indicate issues with the process to offer registration to people with a new CVI.

#### Rate of registration

In London, there are 451 registered blind or partially sighted people per 100,000 population. This is lower than the overall rate for England (14).

#### Trends

From 2017 to 2020, there has been an increase of 3% in the overall number of people registered as blind or partially sighted (15).

## 5. Eye health

Health services are a crucial for the diagnosis, treatment and monitoring of eye conditions, as well as for helping people maintain good eye health.

View the local authority reports for more information on local NHS sight test take up, outpatient appointments and inpatient procedures.

## 6. Services and support

Blind and partially sighted people may require services and support to help them remain independent. This section provides a summary of some key services.

The Sightline Directory provides more information on services aimed at helping blind and partially sighted in London. Please visit [www.sightlinedirectory.org.uk](http://www.sightlinedirectory.org.uk) for more details.

### 6.1 Eye Clinic Liaison Officers

Eye Clinic Liaison Officers or ECLOs, providing a sight loss advice service, are based within eye clinics or hospitals. They play an important role in helping patients recently diagnosed with an eye condition or who are experiences changes in their eye sight to understand the impact of their diagnosis and provide patients with emotional and practical support.

ECLO support is not available in every NHS Trust or Health Board. RNIB has collected information about where support is available. This only includes qualified ECLOs, trained by RNIB, and there may be other support services available locally. View the local authority reports for more information on local provision.

### 6.2 Vision rehabilitation

Rehabilitation is the structured support put in place by a local authority (or commissioned agency) to maximise independence and quality of life for people with sight loss, as required by the Care Act 2014.

The mapping data we currently hold on the vision rehabilitation offer in local authorities is out of date. When this information is updated, we will include it in a future update to the Sight Loss Data Tool.

For further information please see the “Demonstrating the impact and value of vision rehabilitation”, which is available at [www.rnib.org.uk/research](http://www.rnib.org.uk/research).

### 6.3 Benefits

Disability Living Allowance (DLA) and Personal Independence Payment (PIP) are benefits paid to help people with the extra costs incurred as a result of a disability. All working age DLA claimants are having their needs re-assessed and potentially moved onto PIP. Both datasets have been combined to indicate total number of claimants. People moving from DLA to PIP often need support with applications or appeals. The proportion of people still waiting to move to PIP indicates potential need for welfare rights support.

* In London, there were 9,505 blind and partially sighted people claiming either Personal Independence Payment (PIP) or Disabled Living Allowance (DLA) (16).
* In May 2020, there were still 15% of working age DLA claimants waiting to be moved on to PIP (16).

### 6.4 Education

A statement of special educational needs (SEN) is issued to children to set out any additional help required in the education setting. In London, there are 2,154 pupils with a statement of special educational needs (SEN) or education, health and care (EHC) plans with vision impairment as their primary support need (18). Of these pupils:

* 996 are in primary school
* 879 are in secondary school
* 279 are in special schools

## 7. Cost of sight loss

RNIB has worked with Deloitte Access Economics to produce detailed analysis of the economic cost of sight loss in the UK. Based on the proportion of people living with sight loss in each area, we can estimate these costs for each local authority.

There are different costs related to eye health and sight loss:

* Direct costs of providing health and social care services.
* Indirect costs of informal care or lower employment.
* Economic impact of the reduction in the quality and length of life.

### 7.1 Direct costs

In London, the direct cost of sight loss is estimated to be £280,000,000 each year (19).

The main elements of this costs are hospital treatments, sight tests, prescriptions and social care. This is different to the NHS programme budget costs as it includes estimated expenditure on things not provided or counted by the CCG.

### 7.2 Indirect costs

In London, the indirect cost of sight loss is estimated to be £529,000,000 each year (19). The main elements of this cost are:

* unpaid care provided by family and friends;
* lower employment rate for blind and partially sighted people;
* devices/modifications.

### 7.3 Wider economic impact

The estimated wider economic impact of cost of sight loss is estimated to be around £1,859,000,000 (19). This includes the costs associated with the reduction in the quality and length of life.

## 8. Sight threatening eye conditions

The figures presented in this section highlight estimates for all people living with certain eye conditions. This includes people who have experienced sight loss as a result of these eye conditions, people who have been diagnosed but have not experienced any sight loss yet, and also those people who are undiagnosed.

### 8.1 Age-related macular degeneration (AMD)

This condition commonly affects people over the age of 50 and is the leading cause of blindness.

There are two main types of AMD:

* Wet AMD can develop quickly affecting central vision in a short period of time. Early identification and treatment of wet AMD is vital. Treatment can halt the further development of scarring but lost sight cannot be restored.
* Dry AMD can develop slowly and take a long time to progress There is currently no treatment for dry AMD. People with early and moderate stages of dry AMD are not eligible for registration, but it does have an impact upon daily life, for example a person may have to stop driving.

In London, we estimate that (20):

* 279,000 people are living with the early stages of AMD;
* 19,500 are living with late stage dry AMD;
* 40,800 are living with late stage wet AMD.
* 57,500 combined late stage AMD.

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 25% in the number of people living with late stage AMD in London (20).

### 8.2 Cataract

Cataract is a common eye condition that is prevalent in older people. The lens becomes less transparent and turns misty or cloudy. Cataracts over time can get worse and impact upon vision. A straightforward operation replaces the lens with an artificial one. Numerous studies have demonstrated the cost benefits of cataracts surgery in improving life quality and reducing the number of falls.

In London, we estimate that 63,800 people are living with cataract (20).

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 25% in the number of people living with cataract in London (20).

### 8.3 Glaucoma

This is a group of eye conditions in which the optic nerve can be damaged due to changes in eye pressure. Damage to sight

can usually be minimised by early diagnosis in conjunction with careful regular observation and treatment. Many glaucoma patients will attend regular appointments and take eye drops for the rest of their lives to prevent deterioration of vision. Some forms of glaucoma can be treated with laser surgery and surgery.

In London, we estimate that 170,000 people are living with ocular hypertension. A further 69,400 people are living with glaucoma (20).

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 20% in the number of people living with glaucoma in London (20).

### 8.4 Diabetic eye disease

People with diabetes are at risk of diabetic eye disease, which can affect the blood vessels in the eye. This can lead to permanent sight loss. Screening and early diagnosis with appropriate intervention is essential.

In London, we estimate that:

* 503,000 adults have diagnosed diabetes (21).
* 178,000 people are living with diabetic retinopathy (22).
* Of these, 16,400 have severe diabetic retinopathy, a later stage of the disease that is likely to result in significant and potentially certifiable sight loss (22).

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 7% in the number of people living with diabetic retinopathy in London (22).

### 8.5 Trends

These trends assume that the underlying prevalence of these eye conditions stays the same until 2030. The changes are due to demographics – as the population ages, more people will be living with eye conditions and sight loss.

##### Table: Estimated number of people living with sight threatening eye conditions in London, from 2021 to 2030

|  |  |  |  |
| --- | --- | --- | --- |
|  | 2021 | 2025 | 2030 |
| Early stage AMD | 279,000 | 303,000 | 337,000 |
| Late stage dry AMD | 19,500 | 21,300 | 24,400 |
| Late stage wet AMD | 40,800 | 44,500 | 51,100 |
| Total late state AMD | 57,500 | 62,600 | 71,900 |
| Cataract | 63,800 | 69,400 | 80,000 |
| Ocular hypertension | 170,000 | 180,000 | 189,000 |
| Glaucoma | 69,400 | 74,900 | 83,400 |
| Diabetes | 503,000 | 534,000 | 570,000 |
| Diabetic retinopathy | 178,000 | 185,000 | 191,000 |
| Severe retinopathy | 16,400 | 17,000 | 17,600 |

## 9. Additional health problems and disabilities

Many blind and partially sighted people are also living with other health problems or disabilities. Sight loss is linked to age, and as we get older we are more likely to be living with many health conditions at the same time.

### 9.1 Stroke

Around 60% of people who experience strokes will also experience some form of visual impairment immediately after their stroke. There are national guidelines recommending specialist vision assessment for stroke survivors who have a suspected visual problem.

In London, 29,600 people have a long-standing health condition after experiencing a stroke (23).

### 9.2 Dementia

Up to 850,000 people in the UK have some form of dementia. Prevalence of sight loss is higher among people with dementia, especially those living in care homes.

In London, we estimate that 1,970 people are living with dementia (24). Within this group, we estimate that 330 people have dementia and significant sight loss (25).

### 9.3 Learning disabilities

People with learning disabilities are 10 times more likely to experience sight loss than the general population

In London, we estimate that 10,400 adults have a learning disability and partial sight. A further 3,060 adults have a learning disability and blindness (26).

The 2019/20 register of blind and partially sighted people also records learning disability, though this isn’t consistent across local authorities. In London, there are 1,345 people registered blind and partially sighted with a learning disability (29).

### 9.4 Hearing impairment

In London, we estimate that 679,000 people have a moderate or severe hearing impairment, and 14,400 people have a profound hearing impairment (27).

### 9.5 Dual sensory loss

An estimated 42,400 people are living with some degree of dual sensory loss in London (28). Of these people, it is estimated that 16,500 are living with severe dual sensory loss (28).

The 2019/20 register of blind and partially sighted people also records hearing impairment, though this isn’t consistent across local authorities. In London: (29)

* 365 are registered with a vision impairment and deaf with speech.
* 240 are registered with a vision impairment and deaf without speech.
* 1,250 are registered with a vision impairment and hard of hearing.

This totals:

* 1,855 registered with a vision impairment and deaf or hard of hearing.

### 9.6 Falls

Falls are more common, and are more likely to have serious outcomes, amongst older people. In some cases, falls can lead to serious medical problems and a range of adverse outcomes for health and wellbeing.

In London, it is estimated that:

* 24,100 people with sight loss aged over 65 experience a fall per year (30).
* Of these falls, 11,400 are directly attributable to sight loss (30).
* 1,870 people aged over 65 with sight loss experience a severe fall per year (here, a severe fall is defined as a fall that results in hospital admission through A&E) (30).
* Of these severe falls, 880 are directly attributable to sight loss (30).

### 9.7 Additional health problems

The 2019/20 register of blind and partially sighted people also records physical disabilities and mental health problems, though this isn’t consistent across local authorities (29). In London:

* 8,385 are registered with a vision impairment and have physical disabilities.
* 555 are registered with a vision impairment and have diagnosed mental health problems.

## Additional resources

### RNIB Research and Knowledge Hub

Information on the latest research news and reports published by RNIB, as well as guides to impact measurement, blogs and other resources.

These resources can be accessed on the RNIB website: [www.rnib.org.uk/research](http://www.rnib.org.uk/research).

[**Eye health and sight loss facts and stats**](https://www.rnib.org.uk/eye-health-and-sight-loss-stats-and-facts)

A summary report that provides the latest evidence and stats on eye health across the UK.

[**My Voice**](https://www.rnib.org.uk/knowledge-and-research-hub-research-reports-general-research/my-voice)

Research into the views and experiences of over 1,200 registered blind and partially sighted people in the UK. My Voice covers a range of different topics, such as employment, transport and access to information and services. It is a key source in helping us understand the circumstances of blind and partially sighted people.

For further information or queries, please contact us at [research@rnib.org.uk](mailto:research@rnib.org.uk).

## References

Please see the “References and Further Information” document for full details on the evidence used in this report. A summary of the evidence is provided below.

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