**Essex**

|  |  |
| --- | --- |
| **1,489,189**  total population  **53,700**  people living with sight loss  **5,145**  registered blind or partially sighted  **474**  Certificates of Vision Impairment in 2019/20  **£690,600,000**  Estimated cost of sight loss each year (includes direct and indirect costs) | **General population stats**   * 21% aged 65+ * 6% from ethnic minority communities * 3% of local authority in most deprived areas in the country * 5% of people describe their health as “bad” or “very bad” * 17% say that they have a long-term health condition or disability |
| **25%** 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. | |

# Essex: 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 Essex.

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).

### Contents

[1. General population 3](#_Toc72329591)

[2. Adults living with sight loss 6](#_Toc72329592)

[3. Children and young people 8](#_Toc72329593)

[4. Certification and registration 9](#_Toc72329594)

[5. Eye health 11](#_Toc72329595)

[6. Services and support 13](#_Toc72329596)

[7. Cost of sight loss 15](#_Toc72329597)

[8. Sight threatening eye conditions 16](#_Toc72329598)

[9. Additional health problems and disabilities 19](#_Toc72329599)

[Additional resources 22](#_Toc72329600)

[References 23](#_Toc72329601)

## 1. General population

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

### Age

There are 1,489,189 people living in Essex (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.

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

* 21% are aged 17 or under.
* 58% are aged 18-64.
* 21% are aged over 65.

##### Table: Population by age band

|  |  |
| --- | --- |
| Age band | Population |
| 0-4 | 85,618 |
| 5-17 | 228,545 |
| 18-29 | 198,484 |
| 30-49 | 372,585 |
| 50-64 | 296,390 |
| 65-74 | 164,893 |
| 75-84 | 100,830 |
| 85+ | 41,844 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Age band | Essex | East of England | England |
| 0-4 | 6% | 6% | 6% |
| 5-17 | 15% | 16% | 16% |
| 18-29 | 13% | 13% | 15% |
| 30-49 | 25% | 26% | 26% |
| 50-64 | 20% | 19% | 19% |
| 65-74 | 11% | 11% | 10% |
| 75-84 | 7% | 7% | 6% |
| 85+ | 3% | 3% | 3% |

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

### 1.2 Ethnicity

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

* 6% of the population are from minority ethnic groups, compared to 15% in England (3).

##### Table: Total population by ethnicity

|  |  |
| --- | --- |
| Ethnicity | Population |
| White | 1,313,856 |
| Mixed ethnicity | 20,885 |
| Asian / Asian British | 28,499 |
| Black / Black British | 18,709 |
| Other ethnic groups | 11,638 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Ethnicity | Essex | East of England | England |
| White | 94% | 91% | 85% |
| Mixed ethnicity | 2% | 2% | 2% |
| Asian / Asian British | 2% | 4% | 7% |
| Black / Black British | 1% | 2% | 4% |
| Other ethnic groups | 1% | 1% | 2% |

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

### 1.3 Socio-economics

People living in more deprived areas are at a greater risk of sight loss. The deprivation rank is ordered by 1st being the most deprived and higher numbers being less deprived.

* Essex is the 111 most deprived local authority in England (4).
* 3% of the local authority is within the 10% most deprived areas in the whole of England (4).
* 18% of children in Great Britain live in low income families. The local district figures for children in low income families are available in section 1.6 below (4).

### 1.4 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 Essex is better the England average (5). Life expectancy for both men and women is higher than the national average (6).
* 17% of people have a long-term health condition or disability that limits their day to day life (7).
* 5% of people describe their health as either 'bad' or 'very bad' (5).
* 13% of people smoke (8).
* 63% of adults are either overweight or obese (9).

### 1.5 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 Essex is 3%, which is lower than than the national average (10).
* There is a 11% gap in the employment rate between people with a long-term health condition and the overall population (11).

### 1.6 Districts

Within Essex there are 12 districts. The demographics within a county can vary significantly, and we’ve provided some details in the table below.

##### Table: Demographics by district

|  |  |  |  |
| --- | --- | --- | --- |
| District | Total population | Proportion from BAME communities | Percent of children living in low income families |
| Basildon | 187,199 | 7% | 17% |
| Braintree | 152,604 | 3% | 14% |
| Brentwood | 77,021 | 6% | 11% |
| Castle Point | 90,376 | 3% | 15% |
| Chelmsford | 178,388 | 6% | 11% |
| Colchester | 194,706 | 8% | 14% |
| Epping Forest | 131,689 | 9% | 13% |
| Harlow | 87,067 | 11% | 19% |
| Maldon | 64,926 | 2% | 14% |
| Rochford | 87,368 | 3% | 12% |
| Tendring | 146,561 | 3% | 19% |
| Uttlesford | 91,284 | 3% | 10% |

## 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 (12). 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 Essex

In Essex, there are an estimated 53,700 people living with sight loss (12). This includes around:

* 46,500 people living with partial sight.
* 7,210 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 higher in Essex compared to the average for England, with 3.6% of the population living with sight loss, compared to 3.2% nationally (12). This estimate is based on age and gender. Higher proportions of BAME communities, the number of people in low income households 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 Essex, we estimate that:

* 9,470 aged 18 to 64 years
* 10,700 aged 65 to 74 years
* 15,300 aged 75 to 84 years
* 17,700 aged 85 years and over

#### Future projections

By 2030 there are expected to be 67,100 people in Essex living with sight loss, an increase of 25% from 2021 (12).

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

|  |  |  |  |
| --- | --- | --- | --- |
| Severity of sight loss | 2021 | 2025 | 2030 |
| Partial sight | 46,500 | 51,300 | 57,800 |
| Blindness | 7,210 | 8,120 | 9,250 |
| Total | 53,700 | 59,500 | 67,100 |

### 2.3 Districts

These estimates are based on age and gender of each district. As age is a key factor in the likelihood of living with sight loss, the older the population the higher the estimated prevalence of sight loss.

Variances in ethnic diversity, income and access to healthcare services could all potentially impact on the prevalence of sight loss in the local area. These estimates do not take these factors into account.

##### Table: Estimated number and proportion of people living with sight loss by district

|  |  |  |
| --- | --- | --- |
| District | Number of people living with sight loss | Proportion of the population living with sight loss |
| Basildon | 5,760 | 3% |
| Braintree | 5,370 | 4% |
| Brentwood | 2,880 | 4% |
| Castle Point | 3,740 | 4% |
| Chelmsford | 6,150 | 3% |
| Colchester | 5,900 | 3% |
| Epping Forest | 4,720 | 4% |
| Harlow | 2,520 | 3% |
| Maldon | 2,730 | 4% |
| Rochford | 3,420 | 4% |
| Tendring | 7,170 | 5% |
| Uttlesford | 3,270 | 4% |

## 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 (13). 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 Essex, there are an estimated:

* 605 blind and partially sighted children aged 0-16.
* 285 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 | 155 | 450 | 605 |
| 17 to 25 years | 75 | 210 | 285 |

Note: Based on different childhood prevalence rates, totals may not sum to total number of people living with sight loss. Please note, figures of less than 5 will appear as 0.

## 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, 474 Certificates of Vision Impairment were issued in Essex (14).

This was lower than the overall rate for England. In Essex, 32 CVIs were issued per 100,000 people; compared to 41 per 100,000 people in England (14).

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 Essex:

* The rate of age related macular degeneration was 75 CVIs per 100,000 people over 65 years.
* The rate of glaucoma was 10 CVIs per 100,000 people over 40 years.
* The rate of diabetic eye disease was 2 CVIs per 100,000 people over 12 years.

#### Trend

Since 2015/16, there is been a decrease of -4% in the number of CVIs issued. (15).

### 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 Essex, there are 5,145 people registered as blind or partially sighted (16). 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 | 10 | 25 | 35 |
| 18-49 | 285 | 230 | 515 |
| 50-64 | 385 | 345 | 730 |
| 65-74 | 335 | 330 | 665 |
| 75+ | 1,575 | 1,620 | 3,195 |
| Total | 2,590 | 2,555 | 5,145 |

Please note, figures of less than 5 will appear as 0.

#### Additional disabilities

1,620 of the people registered as blind or partially sighted in Essex have also been recorded as having an additional disability by the local authority (16).

#### New registrations

In the year 2019/20, there were 370 new registrations of blind and partially sighted people in Essex (16).

This compares to 474 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 Essex, there are 345 registered blind or partially sighted people per 100,000 population. This is lower than the overall rate for England (17).

#### Trends

From 2017 to 2020, there has been a decrease of -6% in the overall number of people registered as blind or partially sighted.

Over the same period, there has been an increase of 14% in the number of new registrations (18).

#### Note on registration data

Registration data is submitted by local authorities to NHS Digital. Sometimes there can be data quality issues. If you have any questions regarding the accuracy of these numbers, contact the relevant local authority with responsibility for holding the register.

## 5. Eye health

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

### 5.1 Health administration

Essex’s districts span multiple Clinical Commissioning Groups (CCGs).

The authority was formerly part of the Essex Area Team.

### 5.2 NHS sight tests

In England, free NHS sight tests are available to people who meet certain criteria. For example, people who are aged 60 or over, children aged 15 and under, and people in receipt of certain benefits. Public data on sight tests only records those paid for by the NHS. Privately funded sight tests are not included in this data.

There were 461,967 sight tests in the Essex Area Team in 2016/17 (19). In terms of the groups eligible for NHS sight tests:

* 337,277 sight tests were taken by people aged 60 years and over;
* 26,451 sight tests were taken by children aged 0-15;
* 3,525 sight tests were taken by students aged 16-18;
* 64,855 sight tests were taken by benefit claimants.

Due to issues with NHS Sight Test data in England, no further data will be published at a local level in this format. NSH Digital and other organisations are considering how to best publish local level data moving forward.

### 5.3 Outpatient appointments

When diagnosed with an eye condition, patients attend a hospital appointment with an ophthalmology specialist. The outpatient appointment data below includes all ophthalmology appointments however only a small proportion of these will involve patients diagnosed with serious sight loss.

There were 124,700 ophthalmology outpatient appointments in the Essex Area Team in 2019/20 (20).

### 5.4 Inpatient procedures

Some eye conditions, such as cataract, require a patient to have a surgical procedure.

There were 9,935 ophthalmology inpatient procedures (also known as finished consultant episodes) in the Essex Area Team in in 2019/20 (21).

## 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 Essex. 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.

In the Essex Area Team, 1 NHS Trusts had access to an Eye Clinic Liaison Officer out of a total of 4 Trusts (based on the busiest 150 trusts in England by ophthalmic appointments) (22).

##### Table: Availability of ECLO support by NHS Trust

|  |  |  |
| --- | --- | --- |
| Essex Area Team | Ophthalmic outpatient appointments 2019/20 | RNIB-trained ECLOs (Jan 2021) |
| Bmi Southend Private Hospital | 6,395 | No |
| Mid Essex Hospital Services NHS Trust | 18,335 | Other form of support |
| Southend University Hospital NHS Foundation Trust | 72,170 | Yes |
| The Princess Alexandra Hospital NHS Trust | 27,800 | Other form of support |

### 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 Essex, there were 1,398 blind and partially sighted people claiming either Personal Independence Payment (PIP) or Disabled Living Allowance (DLA) (23).
* In May 2020, there were still 10% of working age DLA claimants waiting to be moved on to PIP (23).

### 6.4 Transport

Blue badges are parking badges for disabled people. Local authorities issue them to individuals and organisations concerned with the care of disabled people. Upon issue, a Blue Badge is valid for a period of three years. People who are registered as blind are automatically entitled to a blue badge if they register for one (i.e. there will be no further assessment of need).

In Essex, 447 blue badges were issued to people with sight loss in 2015/16. 1,351 blue badges were held by people registered blind in 2016, which represents 39% of people who are registered blind (24).

### 6.5 Education

A statement of special educational needs (SEN) is issued to children to set out any additional help required in the education setting. In Essex, there are 366 pupils with a statement of special educational needs (SEN) or education, health and care (EHC) plans with vision impairment as their primary support need (25). Of these pupils:

* 195 are in primary school
* 154 are in secondary school
* 17 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.
* The 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 Essex, the direct cost of sight loss is estimated to be £72,600,000 each year (26).

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 Essex, the indirect cost of sight loss is estimated to be £137,000,000 each year (26). 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 £481,000,000 (26). 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 Essex, we estimate that (27):

* 71,300 people are living with the early stages of AMD;
* 5,480 are living with late stage dry AMD;
* 11,200 are living with late stage wet AMD.
* 15,900 combined late stage AMD.

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 31% in the number of people living with late stage AMD in Essex (27).

### 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 Essex, we estimate that 17,700 people are living with cataract (27).

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 30% in the number of people living with cataract in Essex (27).

### 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 Essex, we estimate that 31,800 people are living with ocular hypertension. A further 17,200 people are living with glaucoma (27).

#### Future projection

Between 2021 and 2030 there is estimated to be an increase of 22% in the number of people living with glaucoma in Essex (27).

### 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 Essex, we estimate that:

* 101,000 adults have diagnosed diabetes (28).
* 29,900 people are living with diabetic retinopathy (29).
* Of these, 2,760 have severe diabetic retinopathy, a later stage of the disease that is likely to result in significant and potentially certifiable sight loss (29).

#### 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 Essex (29).

### 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 Essex, from 2021 to 2030

|  |  |  |  |
| --- | --- | --- | --- |
|  | 2021 | 2025 | 2030 |
| Early stage AMD | 71,300 | 78,400 | 86,200 |
| Late stage dry AMD | 5,480 | 6,210 | 7,150 |
| Late stage wet AMD | 11,200 | 12,800 | 14,900 |
| Total late state AMD | 15,900 | 18,000 | 20,900 |
| Cataract | 17,700 | 19,900 | 23,000 |
| Ocular hypertension | 31,800 | 33,200 | 34,700 |
| Glaucoma | 17,200 | 18,800 | 20,900 |
| Diabetes | 101,000 | 106,000 | 112,000 |
| Diabetic retinopathy | 29,900 | 30,800 | 31,900 |
| Severe retinopathy | 2,760 | 2,830 | 2,940 |

### 8.6 Districts

These estimates are based on age and gender of each district. Higher proportions of BAME communities, the number of people in low income households and access to healthcare services could all potentially impact on the prevalence of sight loss in the local area. These estimates do not take these factors into account.

##### Table: Estimated number and proportion of people living with sight loss by district

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| District | Total late stage AMD | Cataract | Glaucoma | Diabetic retinopathy |
| Basildon | 1,670 | 1,850 | 1,870 | 3,680 |
| Braintree | 1,570 | 1,770 | 1,740 | 3,030 |
| Brentwood | 850 | 940 | 890 | 1,520 |
| Castle Point | 1,160 | 1,300 | 1,210 | 1,830 |
| Chelmsford | 1,800 | 2,010 | 1,960 | 3,600 |
| Colchester | 1,700 | 1,910 | 1,910 | 3,920 |
| Epping Forest | 1,380 | 1,530 | 1,490 | 2,640 |
| Harlow | 710 | 780 | 810 | 1,690 |
| Maldon | 830 | 930 | 890 | 1,340 |
| Rochford | 1,040 | 1,170 | 1,100 | 1,790 |
| Tendring | 2,220 | 2,500 | 2,270 | 3,050 |
| Uttlesford | 950 | 1,050 | 1,040 | 1,830 |

## 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 Essex, 8,200 people have a long-standing health condition after experiencing a stroke (30).

### 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 Essex, we estimate that 2,280 people are living with dementia (31). Within this group, we estimate that 380 people have dementia and significant sight loss (32).

### 9.3 Learning disabilities

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

In Essex, we estimate that 1,870 adults have a learning disability and partial sight. A further 530 adults have a learning disability and blindness (33).

The 2019/20 register of blind and partially sighted people also records learning disability, though this isn’t consistent across local authorities. In Essex:

* 125 are registered blind and partially sighted with a learning disability (36).

### 9.4 Hearing impairment

In Essex, we estimate that 172,000 people have a moderate or severe hearing impairment, and 3,840 people have a profound hearing impairment (34).

### 9.5 Dual sensory loss

An estimated 10,300 people are living with some degree of dual sensory loss in Essex (35). Of these people, it is estimated that 4,040 are living with severe dual sensory loss (35).

The 2019/20 register of blind and partially sighted people also records hearing impairment, though this isn’t consistent across local authorities. In Essex: (36)

* 70 are registered with a vision impairment and deaf with speech.
* 15 are registered with a vision impairment and deaf without speech.
* 295 are registered with a vision impairment and hard of hearing.

This totals:

* 380 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 Essex, it is estimated that:

* 6,770 people with sight loss aged over 65 experience a fall per year (37).
* Of these falls, 3,200 are directly attributable to sight loss (37).
* 540 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) (37).
* Of these severe falls, 260 are directly attributable to sight loss (37).

### 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 (36). In Essex:

* 1,085 are registered with a vision impairment and have physical disabilities.
* 30 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.

1. ONS (2020) Population estimates for the UK, England and Wales, Scotland and Northern Ireland: mid-2020

2. Official subnational population projections, 2018-based, and benchmarking tool.

3. 2011 Census ethnicity data and benchmarking tool.

4. MHCLG (2020) English Indices of Deprivation 2019, Ministry of Housing, Communities & Local Government; and DWP (2020) Children in Low Income Families - local area statistics, Great Britain.

5. 2011 Census data for ‘general health’.

6. Office for National Statistics (2019) Life expectancy estimates, by Local Areas.

7. 2011 Census data for ‘Long-term health problem or disability’.

8. Public Health England (2020), Public Health Outcomes Framework, ‘Smoking Prevalence England', 2019.

9. Public Health England (2020), Public Health Outcomes Framework, ‘Percentage of adults (aged 18+) classified as overweight or obese’, 2019.

10. NOMIS (2021), Model-based estimates of unemployment. Sept 2020. NOMIS.

11. Public Health England (2020) Public Health Outcomes Framework, 1.08i - Gap in the employment rate between those with a long-term health condition and the overall employment rate 2019/20.

12. Pezzullo et al (2017). The economic impact of sight loss and blindness in the UK adult population. RNIB and Deloitte Access Economics. Prevalences applied to subnational population projections.

13. Keil (2013), Key statistics on number of blind and partially sighted children and young people in England. RNIB ; Morris and Smith (2008), Educational provision for blind and partially sighted children and young people in Britain: 2007. Prevalences applied to subnational population projections.

14. Public Health England (2021), Public Health Outcomes Framework Data Tool; indicators on avoidable sight loss.

15. Public Health England (2021), Public Health Outcomes Framework Data Tool; indicators on avoidable sight loss trend data 2015/16.

16. NHS Digital (2021) Registered Blind and Partially Sighted People - England, Year ending 31 March 2020.

17. NHS Digital (2021) Registered Blind and Partially Sighted People - England, Year ending 31 March 2020 ; and benchmarking tool.

18. NHS Digital (2021) Registered Blind and Partially Sighted People - England, Year ending 31 March 2020; and NHS Digital (2017) Registered Blind and Partially Sighted People - England, Year ending 31 March 2017.

19. NHS Digital (2017), General Ophthalmic Services, Activity Statistics, England, 2016-17.

20. NHS Digital (2020), Outpatients - Provider level analysis 2019-20, Table 8: Hospital provider attendances broken down by main specialty.

21. NHS Digital (2020), Hospital Admitted Patient Care Activity, 2019-20, Provider Level Analysis.

22. RNIB (2021), Mapping of RNIB-qualified sight loss advisors in the UK. Unpublished.

23. Department for Work and Pensions (2021) DLA cases in payment: local authorities by main disabling condition and PIP claims in payment: local authorities by disability (May 2020)

24. Department for Transport Statistics (2016), Blue badge scheme statistics: 2016.

25. Department for Education (2020) Special educational needs in England: January 2020.

26. Pezzullo et al (2017). The economic impact of sight loss and blindness in the UK adult population. RNIB and Deloitte Access Economics. Cost apportioned out to local authorities using population data.

27. NEHEM (2013) National Eye Health Epidemiological Model. Data and models by Public Health Action Support Team, published by Local Optical Committee Support Unit. Prevalences applied to subnational population projections.

28. Diabetes UK (2013) Diabetes in the UK 2013. Diabetes UK. Prevalences applied to subnational population projections.

29. R. Mathur et al (2015), Diabetic eye disease: A UK Incidence and Prevalence Study, London School of Hygiene and Tropical Medicine. RNIB. Prevalences applied to subnational population projections.

30. POPPI (2013), Projecting Older People Population Information System. Institute of Public Care for the Department of Health ; General Household Survey 2007, table 7.14 Chronic sickness: rate per 1000 reporting selected longstanding conditions, by sex and age, Office for National Statistics. Prevalences applied to subnational population projections.

31. POPPI (2013), Projecting Older People Population Information System. Institute of Public Care for the Department of Health. Prevalences applied to subnational population projections.

32. Thomas Pocklington Trust (2007), Dementia and serious sight loss, Occasional paper February 2007, number 11. Prevalences applied to subnational population projections.

33. Emerson and Hatton (2004), Estimating the Current Need/Demand for Supports for People with Learning Disabilities in England. Lancaster: Institute for Health Research, Lancaster University, 2004 ; Emerson and Robertson (2011), The Estimated Prevalence of Visual Impairment among People with Learning Disabilities in the UK. RNIB. Prevalences applied to subnational population projections.

34. POPPI (2013), Projecting Older People Population Information System. Institute of Public Care for the Department of Health ; Davis A (Ed.), Hearing in Adults (1995), Whurr Publishers Limited ; Davis A et al, Health Technology Assessments 11(42):1-294 (October 2007). Health Technology Assessments. Prevalences applied to subnational population projections.

35. Robertson J and Emerson E (2010), Estimating the Number of People with Co?Occurring Vision and Hearing Impairments in the UK. Centre for Disability Research. Prevalences applied to subnational population projections.

36. NHS Digital (2021) Registered Blind and Partially Sighted People - England,additional disability, year ending 31 March 2020.

37. Boyce T, Stone MK, Johnson S and Simkiss P (2013), Projecting numbers of falls related to visual impairment. British Journal of Healthcare Management Vol 19 No 6. ; Scuffham, P. et al, (2003), Incidence and costs of unintentional falls in older people in the United Kingdom, Journal of Epidemiology and Community Health, Vol. 57, No.9, Sept. 2003, pp.740-744. Prevalences applied to subnational population projections.