

## Third Annual American Optometric Association American Eye-Q® Survey Executive Summary Excerpt

The American Optometric Association's (AOA) annual American Eye-Q® survey identifies attitudes and behaviors of Americans regarding eye care. The 2008 survey revealed that many Americans are not paying enough attention to their eyesight and overall eye health. In fact, according to the survey, most Americans – 81 percent of respondents – use some form of vision correction; however, one in four have not visited an eye doctor or eye care specialist within the past two years. The survey also found that many Americans do not know which foods are most beneficial to eye health.

### ➤ Which of the following foods is best for your eye health?

	Total	Male	Female	Caucasians	African Americans	Hispanics	Age 18 – 29	Age 30 – 39	Age 40 – 49	Age 50 - 54	Age 55 & up
<b>Carrots</b>	48%	44%	52%	47%	55%	49%	54%	55%	49%	48%	38%
<b>Broccoli</b>	2%	2%	2%	2%	3%	1%	3%	4%	2%	2%	1%
<b>Spinach</b>	2%	2%	2%	2%	2%	2%	2%	2%	2%	4%	1%
<b>Apples</b>	1%	2%	0%	1%	0%	2%	5%	2%	0%	0%	0%
<b>All equally good</b>	40%	40%	40%	40%	38%	40%	26%	36%	41%	43%	51%
<b>Other</b>	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<b>None of the above</b>	0%	0%	0%	0%	0%	0%	1%	1%	0%	0%	0%
<b>Don't know</b>	6%	9%	4%	7%	2%	5%	10%	2%	6%	3%	8%

Nearly 50% of respondents incorrectly believed that carrots are the best food for eye health. The correct answer is spinach, which was only known by 2% of respondents.

[Read the entire 2008 American Eye-Q® Survey Executive Summary](#)