

Certified Healthy Oklahoma

Creating a Culture of Health Together

Health Services



Children with uncorrected vision conditions or eye health problems face many barriers in life ... academically ... socially ... and athletically. High-quality eye care can break down these barriers and help enable you to reach your highest potential.

Vision doesn't just happen. A child's brain learns how to use eyes to see, just like it learns how to use legs to walk or a mouth to form words. The longer a vision

problem goes undiagnosed and untreated, the more your brain learns to accommodate the vision problem.

That's why a comprehensive eye examination is so important for children. Early detection and treatment provide the very best opportunity to correct vision problems, so you can learn to see clearly. Make sure you have the best possible tools to learn successfully.

School vision screenings are not equal to eye exams. Even if you passed your school screening; you still need to have a comprehensive eye exam with a doctor every year.

80% of learning is visual, yet one in four students has vision problems.

Vision Screening Questionnaire

1. When was the last time you had an eye exam at an eye doctor's office (optometrist or ophthalmologist)?

- A) Less than a year
- B) 1-2 years
- C) more than two years
- D) can't remember
- E) never

2. Did the doctor recommend wearing glasses or contact lenses?

Yes or No

3. If you have glasses and/or contact lenses, how often do you wear them?

- A) Every day
- B) only at school
- C) occasionally
- D) never

4. If you should wear glasses but you don't, it's because:

- A) You don't like wearing them
- B) they are lost/broken
- C) you don't think they help
- D) they are too expensive

5. How often do you think a student should have an exam with an eye doctor?

- A) Every year
- B) every two years
- C) only when having vision problems
- D) not necessary

Look for lesson 4 on February 5th



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