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Eyeglasses Can Improve Quality of Life for High School Kids with Vision Problems. Demonstration from Kakamega County, Kenya

Kakamega County, Kenya - A groundbreaking study has revealed that providing glasses to students with untreated vision problems dramatically improved their everyday lives. A team of researchers from Kenya and South Africa have shown the transformative power of corrective eyewear on quality of life for school-age children.

The study, carried out on randomly selected high school students in Kakamega County, Kenya underscored the challenges faced by children with uncorrected vision issues. Such obstacles significantly impacted the quality of life for the young students. Fortunately, this study provided a glimmer of hope.

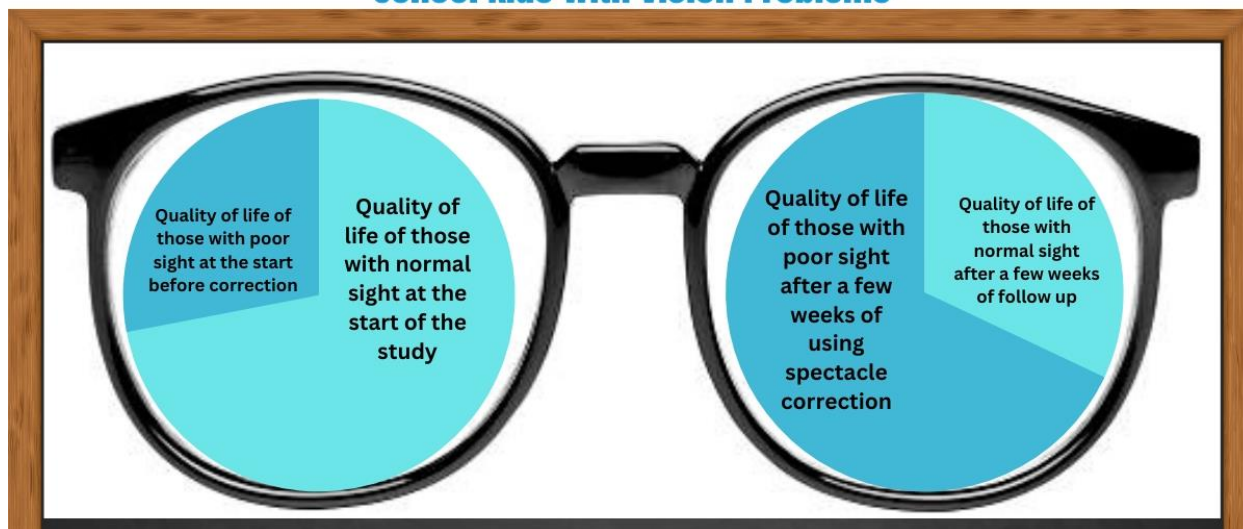
When these students were provided with corrective glasses, they experienced remarkable improvements in their day-to-day lives. The simple act of providing eyeglasses led to better quality of life scores when compared to students with normal vision.

According to Dr Okenwa-Vincent, lead author of this study, "Our research underlines the urgent need to address vision problems among children." Dr Okenwa-Vincent further said, "Providing glasses to kids in need is not just about improving vision, it's also about significantly enhancing their quality of life. We hope our findings can spur public health strategies and intervention programs in schools to ensure that children who need glasses can get them."

This research underscores the importance of early detection and correction of vision issues in school-aged children.

Okenwa-Vincent, added, "It demonstrates the positive difference we can make in young lives by advocating for the importance of corrective eyewear, especially in middle income countries. Kenya is a middle-income country that plans to be a newly industrialized nation by 2030. Youth are our most important natural resource." concluded the lead researcher.

Pictorial Demonstration of How Eyeglasses Can Improve Quality of Life for High School Kids with Vision Problems



About this study

"Utility for Uncorrected Refractive Errors in School-going Adolescents of Kakamega County, Kenya" by Emmanuel E. Okenwa-Vincent et al., was published on August 15th, 2023, in *Optometry and Vision Science* (<https://doi.org/10.1097/OPX.0000000000002054>). The authors gratefully acknowledge the support for this study that were received as part of a PhD study from the Brien Holden Vision Institute and the African Vision Research Institute. The authors have no conflicts of interests to declare.

About Kaimosi Friends University (KAFU)

Kaimosi Friends University (KAFU) is a center of excellence established in 2015 to make meaningful contributions to society through teaching, research, innovation, and holistic development. Located in a lush tropical rainforest environment, KAFU offers a serene atmosphere for learning, research, and personal growth. The university offers a range of programs across various disciplines, including Science, Business and Economics, Computing and Information Technology, Education and Social Sciences, and Health Sciences.

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