

Association Between Smoking and Vision Disability Among Elderly In Malaysia

Evi Diana Omar, Nabilah Hanis Zainuddin, Nor Hazimah Yeop, Kee Chee Cheong, Mohd Azahadi Omar

Sector for Biostatistics and Data Repository, Office of NIH Manager, National Institutes of Health, Ministry of Health Malaysia

ABSTRACT:

Introduction Smoking has long been recognized to increase the risk of developing preventable diseases such as heart disease and lung cancer, but many people are unaware that it can also impact vision. This study assessed the association between smoking and vision disabilities among elderly.

Methodology Analyses were based on data from the National Health Morbidity Survey 2018 of pre-elderly and elderly aged 50 years and above. The Washington Group Extended Question Set on Functioning (WG ES-F) was used to determine the vision disabilities. It is a self-rated evaluation that emphasizes functional constraints rather than impairments. Smoking status was classified into 3 groups; nonsmoker, former smoker and current smoker. Overall prevalence of smoking status and vision disabilities was first determined. The association between smoking status and vision disabilities was accessed using Rao-Scott adjusted chi square analysis with 95% confidence intervals. The analysis was then proceeded with multivariable logistic regression with adjustment for other possible confounding factors. All the analyses utilized a complex sample design.

Results The overall prevalence of vision disabilities among elderly in Malaysia was 3.2% (n=275; 95% CI: 2.5%, 4.0%). Former smoker and smoker has higher prevalence of vision disabilities than nonsmoker (5.5% vs 3.6% vs 2.8%). The odds ratios of vision disabilities for former smoker and smoker compared to nonsmoker were 2.92 (95% CI=1.54,5.54, p=0.001) and 1.88 (95% CI=0.83,4.25, p=0.130), respectively.

Conclusion There is an association between smoking and vision disabilities in older Malaysians, and former smokers were more likely to experience these conditions. Health care professionals should strongly promote awareness of vision disabilities related to smoking.

KEYWORDS: Vision Disability, Smoking, Elderly, NHMS 2018