



**BEST EYE
HEALTH
HABITS**
#7

GO OUT AND PLAY

**Spending two hours or
more a day outdoors
could help prevent
your child becoming
short-sighted.**



Lim LT et al. Impact of parental history of myopia on the development of myopia in mainland China school-aged children and Rose KA et al. Outdoor activity reduces the prevalence of myopia in children.

**for more information visit
www.visionmatters.org.uk**



**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
YOUR VISION MATTERS

TIME OUTDOORS & YOUR EYE HEALTH

Did you know that spending time outdoors can give your eyes a boost and actually reduce your risk of myopia (short-sightedness)?

It's predicted that half the people on the planet will be short-sighted by 2050, with levels having doubled since the 1960s.

The number of people suffering high levels of myopia (minus six or more) is also on the increase.

Not only is this a concern because high myopia is linked to sight-threatening conditions, such as myopic macular degeneration, but it seems there are many factors linked to our modern living that could be a factor in why rates are rising so significantly.

One of these is related to our indoor lifestyles; with experts calculating that two hours a day in the outdoors can actually mitigate the myopia risk associated with intensive 'near work' such as reading,

sewing, using a computer or playing hand-held console games for example.

Increasing the time children spend outdoors is a protective factor for myopia onset and this is thought (at least in part) to be because it increases the intensity of light the eye is exposed to.

A recent review combining the results of 25 studies found that children who spent about an extra 1½ hours per day outdoors reduced their risk of developing myopia by half.

The total time spent outdoors seems to be the crucial factor, the nature of the outdoor activity does not seem to be important.

So make time to get outdoors every day and don't forget to slip on a pair of sunglasses if the UV levels reach three or more.

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Other habits in our Ten Best Eye Health Habits series include: eating a healthy balanced diet, being active, protecting your eyes from the sun's damaging UV rays and watching your weight.