Logo

Description automatically generated with low confidence­­

info@myopiafocus.org

0118 350 0800

www.myopiafocus.org

The Blade, Abbey Square,

Reading, RG1 3BE

Please note.

*Thank you for downloading our article. Please feel free to add comments or make amendments to suit your needs before publishing it on your relevant platforms. However, as Myopia Focus is a non-profit organisation, we kindly request that you include a direct link to Myopia Focus within the article. This helps us spread awareness and ensure easy access to our resources. We appreciate your support and collaboration in promoting our mission.*

The Influence of the Environment on Myopia Development

In recent years, our understanding of the potential impact of environmental factors on health has grown significantly. Among the organs vulnerable to atmospheric and environmental insults, the eyes have been identified as particularly susceptible, as highlighted in a 2019 paper. This vulnerability can be attributed to various factors such as pollutants, chemicals, humidity, and UV radiation [[1](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3489360)].

Notably, our eyes are not immune to the influence of lifestyle and environmental factors, as evident in the development of myopia, particularly in children. Several studies have shed light on how screen time and outdoor activities can affect myopia progression in young individuals. Adding to the ongoing debate, a Chinese study focusing on children aged six to eighteen years old discovered a correlation between living in urban areas and a higher likelihood of myopia development, as opposed to those living in rural regions [[2](https://www.frontiersin.org/articles/10.3389/fpubh.2022.917781/full)]. However, interestingly, the reverse was found to be true for hyperopia or long-sightedness, with no significant difference between urban and rural children regarding astigmatism.

The study further revealed that the likelihood of myopia development in children varied based on their living environment, suggesting that different risk factors come into play for urban and rural settings. This finding opens up new possibilities for targeted myopia prevention strategies that take into account the child's immediate environment and lifestyle.

Indeed, children's lifestyles can differ significantly depending on their place of residence. For instance, children growing up in inner city areas may have limited opportunities to engage in outdoor activities or sports, leading to reduced time spent outdoors. This sedentary lifestyle in urban settings might contribute to the higher prevalence of myopia observed in children from such environments.

In conclusion, the impact of environmental factors on eye health and myopia development in children is an essential area of study. Understanding how various elements of our surroundings can affect eye health can aid in devising effective preventive measures. The findings from the Chinese study provide valuable insights, suggesting that tailored strategies considering the child's immediate environment and likely risk factors may be the key to combating myopia effectively. By addressing these concerns and promoting healthy lifestyles, we can safeguard the eye health of our younger generation.

**[Name of Business] is proud to support Myopia Focus**

Independent information on myopia and myopia management can be found on [myopiafocus.org](https://www.myopiafocus.org/what-is-childhood-myopia).

Please also consider signing this [change.org petition](https://chng.it/Ft25M75fpD) to get the NHS to recognise myopia as an ocular disease and improve funding for myopia management for children.

**Images:**

Please feel free to use the below image:

A person and person flying a kite on a beach

Description automatically generated