

To reduce the risk of myopia, let your children play outside for at least 1 hour a day

Children who are educated early, and who are in a competitive educational environment, are at risk of developing myopia early and progressing as a child.

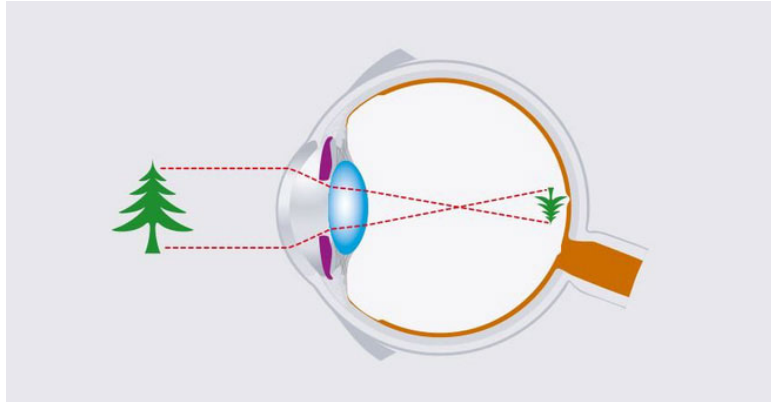
In 2010, 28% of the world's population was nearsighted. That number will increase to 40% by 2030, according to a new World Health Organization report. Most affected are East Asia, Southeast Asia and North America.

According to the researchers, responsible for this rate of visual impairment is the urban lifestyle surrounded by electronics.



WHO Report: By 2030, 40% of humanity will be nearsighted.

Myopia often occurs and develops in young children when the eyes are in the developmental stage. By adulthood, myopia will stop developing. However, if your vision declines too quickly, you may have severe nearsightedness before it stops growing. Even when nearsightedness stops growing, you are at a higher risk for other eye conditions such as cataracts, macular degeneration, glaucoma, and retinal detachment. These diseases can cause permanent blindness.



The gap between the cornea and the retina is widened, or the cornea with too much curvature will cause nearsightedness.

Genetics may be part of the reason for myopia. And environmental factors also contribute significantly to these eye problems, especially when you are young.

Studies have shown that children who spend a lot of time in activities that require vision, such as playing computer games, using computers, reading books, doing homework . are likely to be nearsighted. high. Because the child's eyes will naturally adapt physically to help look closer and bypass vision skills.



According to Ian Morgan, a professor of biomedical and biochemical sciences at the Australian National University, children who receive early education, and who are in a competitive educational environment, are at risk of early myopia and progression when young.

It is not that the distance from the TV or iPad to the eye is the main problem, it is important that the child's eyes need to rest.

Vision of children living in cities tends to be lower than that of children in rural areas. This may mean younger children in the city are less likely to go out and the natural light in apartments is less due to tall buildings blocking the Sun.



According to research, to limit nearsighted children need to be outdoors at least one hour a day. The ideal time is noon because the sun can increase the level of nerve dopamine in the brain, which inhibits the development of the eye.

In areas with the fastest increase in myopia in the world, parents are encouraged to increase their time outdoors after long hours of eye contact.

According to a study, nearsightedness is the cause of the world's labor productivity decreased by 244 billion USD annually. In the next decade, this number will rise sharply.

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