

MYOPIA + YOUR EYES



Myopia

Myopia (nearsightedness) is when objects farther in distance appear blurry, but objects up close are clear.

Myopia + Screen Time

- On average, children ages 8-18 spend **7.5 hours** a day in front of a screen. ⁽¹⁾
- **1 in 4** families have a child with myopia. ⁽²⁾ 
- Screen time and digital device use play a role in the development of myopia in children. ⁽³⁾
- Nearly **1 in 3** Americans don't know of any preventive methods to protect their vision from excessive screen time. ⁽⁴⁾ 

What Can You Do To Prevent Myopia?

- **Get outside!** When outside, wear UV-A and UV-B-protected sunglasses and a large-brimmed hat. This is sunscreen for your eyes!
- **20-20-20 Rule:**
Every 20 Minutes  Look 20 Feet Away  For 20 Seconds 
- **Limit time on electronic devices.** Children ages 2+ should only have an hour of screen time a day. Children younger than 2 should not have any screen time. ⁽⁵⁾

(1) Centers for Disease Control and Prevention. 2018.
(2) American Optometric Association. 2019.
(3) National Center for Children's Vision and Eye Health. 2020.
(4) American Optometric Association American Eye-Q Survey. 2018
(5) American Academy of Pediatrics. 2016.

Our vision is for each Wisconsin resident to have healthy vision at every stage of life.