



BEYOND THE BLUR

Nyppia

Vision 4 Equity
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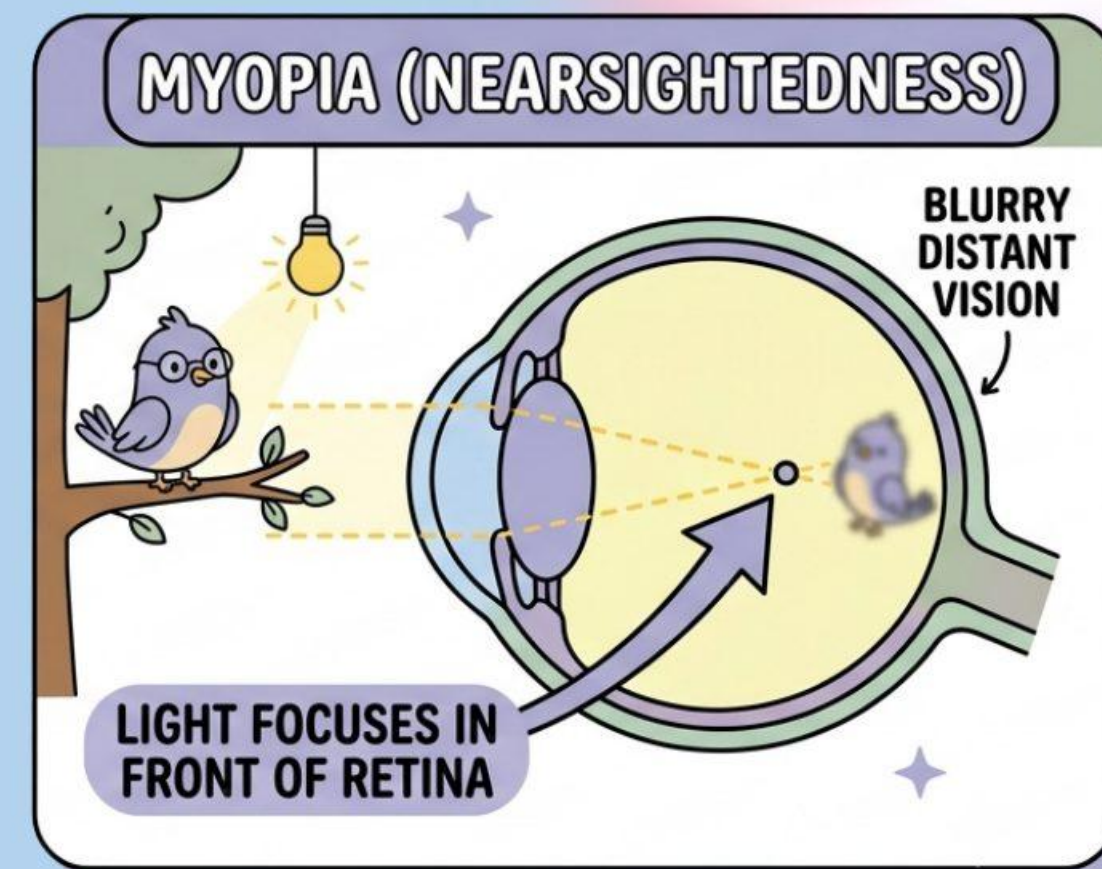
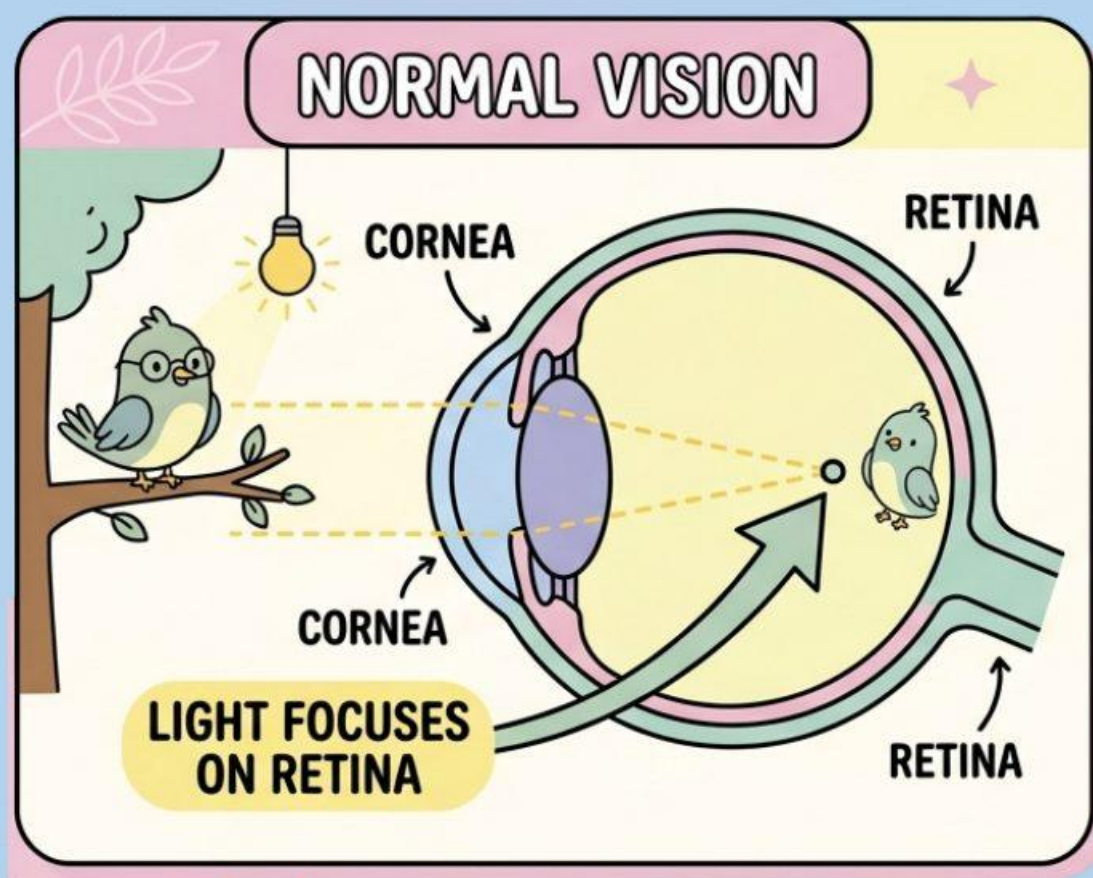
CAN YOU READ THIS?



Imagine trying to learn when every lesson looks like this.

WHAT'S MYOPIA?

Myopia, or nearsightedness, is a common vision condition in which nearby objects appear clear, but distant objects appear blurry. It happens when light focuses in front of the retina instead of directly on it.



RISK FACTORS

Myopia develops through a combination of genetics and everyday habits.



Long periods of close-up screen use may increase the risk of developing or worsening myopia.



If one or both parents have myopia, you're more likely to develop it too.



Reading, writing, and studying for extended periods without breaks can contribute to eye strain and myopia progression.

WHY DOES MYOPIA MATTER?

Myopia is more than needing glasses. It can affect learning, daily life, and long-term eye health.



Clear distance vision helps with coordination and reaction time.



Seeing the board clearly is essential for learning.



Blurry distance vision can make road signs and hazards harder to see.



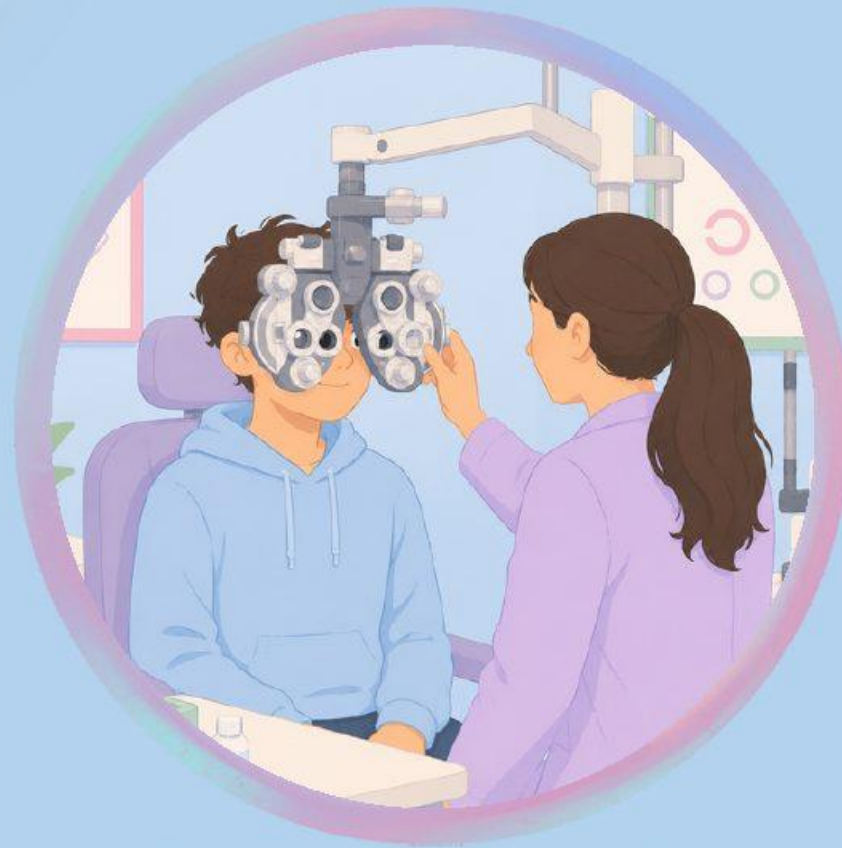
Severe myopia increases the risk of future eye diseases.

PROTECT YOUR VISION

Healthy habits today can help protect your vision for the future.



Aim for about 2 hours
outside each day



Regular exams can detect
vision changes early.



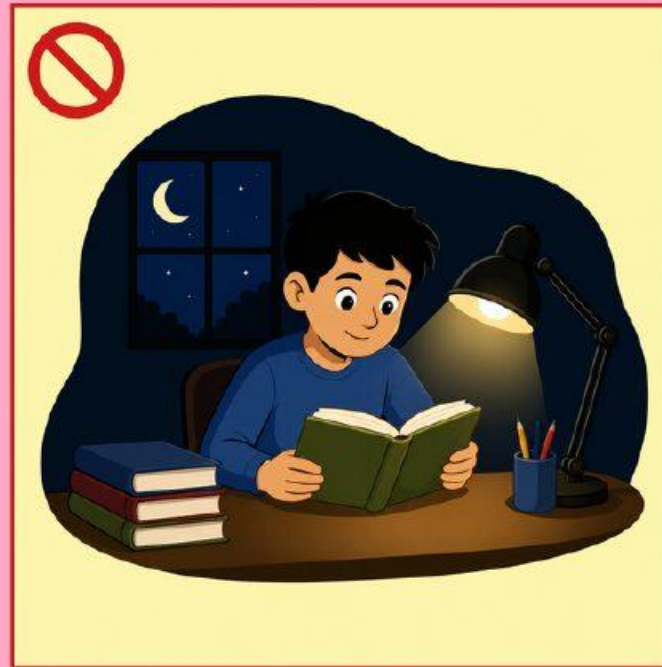
Hold screens 16–24 inches
away from eyes.



Every 20 minutes, look 20
feet away for 20 seconds.

MYTH VS FACT

Knowing the facts
is the first step
toward protecting
your vision.



Reading in dim light causes Myopia



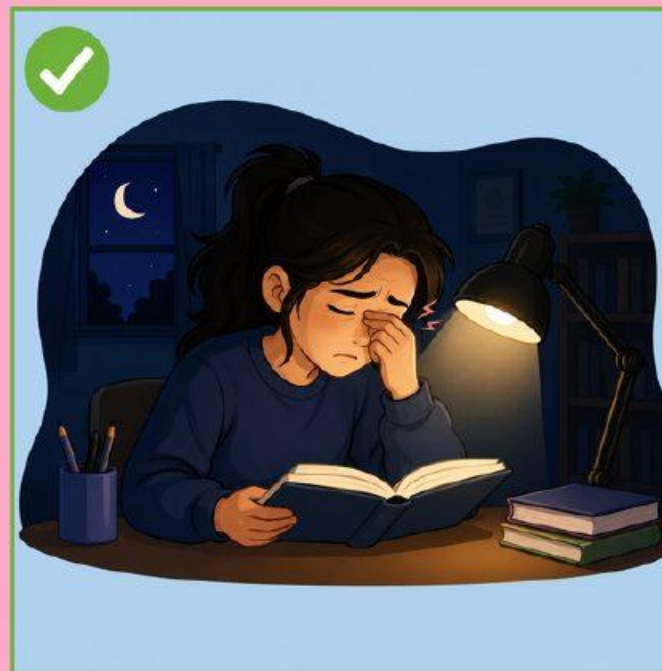
Only older adults wear glasses



Screen time is the only cause of Myopia



Glasses make your eyesight worse



Dim lighting may cause eye strain,
but it doesn't cause myopia



Myopia often begins during
childhood or the teenage years.



Genetics, outdoor time, and daily
habits all influence myopia.



Glasses help you see clearly, they
don't weaken your eyes.

THANK *You*

What caught your eye?

