

# Sight Words

Information on Student Vision Health

## Realeyes



## Playing Outside is Good for Eyes: OSU Research Subject Article

Realeyes has been educating students in Ohio about the importance of taking care of their eyes since 2000. Recently Dr. Don Mutti at The Ohio State University College of Optometry (who also is a Realeyes volunteer) was quoted in an article in *The Washington Post*. Excerpts from the article are below: (*"Go Play Outside, Kids: Natural light reduces risk of nearsightedness in children, scientists say."* by Amy Ellis Nutt, 11-28-14)

"It's been thought that kids are more at risk of nearsightedness, or myopia, if they spend hours and hours in front of computer screens or using tiny hand-held electronic devices. Not true, say scientists. Now there is research that suggests



*The Realeyes Program is offered at no cost to Ohio schools. See the reverse for information and fill out the enclosed request form to schedule presentations.*

children who are genetically predisposed to the visual deficit can improve their chances of avoiding eyeglasses just by stepping outside."

"What is known is that UVB light plays a role in the cellular production of vitamin D, which is believed to help the eyes focus light on the retina."

"Between the ages of five and nine, a child's eye is still growing," said Dr. Mutti. "Sometimes this growth causes the distance between the lens and the retina to lengthen, leading to nearsightedness. We think these different types of outdoor light may help preserve the proper shape and length of the eye during that growth period."

"Our initial research suggests that the pupil responds more if these cells have been exposed to a lot of sunlight in the previous few days," Dr. Mutti said. "I think the research we are doing now will help us finally solve the mystery of outdoor effect, and maybe help some people avoid a lifetime of wearing glasses," he said.

Dr. Mutti told Realeyes that in addition to encouraging children to spend time outdoors, it is still just as important to remind them to wear UV protectant sunglasses.



OHIO OPTOMETRIC ASSOCIATION

800-874-9111 • [www.ooa.org](http://www.ooa.org) • [sos@ooa.org](mailto:sos@ooa.org)

Funded by a grant awarded by the Ohio Department of Health, Bureau of Child and Family Health Services, Save Our Sight Program.

# Realeyes Classroom Presentations

The Realeyes Classroom Initiative is a standardized program about the importance of vision health and eye safety that is presented in classrooms by Ohio optometrists in their communities. Now in its 15<sup>th</sup> year, Realeyes has been presented to over 750,000 students in Ohio. Realeyes is offered at no charge to preschool through eighth grade classrooms and is funded by a grant from the Ohio Department of Health's Save Our Sight Fund. For information or to schedule a presentation, contact the Ohio Optometric Association at 800.874.9111, or email [sos@ooa.org](mailto:sos@ooa.org).



## Realeyes Request Form



School: \_\_\_\_\_

School Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_ County: \_\_\_\_\_

School District: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Contact: \_\_\_\_\_ Position: \_\_\_\_\_

Email: \_\_\_\_\_

### Sammy Safe-Eyes (30 minutes)

**Pre-K** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**K** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

### The Case of Vinny Vision (45 minutes)

**3<sup>rd</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**4<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**5<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

### The Adventures of Rhet & Tina (45 minutes)

**1<sup>st</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**2<sup>nd</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

### What's Your EYE-Q? (45 minutes)

**6<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**7<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**8<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

When does the school day begin? \_\_\_\_\_ When does the school day end? \_\_\_\_\_

Which months or time of year is best? \_\_\_\_\_

What time of day is best? \_\_\_\_\_ Which days of the week are best? \_\_\_\_\_