

## Supplementary file to

“The impact of the pandemic highlights the urgent need for myopia guidelines:  
The clinicians’ role”

### Annex

#### Examples of national and supranational programs for myopia prevention

Due to the rising incidence of myopia in **Singapore**, a multi-agency National Committee on Myopia was founded in the late 1990s to formulate strategies for preventing and controlling myopia, as well as to centralize coordinate myopia research in Singapore. They claimed that rising public concern was a critical factor in shaping political interest.<sup>A1</sup>

In **China**, a comprehensive myopia prevention plan was launched by China’s President and released by the central government’s State Council in 2018.<sup>A2</sup> The key roles are taken by Ministry of Education and the National Health Commission. The main features are as follows: a) in schools, increase time spent outdoors during the classroom day to 1-2 hours daily, b) no written homework in the first two years of school and limitation to 60 minutes for grades 3 to 6 and to 90 minutes for higher grades, c) enhancement of national infrastructure to deliver high-quality refractive services.<sup>A3</sup> In 2021, the Ministry of Education initiated a five-year campaign to prevent and reduce myopia among younger generations, and a work plan was developed in partnership with 14 national agencies.

**International Myopia Institute (IMI)** has released white papers on myopia and the prevention of myopia blindness, summarizing all aspects of myopia prevention and mitigation.<sup>A4,A5</sup> The major goals of the IMI are to improve myopia research, patient treatment, and education in order to prevent future vision impairment and blindness caused by rising myopia. IMI intends to do this by bringing together scientists, clinicians, policymakers, government officials, and educators who work in the subject of myopia to foster collaboration and knowledge sharing.<sup>A6</sup>

The **American Academy of Ophthalmology (AAO)** created the Task Force on Myopia in 2019.<sup>A7</sup>

The **European Society of Ophthalmology (SOE)** released an update and guidance on myopia management.<sup>A8</sup>

Due to recent significant developments in the field of myopia research and a significant surge in submissions in this subject, **Ophthalmic Research** has introduced a topic specific section on myopia in the journal.<sup>A9</sup>

The **Multidisciplinary Myopia Action Group (NZMAG)** was formed in **New Zealand**.<sup>A10</sup> The group's primary goals are: a) supporting research to assess New Zealand's risk of the social and economic burden of myopia; b) increasing public and health professional awareness and education about myopia and its risks; c) ensuring easy and affordable access to low-dose atropine drops; d) investigating the feasibility of establishing myopia clinics, e) establishing a minimum standard of care for childhood myopia management; f) promoting outdoor activities at school and at home; g) evaluating the benefits and drawbacks of an early identification myopia school programme; and h) staying up to date on global myopia developments so that they can be quickly translated to the New Zealand scene.<sup>A10</sup>

**Foundation for Ophthalmology Development in Poland** has organized education campaigns for the citizens of Poznan city and Wielkopolska region (3.6 mln of inhabitants), including "Short-sightedness - education of the inhabitants of the Poznań powiat" (2019); "Let's go outside!" (2019); "Myopia epidemic in children. What does a parent need to know?" (2021) – parents of children attending to all local city schools and kindergartens received once per month by their school internet account the information about myopia. It was supported by films in internet and articles on a special website.<sup>A11</sup> National educational campaign in Poland "Myopia - developing knowledge about myopia" was prepared also by the Foundation in collaboration with Polish Ministry of Education and Science (2022-2023).

### References for Annex

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