

# Risk Factors for Eye Health in Roatán, Honduras



Roatán, Honduras

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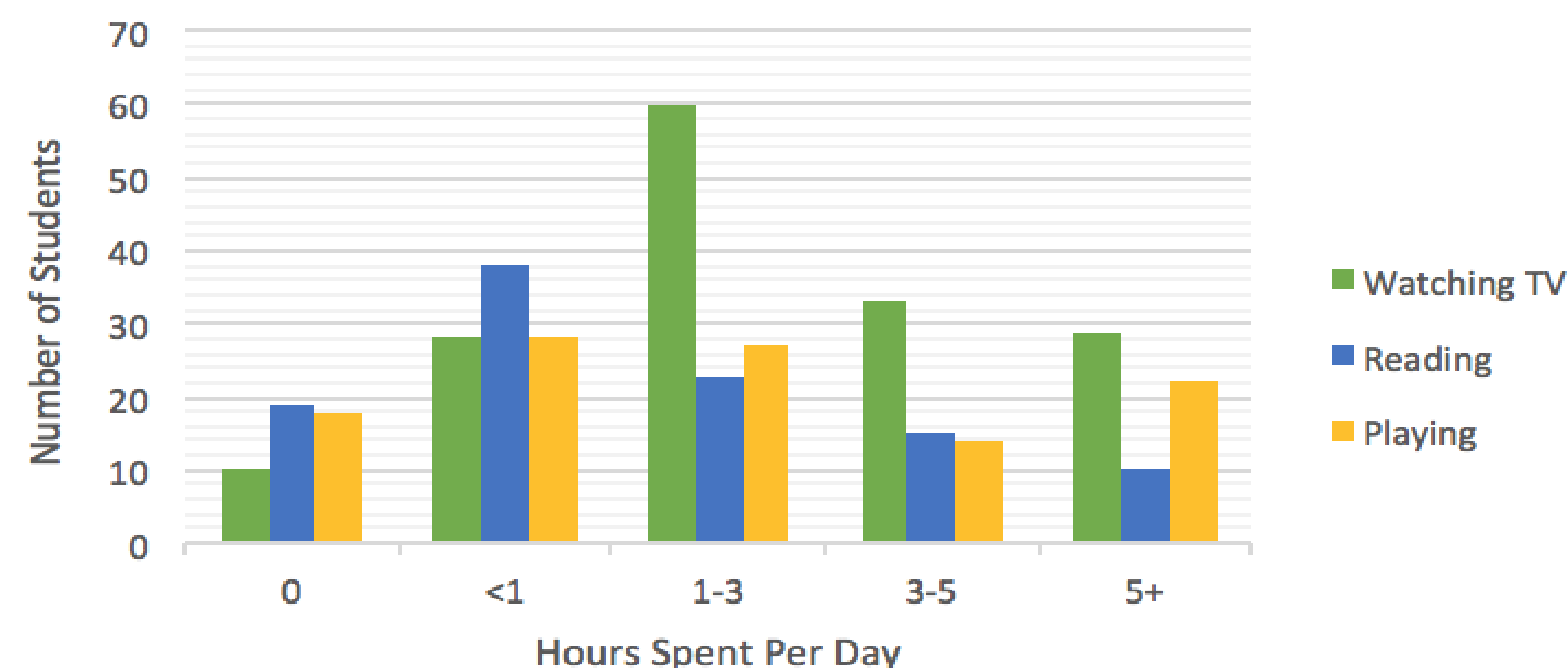
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**Project Summary:** Approximately 2,700 public and private school students aged 7-18 from Roatán, Honduras were screened for myopia with Snellen eye charts and surveyed about related risk factors. Additionally, approximately 100 adult clinic patients aged  $\geq 30$  were screened for glaucoma through measurement of intraocular pressure (IOP) with a tonometer and surveyed about related risk factors. Students with  $\geq 20/40$  visual acuity and adults with  $\geq 22$  mmHg IOP were referred to a clinic ophthalmologist.

## PROJECT OBJECTIVES

- Perform vision screenings and provide glasses for children in local public and private schools
- Perform glaucoma screenings for adult patients in Clínica Esperanza
- Assess risk factors for myopia and glaucoma in Roatán community

Risk Factors for Students With  $\geq 20/40$  Visual Acuity



Myopia risk-related activities among students with  $\geq 20/40$  visual acuity

## METHODOLOGY

- Performed Snellen eye chart screenings, administered surveys, and measured height and weight at 20 local public and private schools for ~2,700 students aged 7-18 in grades 3-12
- Survey questions addressed demographics, family eye history, and risk factors including daily hours spent reading, watching TV, and playing outdoors in sunlight
- Performed IOP screenings with Reichert Tono-Pen XL and administered surveys for ~100 adult clinic patients aged 30+
- Survey questions addressed demographics, family eye history, and risk factors including age (60+) and diabetic status

## CONCLUSIONS

- Students with  $\geq 20/40$  visual acuity tend to spend more time watching TV or a computer screen and less time reading books or doing homework
- Further research may investigate differences in myopia risk-related activities between public and private school students



Our research team with students at a public school in Coxen Hole

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