

《中国近视率全球最高：小学生近视率超40%引担忧！》

导读:据世卫组织一项报告称，中国近视率全球第一，其中高中生和大学生群体近视率达到了70%，而小学生近视率也接近40%。



Feifei, an 11-year-old boy from Xuzhou, Jiangsu Province, suffered from a sudden acute eye disease which has almost led to blindness. The whole ailment was caused by excessive eye fatigue during the winter vacation, during which he played computer games for a continuous 10 days and nights.

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Many youngsters in China nowadays are increasingly indulged in computer games and other electronic products, and are unable to extricate themselves. This is followed by a series of health problems, with the most typical case being myopia, or nearsightedness.

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According to the latest research report released by the World Health Organization (WHO), the nearsightedness rate among Chinese juveniles ranks first in the world - 70 percent of high school and college students. The rate is nearly 40 percent in primary school students, while it is only 10 percent for their peers in the United States.

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The WHO research report says that the number of nearsighted people in China has reached 600 million, nearly approaching half of the country's total population.

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Experts attribute the soaring nearsightedness rate in China to the unhealthy lifestyles and learning styles which parents impose on their children.

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On the one hand, to achieve high scores in exams, children spend too much time indoors studying and have not enough time outside in the sunlight. On the other hand, a growing number of high-tech products, such as smart phones and tablet PCs, make children focus their eyes and attention on fluorescent screens for long periods of time, resulting in excessive eye fatigue.

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Experts suggest that youngsters maintain a proper balance between study and rest so as to protect their eyesight, and parents should play a correspondingly active role in the process.

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