

Supplementary table 1: Odds ratio of myopia, controlling for age group, for socio-demographic and lifestyle risk factors in the Ireland Eye Study

Risk Factor (response rate %)	Myopic n/total N	(%)	Odds Ratio (95% CI)	P value
Demographics				
Age group (100%)				
6-7 years	27/728	(3.7)	Ref	
12-13 years	205/898	(22.8)	7.68 (5.07 – 11.63)	<0.001
Gender (100%)				
Male (881)	124/881	(14.1)	Ref	0.83
Female (745)	108/745	(14.5)	1.035 (0.78 -1.37)	
Ethnicity (100%)				
White	155/1290	(12.0)	0.27 (0.19 - 0.40)	<0.001
Traveller	20/151	(13.2)	0.30 (0.16, 0.54)	<0.001
Non-white	57/185	(30.8)	Ref	
Socioeconomic status (100%)				
Disadvantaged	37/353	(10.5)	1.15 (0.77 – 1.72)	0.49
Advantaged	195/1273	(15.3)	Ref	
Living environment (100%)				
Urban	182/1119	(16.3)	0.90 (0.62 – 1.29)	0.56
Rural	50/507	(9.9)	Ref	
Afterschool activities (98.3%)				
Mainly on phone/screens (sedentary)	50/194	(25.8)	2.90 (1.90 – 4.44)	<0.001
Infrequent activity	41/345	(11.9)	1.67 (1.08 – 2.57)	0.02

Sporting activities up to 3 hours/per week	60/463	(13.0)	1.43 (0.98 – 2.09)	0.06
Sporting activities >3 hours per week	74/596	(12.4)	Ref	
Near work time close work (98.2%)				
Most time close work	7/36	(19.4)	3.00 (1.13 – 8.00)	0.02
Frequent close work	87/551	(15.8)	2.20 (1.37 – 3.50)	0.001
Occasional close work	102/766	(13.3)	1.60 (0.98 – 2.50)	0.06
Little close work	28/243	(11.5)	Ref	
Homework time (per day) (98.1%)				
None	3/19	(15.8)	0.80 (0.21 – 3.07)	0.74
An hour or less	76/894	(8.5)	0.72 (0.43 – 1.23)	0.23
1-2 hours	114/575	(19.8)	0.76 (0.47 – 1.23)	0.27
>2 hours	28/104	(26.9)	Ref	
Screen-time (hours per day) (98.5%)				
Less than 1 hour	26/313	(8.3)	0.27 (0.16 - 0.47)	<0.001
1-3 hours	83/707	(11.7)	0.51 (0.34 – 0.77)	0.001
More than 3 hours	118/582	(20.3)	Ref	
Daylight exposure winter (hours per day) (98.0%)				
Less than 1 hour	62/376	(16.5)	1.48 (0.55 – 4.01)	0.44
1-2 hours	119/873	(13.6)	1.30 (0.49 – 3.45)	0.60
2-4 hours	34/295	(11.5)	1.12 (0.40 – 3.12)	0.83
More than 4 hours	5/49	(10.2)	Ref	
Daylight exposure summer (hours per day) (98.1%)				
Less than 1 hour	17/43	(39.5)	5.00 (2.42 – 10.32)	<0.001

1-2 hours	47/185	(25.4)	2.70 (1.78 – 4.10)	<0.001
2-4 hours	97/640	(15.2)	1.56 (1.12 – 2.25)	0.01
More than 4 hours	65/735	(10)	Ref	
Birth season (100%)				
Spring	62/400	(15.5)	1.92 (1.14 – 3.23)	0.015
Summer	64/434	(14.7)	1.52 (0.90 – 2.58)	0.12
Autumn	67/442	(15.2)	1.63 (0.97 – 2.76)	0.07
Winter	39/350	(11.1)	Ref	
Use of nightlight (under the age of 2 years) (97.0%)				
Sleep with night light	42/356	(11.8)	1.42 (0.96 – 2.10)	0.08
Sleep without night light	177/1237	(14.3)	Ref	
Child factors				
When born (97.0%)				
On time	190/1428	(13.3)	0.83 (0.48 – 1.44)	0.52
Early by more than 3 weeks	18/121	(13.3)	Ref	
Birthweight myopic (mean±SD) = 3.45±0.66Kg (84%)	165/1364	(12.4)	0.95 (0.74 – 1.24)	0.72
Breast fed only for first 3 months (98.0%)	98/620	(15.8)	0.90 (0.63 – 1.30)	0.59
Bottle fed only for first 3 months	66/651	(10.1)	0.54 (0.37 – 0.80)	0.002
Combined breast and bottle fed for first 3 months	54/314	(17.2)	Ref	
BMI (mean±SD) = 20.60±4.17Kg/m ² (99.9%)			1.14 (1.10 – 1.18)	<0.001
BMI group (99.9%)				
Healthy weight	139/1193	(11.6)	0.37 (0.26 – 0.54)	<0.001

Overweight	45/249	(18.1)	0.63 (0.39 – 0.99)	0.04
Obese	48/136	(35.3)	Ref	
Height (99.9%)				
6-7 years height (mean±SD) =126.06±6.86mm	27/728	(3.7)	1.02 (1.01 – 1.04)	0.01
12-13 years height (mean±SD) =159.84±9.21mm	204/897	(22.7)	1.02 (1.01 – 1.03)	0.004
Diet (98%)				
Fresh fruit				
>1/day	101/722	(14.0)	0.93 (0.46 – 1.90)	0.84
1/day	54/426	(12.7%)	0.77 (0.37 – 1.62)	0.48
Most days	25/209	(12.0)	0.60 (0.27 – 1.35)	0.22
1/week	18/113	(15.9)	0.75 (0.32 – 1.77)	0.51
Never	18/106	(16.9)	Ref	
Green vegetables				
>1/day	36/206	(17.5)	1.62 (0.83 – 3.16)	0.16
1/day	62/452	(13.7)	1.27 (0.68 – 2.36)	0.45
Most days	61/412	(14.8)	1.39 (0.75 – 2.59)	0.30
1/week	30/261	(11.5)	0.90 (0.39 – 2.06)	0.80
Never	27/255	(10.6)	Ref	
Fish				
>1/day	3/19	(15.8)	1.71 (0.43 – 6.68)	0.44
1/day	2/18	(11.1)	1.16 (0.24 – 5.68)	0.24
Most days	17/82	(20.7)	2.06 (1.05 – 4.03)	0.04
1/week	102/737	(13.8)	1.25 (0.83 – 1.89)	0.29

Never	92/730	(12.6)	Ref	
Parental factors				
Parental myopia				
Father myopic (93%)	84/382	(22.0)	2.4 (1.80 – 3.30)	<0.001
Father not myopic	117/1130	(10.4)	Ref	
Mother myopic (95.3%)	76/493	(15.4)	1.23 (0.91 – 1.62)	0.22
Mother not myopic	136/1056	(12.9)	Ref	
Parental education				
Mothers educational level (91%)				
Primary	4/42	(9.5)	0.81 (0.27 – 2.420)	0.71
Secondary	51/442	(11.5)	0.82 (0.58 – 1.17)	0.28
Third level	143/987	(14.5)	Ref	
Fathers educational level (88.5%)				
Primary	3/44	(6.8)	0.61 (0.18 – 2.09)	0.43
Secondary	56/466	(12.0)	0.97 (0.68 – 1.38)	0.87
Third-level	121/839	(14.4)	Ref	

N: number of participants; *CI*: confidence intervals, *SD*: standard deviation, *BMI*: body mass index, *Ref*: reference category, Significant *P* values highlighted in bold.