

Home lighting tied to activity levels in adults with visual impairment

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The home environment, particularly lighting, may influence home activity metrics in older adults with visual impairment, according to a [study](#) published online Feb. 8 in *JAMA Ophthalmology*.

Seema Banerjee, Ph.D., from Johns Hopkins University in Baltimore, and colleagues investigated the association between home environment features and home [physical activity](#) in patients with [visual impairment](#). The analysis included 153 participants (60 years and older) with glaucoma suspect and primary glaucoma.

The researchers found that for every 0.1-log unit increment in average measured home lighting, participants tended to take more daily steps (rate ratio [RR], 1.05; 95 percent confidence interval [CI], 1.00 to 1.10) and had a faster average daily peak cadence (RR, 1.03; 95 percent CI, 1.01 to 1.05).

Home lighting also showed trends with the average number of non-sedentary activity minutes (RR, 1.04; 95 percent CI, 1.00 to 1.07), average bout duration ($\beta = 0.03$), and activity fragmentation ($\beta = -0.06$).

There were no associations seen between number of hazards and any activity metric (steps: RR, 1.14; 95 percent CI, 0.96 to 1.34; peak cadence: RR, 1.00; 95 percent CI, 0.93 to 1.08; and non-sedentary time: RR, 1.11; 95 percent CI, 0.98 to 1.26).

"Further prospective studies would be needed to confirm if home modifications can improve at-home activity," the authors write.

More information: Seema Banerjee et al, Visual Impairment and Real-World Home Physical Activity With Home Environment in an Older Population, *JAMA Ophthalmology* (2024). [DOI: 10.1001/jamaophthalmol.2023.6436](https://doi.org/10.1001/jamaophthalmol.2023.6436)

Joshua R. Ehrlich et al, Home Physical Activity and Visual Impairment—There Is No Place Like Home, *JAMA Ophthalmology* (2024). [DOI: 10.1001/jamaophthalmol.2023.6785](https://doi.org/10.1001/jamaophthalmol.2023.6785)

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