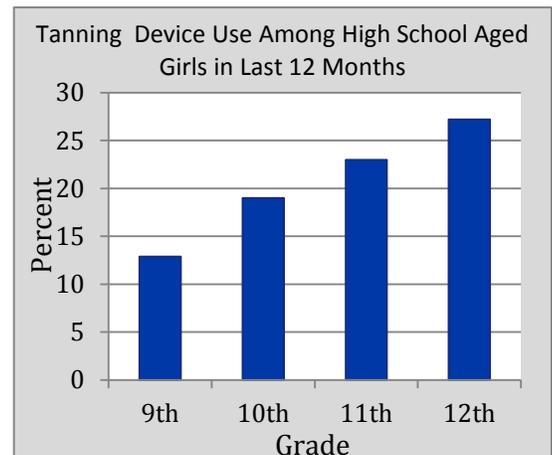


Youth and Indoor Tanning

Avoiding indoor tanning is the most avoidable risk factor for skin cancer. However, teenagers and young adults are tanning at higher rates than their older counterparts, making melanoma the fourth most common cancer among young men and women aged 15-29 years.ⁱ

The Facts

- Ultraviolet (UV) radiation, from the sun and indoor tanning devices cause skin cancer as well as; eye damage, suppression of the immune system and premature aging of the skin.ⁱⁱ
- Because a young person's skin is still developing it makes them even more susceptible to the harmful effects of UV rays.ⁱⁱⁱ
- Severe sunburn during childhood significantly increases the risk of melanoma later in life.^{iv}
- In fact, using a tanning device before the age of 35 increases the risk of melanoma by 59 percent.^v
- Using a tanning device also increases the chance of squamous cell carcinoma by 67 percent and basal cell carcinoma by 29 percent. The risk for these cancers is increased to 102 percent and 40 percent respectively when a tanning device is used before age 25.^{vi}
- The rate of indoor tanning device use increases drastically as high school girls grow older, from 12.9 percent among 9th graders to 27.2 percent among 12th graders.^{vii}
- Tanning is highest among non-Hispanic white women, with 1 out of every 3 aged 16-25 years having tanned in the past 12 months, with many indicating they do so frequently.^{viii}
- Among teens who tanned, 58 percent reported getting a burn from a tanning device within the past year.^{ix}
- An estimated 1,800 emergency room cases each year can be attributed to indoor tanning devices.^x
- The dangers of tanning devices are so serious that the World Health Organization has put these in the same category as tobacco and asbestos, marking them as "carcinogenic to humans".^{xi}

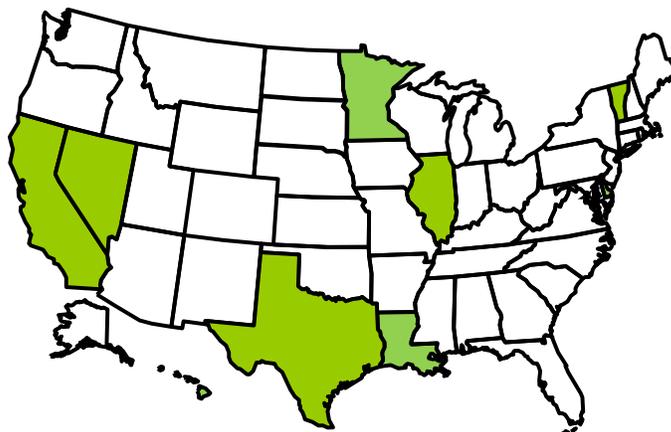


Factors that Increase Youth Tanning

- Youth are faced with a great deal of incorrect and false information from the indoor tanning industry about the risks of tanning.
 - A 2012 congressional committee report showed that tanning salons often deny the risks of tanning and indicate it is beneficial to a young person's health.^{xii}
 - In 2010 the Federal Trade Commission settled with the Indoor Tanning Association regarding false health and safety claims.^{xiii}
- Indoor tanning salons do not follow recommended guidelines. For instance, 71 percent of tanning salons would allow a teen to tan more often than the 3 times per week recommended by the federal government.^{xiv}
- A 2011 study published in the American Journal of Public Health found many factors that increase tanning among younger people. Youth were more likely to use a tanning device if they:^{xv}
 - Believed people with a tan look more attractive (80 percent more likely)
 - Believed that their parents allowed them to use indoor tanning (80 percent more likely)
 - Had a parent who used indoor tanning (70 percent more likely)
 - Noticed advertisements for indoor tanning (70 percent more likely)
 - Had a parent who believed people with a tan are more attractive (50 percent more likely)
 - Lived within two miles of at least one indoor tanning facility (40 percent more likely)

Addressing the Problem – The Importance of Age Restrictions

- Several organizations are in favor of restricting access to tanning devices among young persons under the age of 18. These include the American Cancer Society Cancer Action Network, the American Academy of Dermatology, the American Medical Association, and the World Health Organization among others.
- Restricted access to tanning devices is consistent with other policies that protect youth from harmful devices substances like tobacco and alcohol.
- In May 2014, the FDA reclassified tanning devices from a Class I to a Class II device. As part of the additional restrictions, device manufacturers will have to include a visible black box warning stating that people younger than age 18 years should not use the devices.
- The Surgeon General Released a Call to Action to Prevent Skin Cancer in July, 2014. A goal of the report is to “Reduce Harms from Indoor Tanning” citing five main strategies. Two of these strategies are to “Support organizational policies that discourage indoor tanning by adolescents and young adults” and “Enforce existing indoor tanning laws and consider adopting additional restrictions.”
- States across the country are protecting youth by passing and implementing comprehensive laws which restrict minors’ use of tanning beds.
- In fact, states that have indoor tanning laws have a lower teen tanning rate then states with no laws.^{xvi}
- Internationally, Austria, Belgium, Finland, France, Germany, Iceland, Italy, Norway, Portugal, Spain, and the United Kingdom have restricted access to tanning beds for everyone under age 18. Brazil and New South Wales, Australia have banned tanning altogether



ⁱ Calculations made using data from the North American Association of Central Cancer Registries. December 2013

ⁱⁱ Vianio H, Wilbourn J. “Identification of carcinogens within the IARC monograph program.” *Scand J Work Environ Health*. 1992;18 (Suppl 1):64-73.

ⁱⁱⁱ American Cancer Society. “Melanoma of the Skin”. Atlanta: American Cancer Society.

^{iv} American Cancer Society. “Cancer Facts and Figures 2014”. Atlanta: American Cancer Society; 2014.

^v Boniol B, Autier P, Boyle P, Gandini S. “Cutaneous melanoma attributable to sunbed use: systematic review and meta-analysis”. *British Medical Journal*, 2012; 345:e4757. Correction published December 2012; 345:e8503

^{vi} Wehner et al. “Indoor tanning and non-melanoma skin cancer :systematic review and meta-analysis.” *British Medical Journal*. October 2012

^{vii} Centers for Disease Control and Prevention. “Youth Risk Behavior Surveillance–United States, 2013”. *MMWR* 2014;63(4).

^{viii} Guy GP, Berkowitz Z, Watson M, Holman DM, Richardson LC. Indoor tanning among young non-Hispanic white females. *JAMA Intern Med*. 2013;173(20):1920-1922.

^{ix} Cokkinides V, Weinstock M, Lazovich D, Ward E, Thun M. “Indoor tanning use among adolescents in the US, 1998-2004.” *Cancer* 2009; 115: 190-198.

^x Food and Drug Administration. “Radiation Emitting Products” - accessed September 13, 2013 at <http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/HomeBusinessandEntertainment/ucm116447.htm>

^{xi} Ghissassi, et al.. “A Review of Human Carcinogens – Part D: Radiation.” *The Lancet – Oncology*; 2009; 10.

^{xii} U.S. House of Representatives Committee on Energy and Commerce Minority Staff. “False and Misleading Information Provided to Teens by the Indoor Tanning Industry – Investigative Report” February 2012.

^{xiii} United States of America Federal Trade Commission. “In the Matter of Indoor Tanning Association, a corporation - Docket Number C-4290 Decision and Order.” May 13, 2010. Available at <http://ftc.gov/os/caselist/0823159/100519tanningdo.pdf>

^{xiv} Pichon LC, Mayer JA, Hoerster KD, et al. “Youth access to artificial UV radiation exposure: practices of 3647 US indoor tanning facilities.” *Archives of Dermatology*. Sept 2009;145:997-1002.

^{xv} Mayer, et al. “Adolescent’s Use of Indoor-Tanning: A Large-Scale Evaluation of Psychosocial, Environmental, and Policy-Level Correlates.” *American Journal of Public Health*, May 2011; 101:5.

^{xvi} Guy, et al. “State Indoor Tanning Laws and Adolescent Indoor Tanning”. *American Journal of Public Health*., February 2014. Online