

Sunbed use in Iceland

2004 - 2018

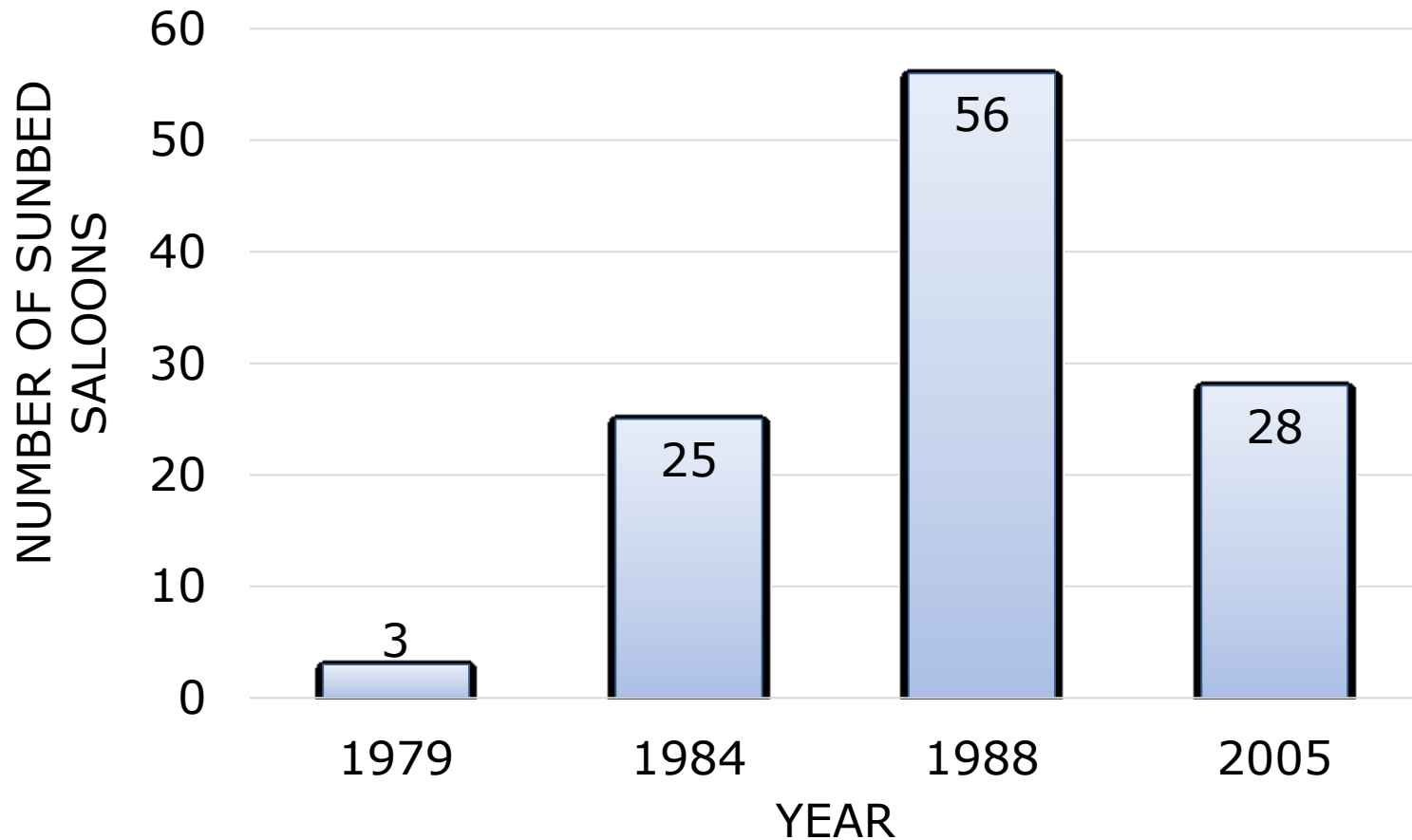
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NSFS conference 2019

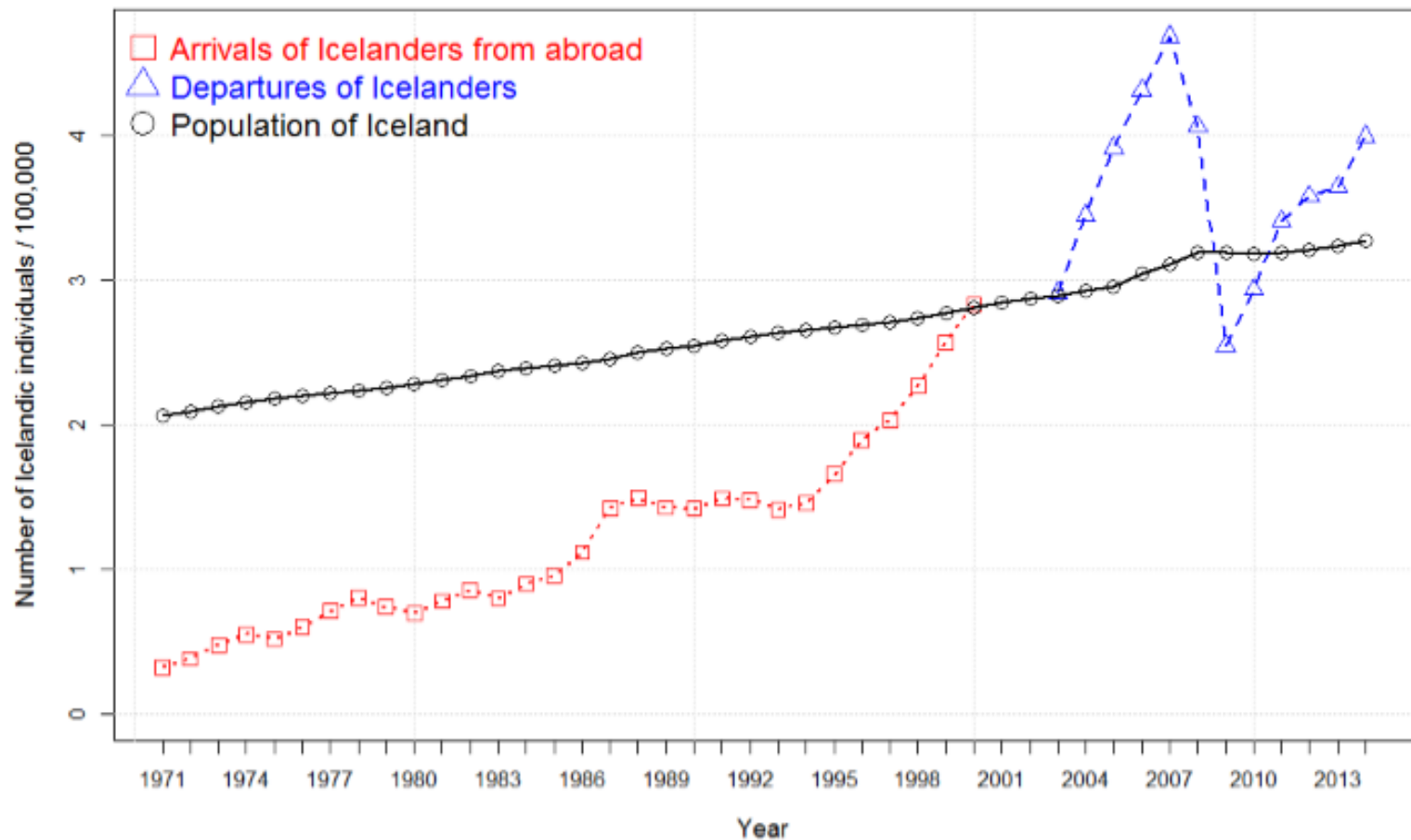


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Number of sunbed saloons in the Reykjavík area



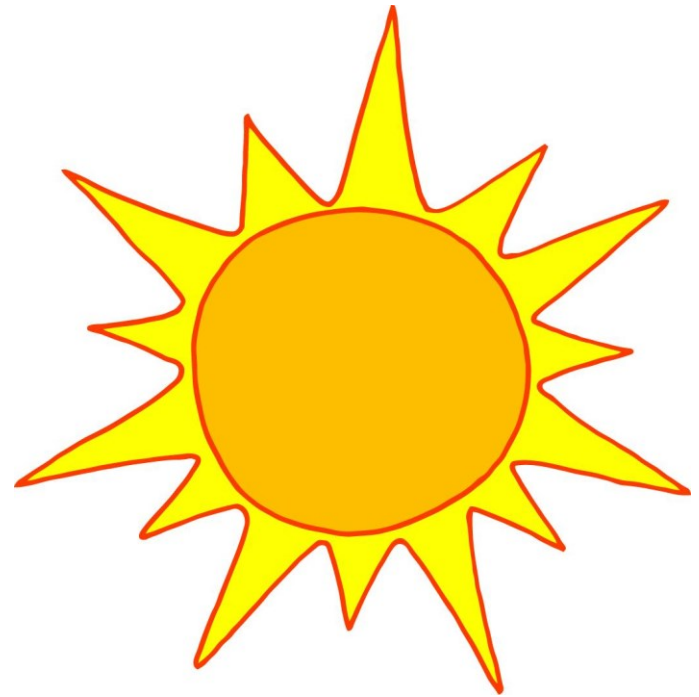
The number of Icelanders travelling abroad



Exposure to UV radiation increases the risk of developing skin cancer (UV tanning devices are classified by IARC as Group 1: The agent is carcinogenic to humans).



[1]



[2]

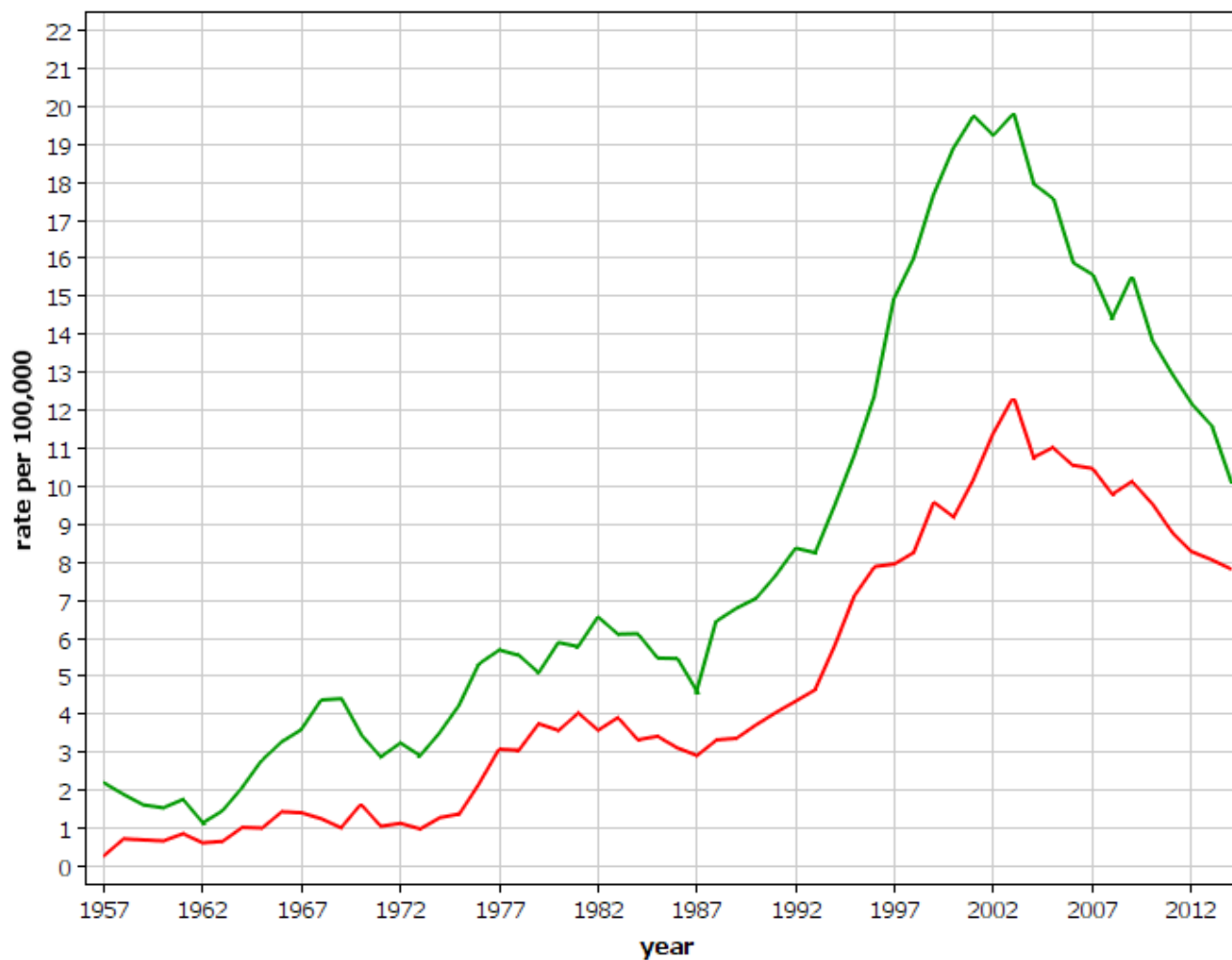


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[1] https://upload.wikimedia.org/wikipedia/commons/5/53/Inside_a_tanning_bed%2C_March_2006.jpg

[2] <http://clipart-library.com>

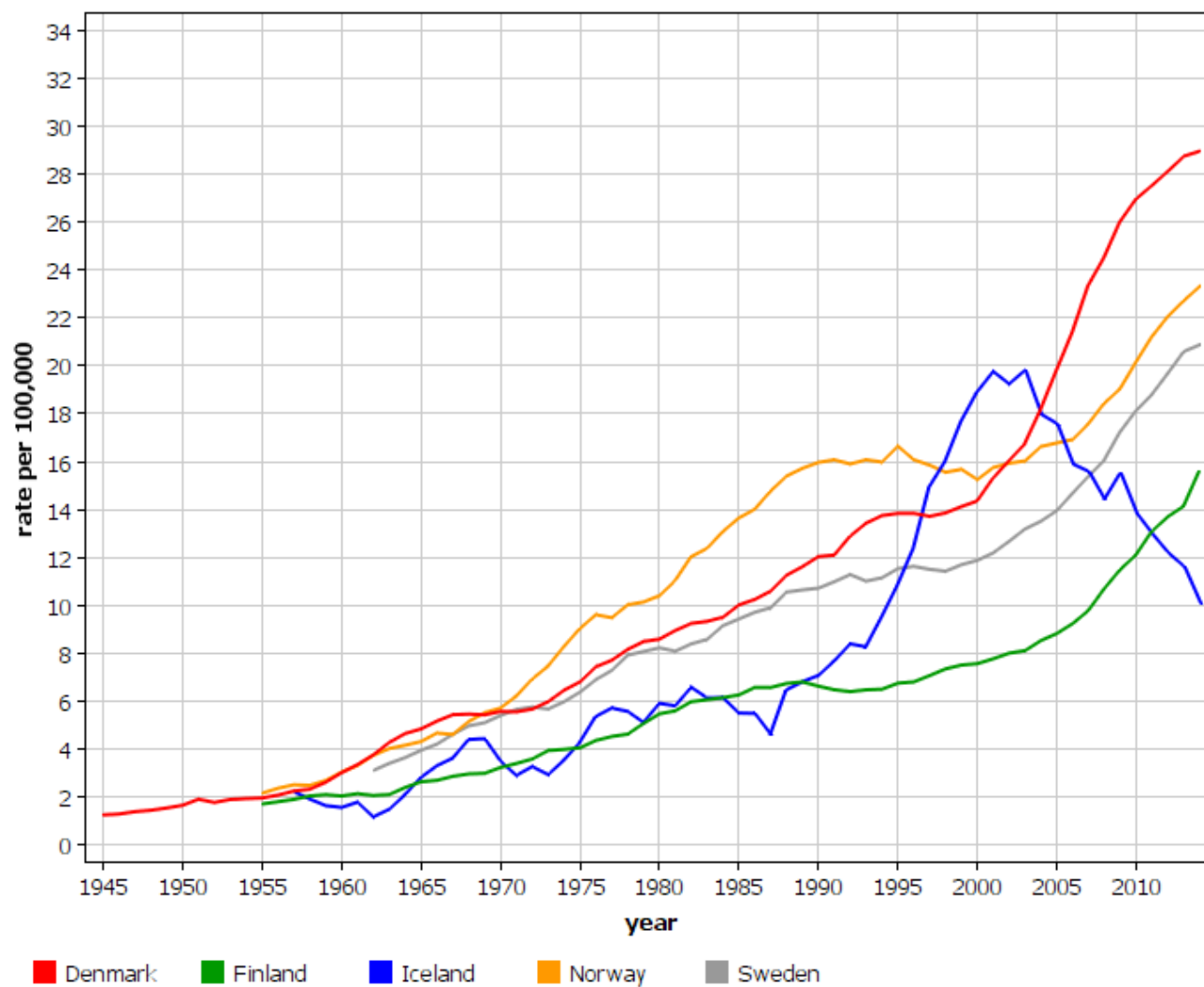
Iceland
Melanoma of skin
Incidence: ASR (World) age 0-85+



Male Female

Melanoma of skin

Incidence: ASR (World), Female age 0-85+



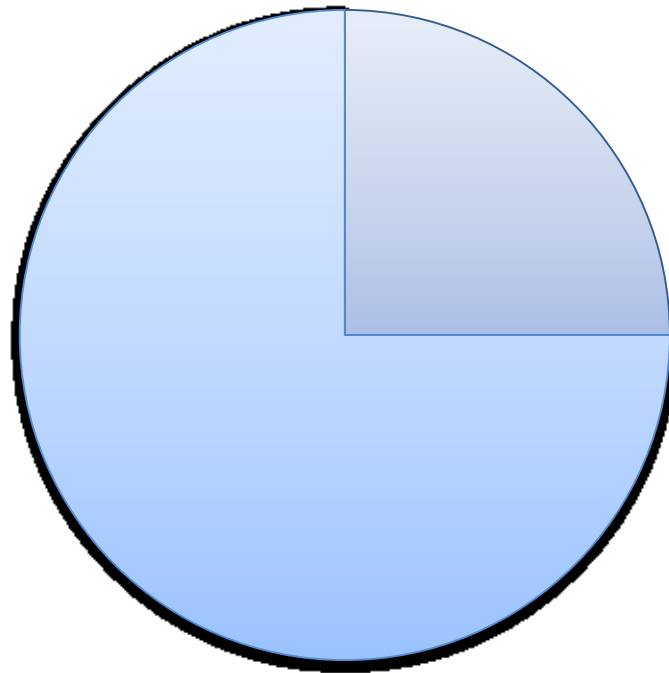
Danckert B, Ferlay J, Engholm G, Hansen HL, Johannesen TB, Khan S, Kötum JE, Ólafsdóttir E, Schmidt LKH, Virtanen A and Storm HH. NORDCAN: Cancer Incidence, Mortality, Prevalence and Survival in the Nordic Countries, Version 8.2 (26.03.2019). Association of the Nordic Cancer Registries. Danish Cancer Society. Available from <http://www.ancr.nu>, accessed on day/month/year.

NORDCAN © Association of the Nordic Cancer Registries (12.6.2019)

Young women were not the only group of people that were more frequent sunbed users than the rest of the population. Around the year 2000 children at the age of 13 used sunbeds frequently.



2004 survey on sunbed use: 12 – 15 years old



- Used a sunbed in the last year
- Did not use a sunbed in the last year



Campaign against the use of sunbeds



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Radiation protection measures against the use of sunbeds

- **1991:** Check of skin spots were offered free of charge during one day at the beginning of summer. Offered for many years by the Icelandic Cancer Society and the Icelandic Society of Dermatologist.
- **1993:** New regulation on sunbeds.
- **2003:** New regulation on sunbeds.
- **2004:** Campaign against the use of sunbeds.
- **2011:** The use of sunbeds by people under 18 prohibited by law.



Radiation protection measures against the use of sunbeds

- Since 2004: A very good and successful co-operation between Geislavarnir, Directorate of Health, Icelandic Cancer Society and Dermatologist on informing the public about risks associated with use of sunbeds.
 - The group has performed surveys on sunbed use since 2004. The survey results are presented here.



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**Embætti
landlæknis**
Directorate of Health



Krabbameinsfélagið

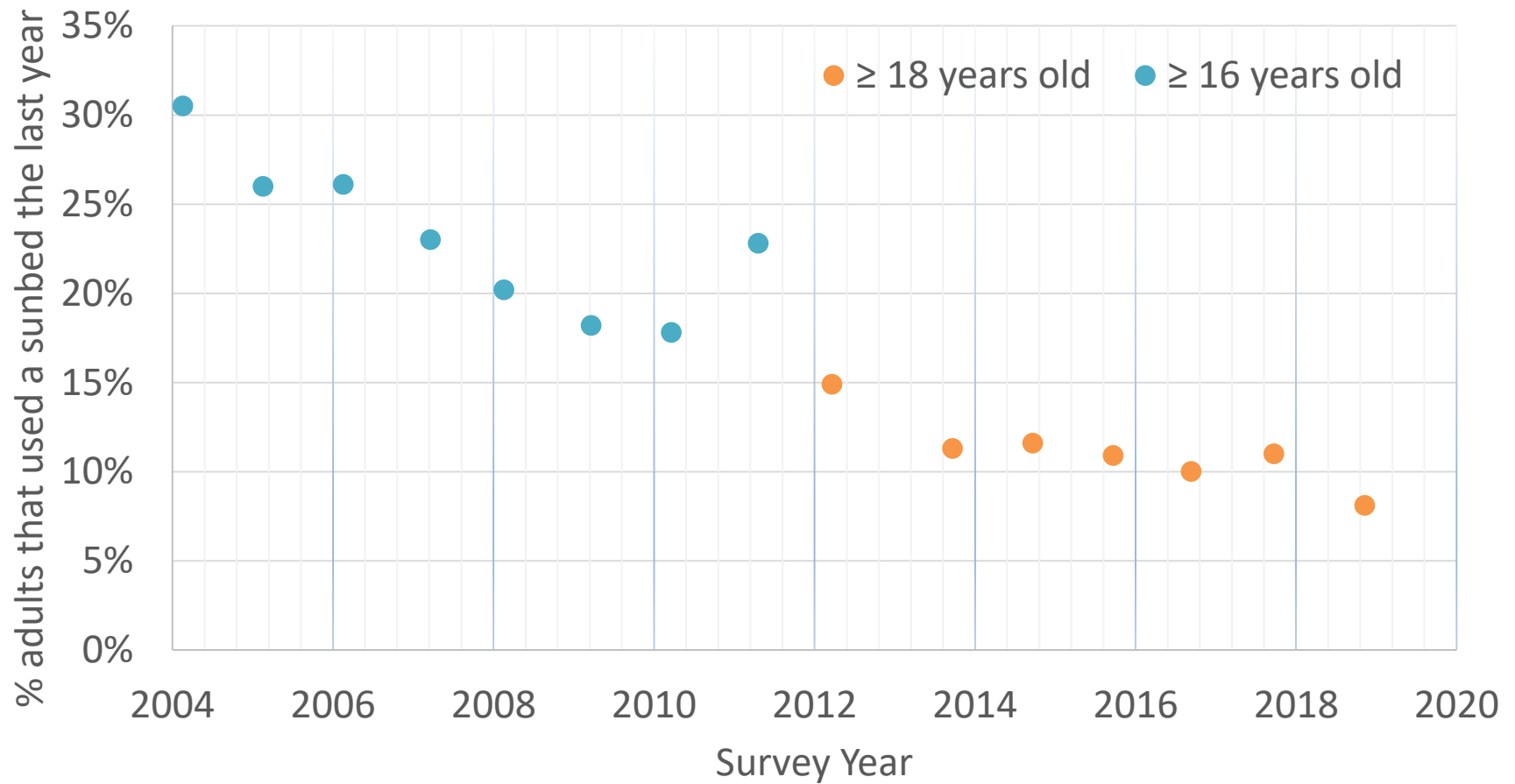


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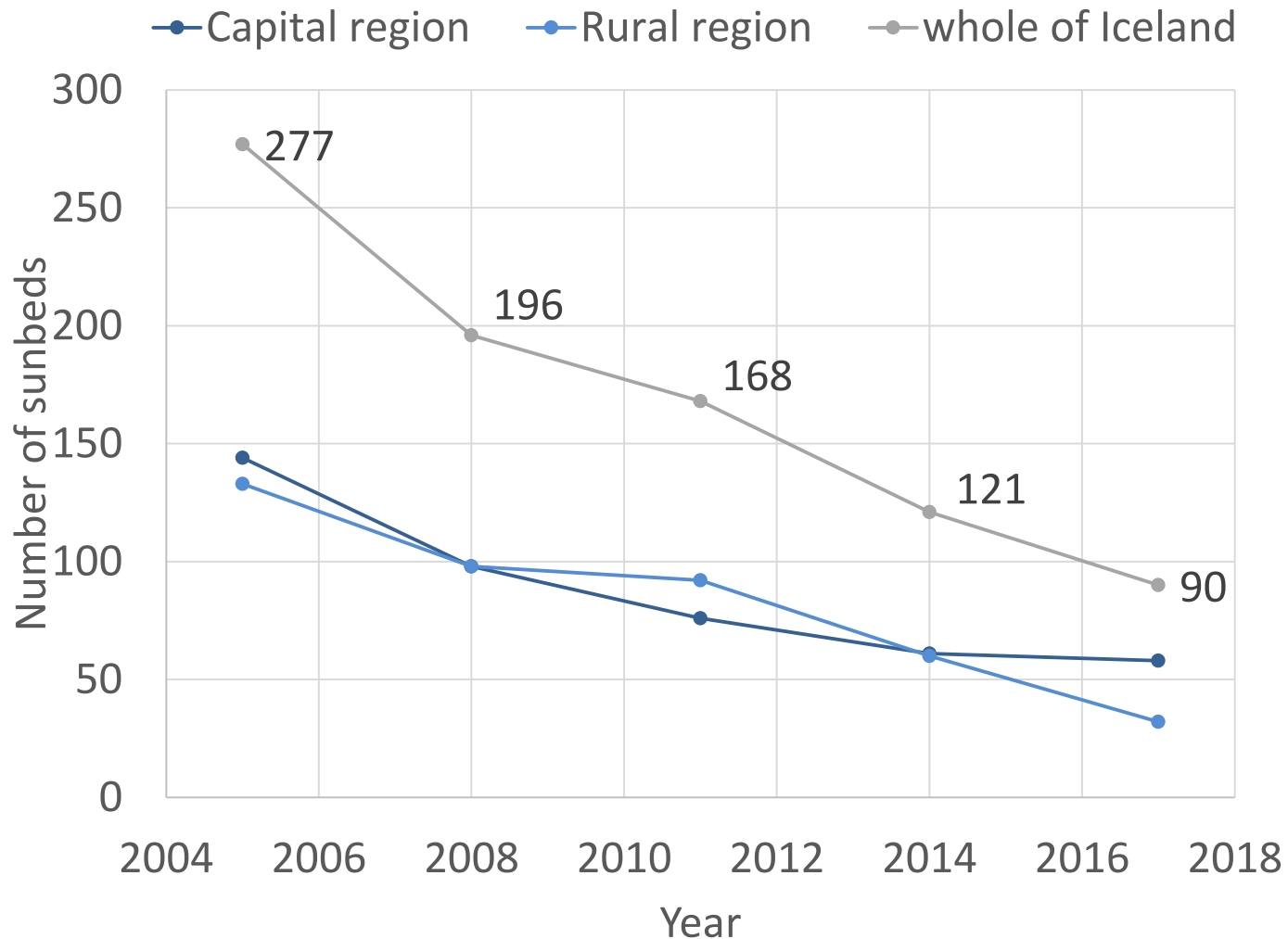
How has the use of sunbeds developed since these radiation protection measures have been taken?



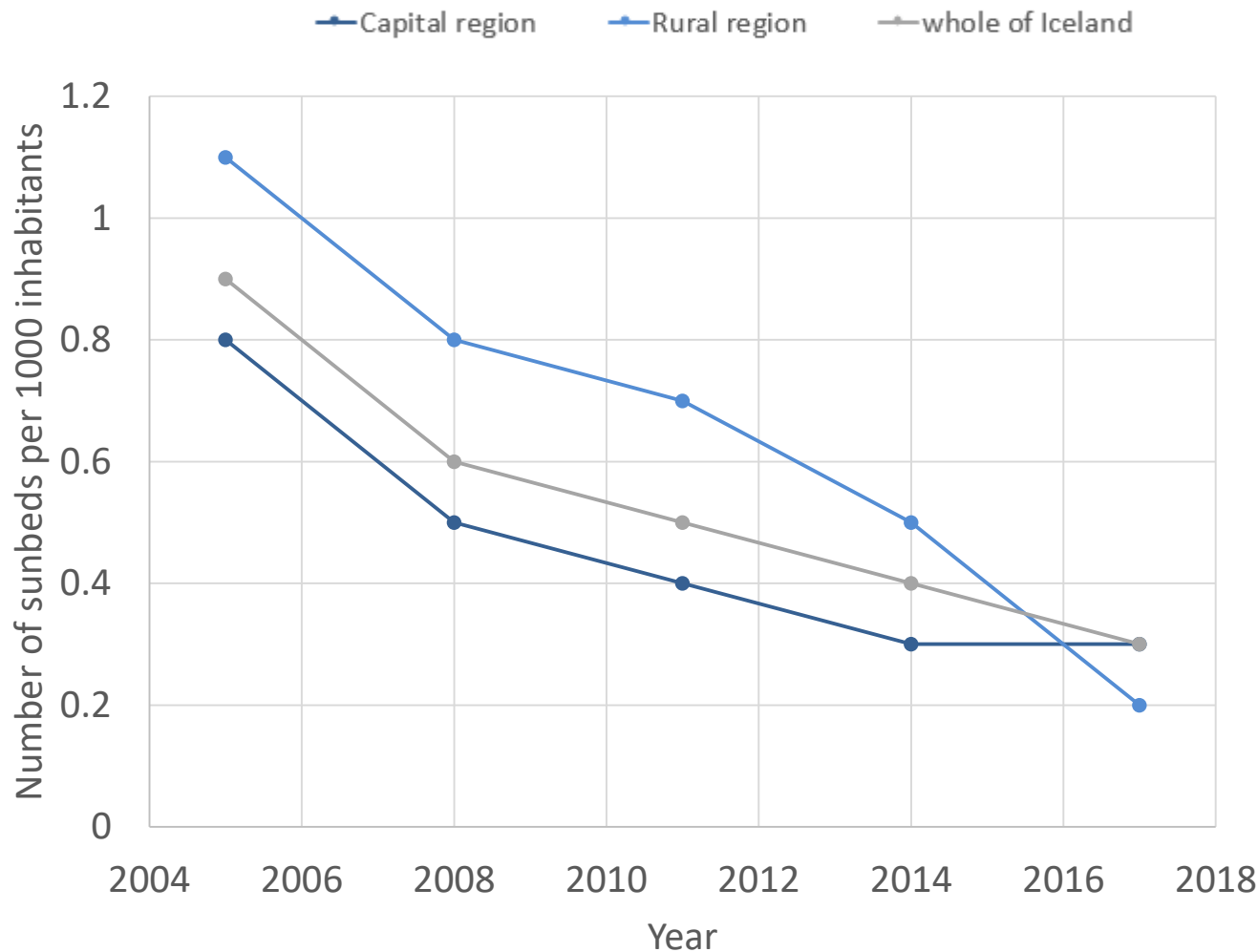
The use of sunbeds by adults



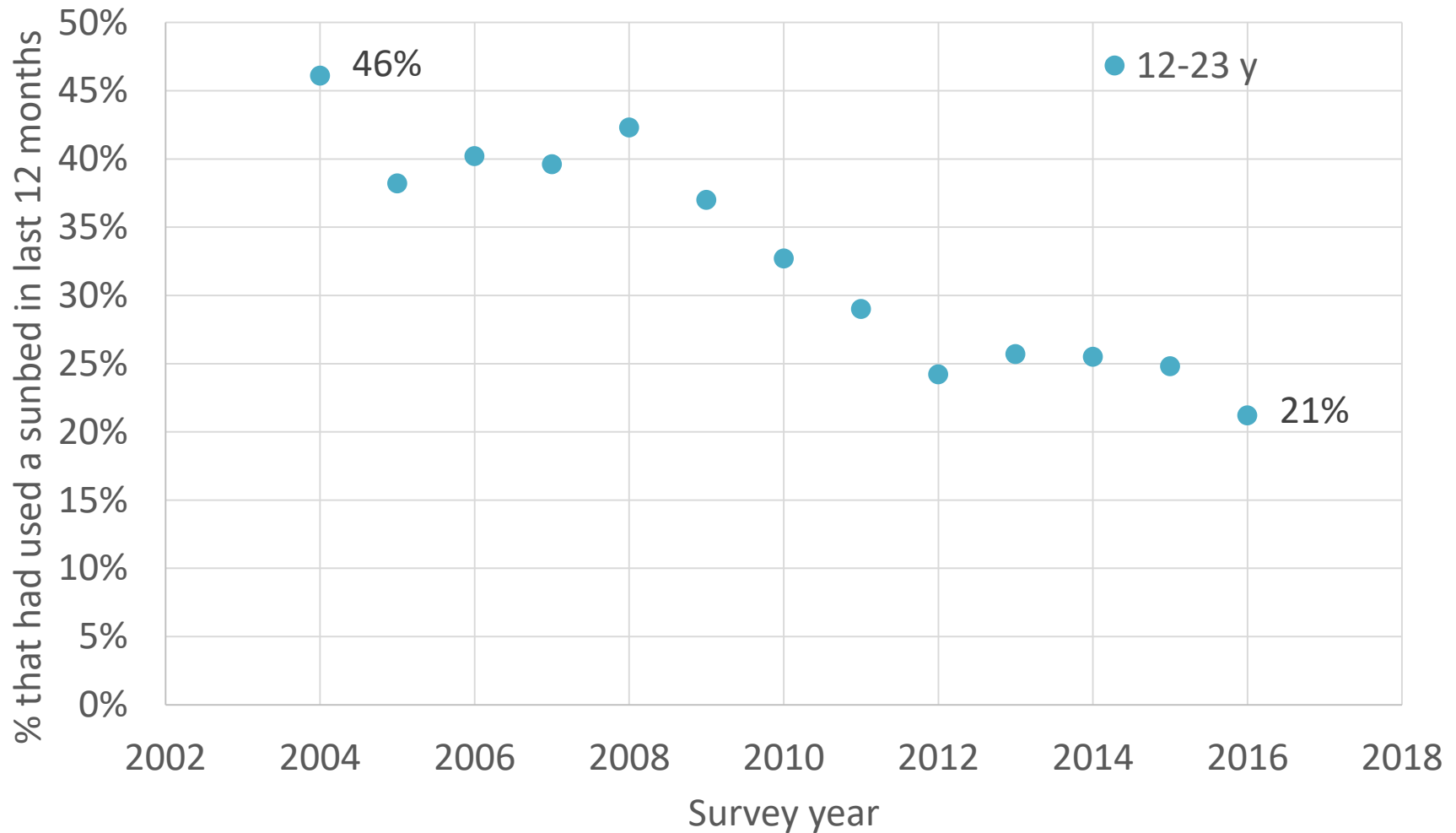
The number of sunbeds



The number of sunbeds/1000 inhab.



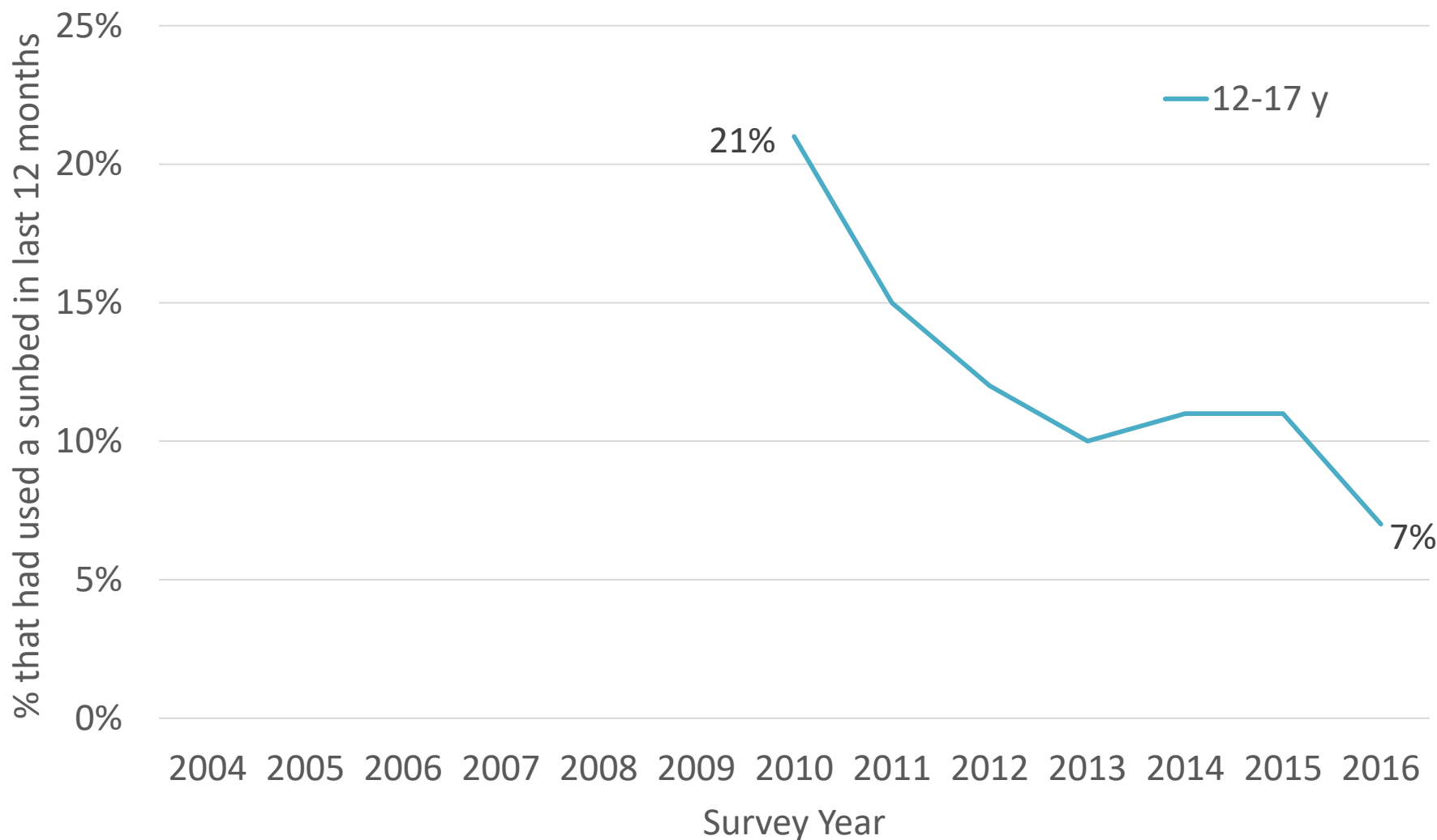
The use of sunbeds by youth



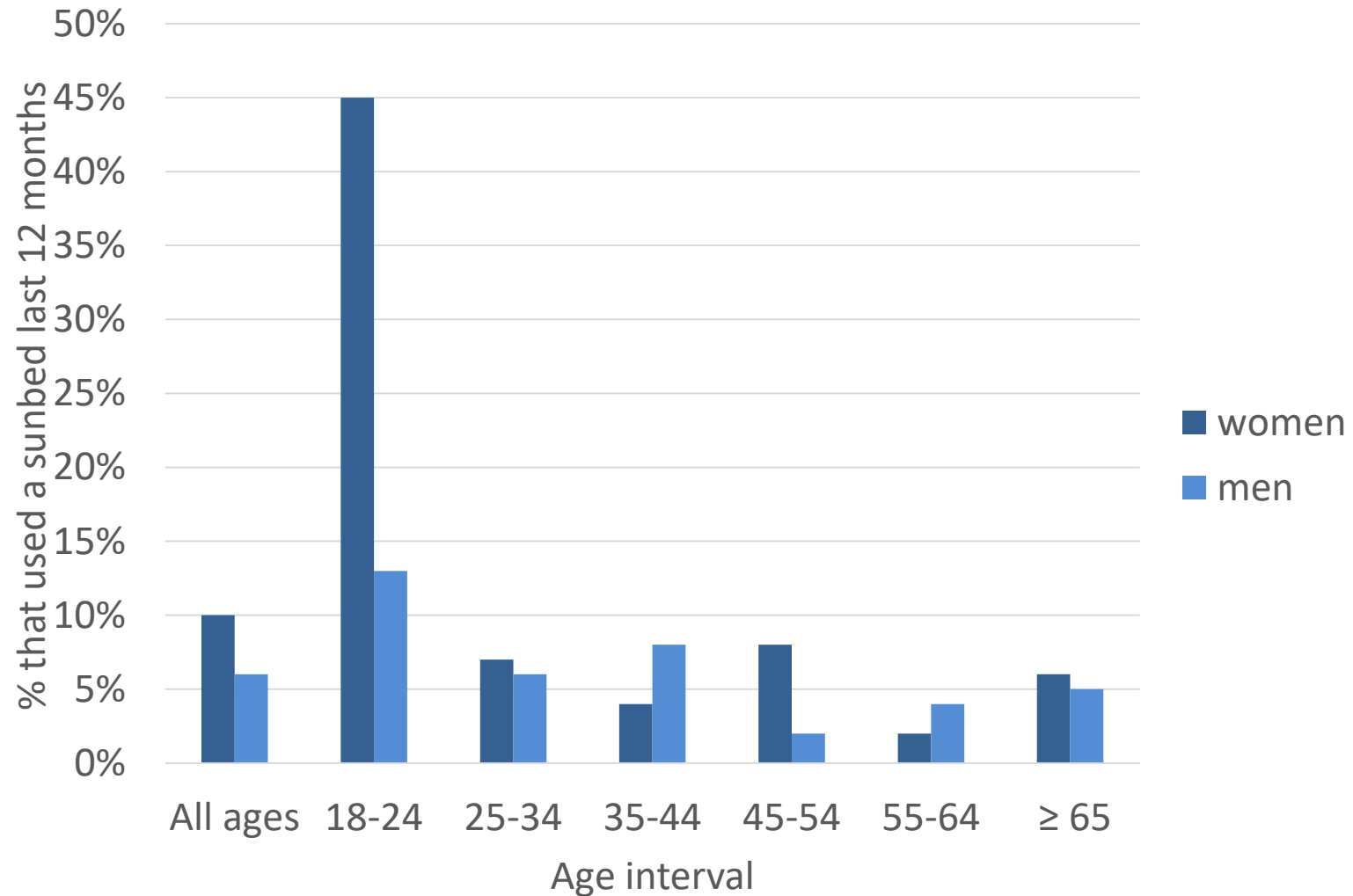
Confirmation age



Minors after 18 year old age limit



2018 adult gender difference



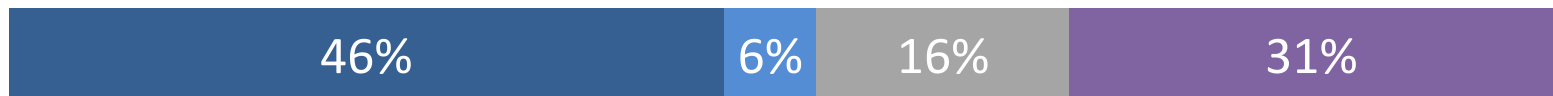
2018 WOMEN OF AGE 18-24

■ Never ■ 1-2 times ■ 3-5 times ■ 6-11 times ■ monthly or more

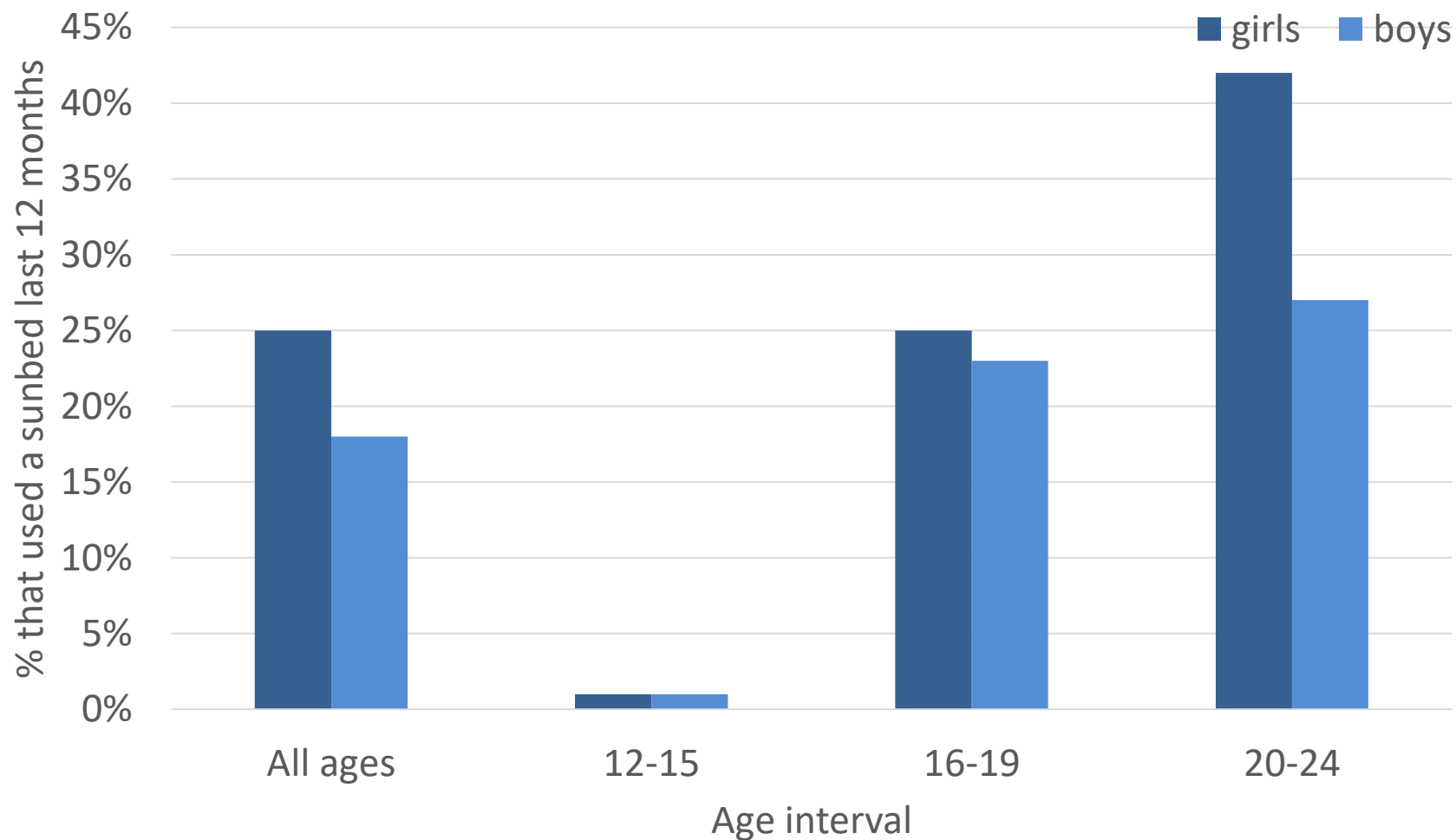


2008 WOMEN OF AGE 18-24

■ Never ■ 1-2 times ■ 3-5 times ■ ≥ 6



2016 youth – gender difference



Survey on sunburns

- The sunbed use is down to 8% in the adult population
- But 15% answered that they had burned, either in the sun or in a sunbed, in the last 12 months.



Summary

- Actions that have been taken to reduce the use and number of sunbeds in Iceland have been successful.
 - The number of sunbeds went from 277 to 99
 - The use of sunbeds by adults decreased from 30% to 8%
 - The use of sunbeds by youth (12-23) decreased from 46% to 21%
 - 12-15 year olds from 25% to 1%
 - 12-17 year olds from 21% to 7%
- The survey results are a valuable source of information on the sunbed use of the Icelandic population and can be used e.g. to
 - identify the group of people that need to be targeted in campaigns to further decrease sunbed use
 - study the incidence of melanoma



Ideas for further decrease of UV exposure

- Launching of awareness campaigns targeted at the most frequent sunbed users.
 - Targeted ads on e.g. Facebook or Google using gender, age, municipality and educational level to reach these people.
- Launching of awareness campaigns against sunburns from sunlight exposure to decrease the number of sunburns.
- Total ban of sunbeds. Political question.
- Continue educating the general public about the risks associated with ultraviolet exposure.

