



PROTECT TEENS FROM THE DANGERS OF INDOOR TANNING BY SUPPORTING LEGISLATION TO PROHIBIT THE USE OF TANNING DEVICES BY MINORS

Help Educate Your State's Residents and Protect the Health of its Youth

- Throughout US history, state and federal legislatures have consistently used legislation to educate the public and protect our youth from various health hazards.
- The American Academy of Dermatology Association, the American Academy of Pediatrics, and the World Health Organization, support policies to prohibit the use of tanning devices by minors under the age of 18.
- Use of indoor tanning beds increases with each year of adolescence. Indoor tanning rates among 14-, 15-, 16-, and 17-year-old girls in the past year are 8.5%, 13.6%, 20.9%, and 26.8%, respectively.ⁱ

Indoor Tanning Devices Present a Significant Health Hazard

- Use of tanning devices early in life is linked to increased risk of melanoma, the deadliest form of skin cancer, later in life.ⁱⁱ
- UV radiation from tanning devices is classified as "carcinogenic to humans."ⁱⁱⁱ
- Tanning devices have UV radiation levels that *far exceed* what is found in natural sunlight and have a different ratio of UVA to UVB.^{iv}

Indoor Tanning Causes Melanoma and Non-Melanoma Skin Cancers

- A person who has used tanning devices for more than 50 hours, 100 sessions, or 10 or more years is 2.5 to 3 times more likely to develop melanoma than a person who has never tanned indoors.^v
- The risk of melanoma is increased by 87% for individuals who started using tanning beds before the age of 35.^{vi}
- Ever-indoor tanning was associated with a 69% increased risk of early-onset basal cell carcinoma (BCC). Risk was higher in those who begin indoor tanning at earlier ages (less than 16 years old).^{vii}
- Indoor tanners are 2.5 times more likely to develop squamous cell carcinoma than non-indoor tanners.^{viii}

The Increase of Skin Cancer Comes at a Very High Cost

- According to the National Cancer Institute, the estimated total direct cost associated with the treatment of melanoma in 2010 was \$2.36 billion.^{ix}

There is No Such Thing As a "Safe" Tan

- A tan is evidence of skin damage; hence, there is no "safe tan."^x
- Proponents of indoor tanning argue it is a good source of vitamin D. This is a false and misleading claim. Vitamin D is produced in the body through exposure to UVB rays. To minimize burning, modern indoor tanning devices emit predominantly UVA rays, and do not emit enough UVB to provide an efficient source of vitamin D.^{xi}
- Tanning is addictive. Research has shown that 41% of frequent indoor tanners met criteria consistent with a tanning addictive disorder and an additional 33% met criteria for problematic tanning behavior.^{xii}

**DESPITE ALL OF THESE SCIENTIFIC FACTS,
THE PUBLIC REMAINS MOSTLY UNAWARE OF THE DANGERS OF TANNING**

Sources:

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