

## Sunbed habits of the Danes 2014



*Report published by the Danish Cancer Society and TrygFonden, January 2015.  
Danish title: "Danskernes solarievaner 2014 – en kortlægning"*

### **Summary**

Use of sunbeds is carcinogenic and people who use sunbeds increase their risk of getting melanoma by 20%. If a person uses sunbeds before the age of 35, the risk of getting melanoma increases by 60%, and this risk is further increased by the frequency of sunbed use (Boniol et al., 2012)

This report shows the sunbed habits of Danes aged 15-64 in 2014<sup>1</sup> and the development in the sunbed habits of Danes between 2007 and 2014. The survey is based on data from 2,047 respondents aged 15-64. It is nationally representative in terms of gender, age and region.

### **Sunbed use by Danes**

1 out of 11 Danes (9%) aged 15-64 has used a sunbed in the past year. Mostly women and young people aged 15-19 use sunbeds. Among men, in particular young men aged 15-19 use sunbeds. However, no age trends can be seen among women. There are no regional differences in the proportion of sunbed users among either women or men. The proportion of sunbed users aged 15-64 has fallen from 26% in 2007 to 9% in 2014.

### **Awareness of and attitude towards legislation on sunbed use**

In Denmark there is no minimum age limit for sunbed use. In spite of this, 36% of those aged 15-64 believe that it is prohibited for children and young people aged under 18 to use sunbeds. When Danes are asked about their attitudes towards a minimum age limit, almost two thirds (61%), and in particular women, believe that there should be a minimum age limit of 18 for using sunbeds. Only 24% are against this type of legislation.

### **Danes' awareness of skin changes and signs of cancer**

Almost 9 out of 10 Danes aged 15-64 know that sunbed use increases the risk of cancer. A lower proportion of sunbed users is aware of this cancer risk compared with non-sunbed users.

---

<sup>1</sup> The data was collected in September 2014 and respondents were asked about their sunbed habits in the past year.

35% of Danes examine themselves *monthly* or more often for any skin changes or signs of skin cancer, while a quarter *never* examine themselves. In particular, women and respondents in the older age groups examine themselves for skin changes.

The proportion who examine themselves for any skin changes monthly or more often is larger among sunbed users, than among former sunbed users and respondents who have never used a sunbed. 16% of those aged 15-64 have seen their doctor within the past year because of skin changes and signs of skin cancer. In this group, there were slightly more women than men.