

Sunbed habits of the Danes 2015



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Danish title: "Danskernes solarievaner 2015 – en kortlægning"

Summary

Sunbed use is carcinogenic, and sunbed users have a 20% greater risk of getting melanoma. People who start using sunbeds before they are 35-years-old increase their risk of getting melanoma by 60%, and this risk increases further in line with the frequency with which sunbeds are used.

This report shows the sunbed habits of Danes aged 15-64 in 2015¹, as well as the development in sunbed habits in the Danish population from 2007-2015. The survey is based on data from 3,999 respondents aged 15-64, and it is nationally representative in terms of gender, age and region.

Sunbed use by Danes

Around one out of nine Danes (11%) aged 15-64 has used a sunbed during the past year. The proportion of sunbed users aged 15-64 has fallen from 26% in 2007 to 11% in 2015.

Age of first-time sunbed use

46% of former and current sunbed users aged 15-64 were under 18 the first time they used a sunbed.

Knowledge of and attitude towards legislation on sunbed use

There are no age restrictions on the use of sunbeds in Denmark. In spite of this, 29% of those aged 15-64 believe that children and young people under 18 are banned from using sunbeds. When Danes are asked about their attitude towards an age limit, over half (58%) believe that there should be an age limit of 18 in place for sunbed use. Only a quarter of Danes aged 15-64 are against this type of legislation.

Danes' knowledge of the link between sunbed use and cancer

Almost nine out of ten Danes (86%) aged between 15 and 64 know that sunbed use increases the risk of cancer.

Danes' awareness of skin changes and signs of cancer

16% of Danes get themselves examined for skin changes and signs of skin cancer *monthly* or more frequently (with or without help from their social circle), while 38% *never* get themselves examined. 14% of those aged 15-64 have visited their doctor during the previous year because of skin changes and signs of skin cancer.

¹ The data was collected in the period from 31st August 2014 to 15th October 2015.