



# Sunbed habits of young people 2015

*The Danish Cancer Society and TrygFonden smba (TryghedsGruppen smba) December 2016*  
*Danish title: "Unges 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 the age of 35 increase their risk of getting melanoma by 60%, and this risk increases further in line with the frequency of sunbed use.

This report shows the sunbed habits of young people aged 15-25 in 2015, as well as the development in young people's sunbed habits between 2007 and 2015. The summary is based on an online survey of 1,000 respondents aged 15-25. The survey is nationally representative in terms of gender, age and region.

## Use of sunbeds by young Danes

14 % of the young people surveyed have used a sunbed at least once during the past year. 5% have used a sunbed monthly or more often. Girls use sunbeds more than boys. The proportion of young sunbed users has fallen from 41% in 2008 to 10% in 2013. Between 2013 and 2015 this figure has increased slightly to 14%.

## Age of first-time sunbed use

57% of former and current sunbed users were aged between 14-17 the first time they used a sunbed. 24% used a sunbed for the first time before they turned 14. Curiosity and coming-of-age ceremonies such as confirmation were the main reasons why young people tried sunbeds for the first time.

## Sunburn from sunbed use

30% of sunbed users have experienced sunburn following sunbed use.

## Attitudes to sunbed use

61% of young people believe it is *not* fashionable to use a sunbed and half (52%) believe that sunbed use gives a nice tan. Around one in five believe that it is a good idea to use a sunbed before going on holiday to a sunny destination to prepare the skin for increased exposure to the sun. 45% of young people believe that the majority of Danes aged 15-25 use a sunbed at least once a year.

## Age limit for sunbeds in Denmark

In Denmark there is no age restriction on sunbed use. Over half (57%) of all young Danes believe that sunbed use should be restricted to those aged over 18.

## Knowledge of sunbed use

Over 8 out of 10 (86%) of young people aged between 15-25 know that sunbed use increases the risk of cancer. However, 29% of sunbed users do not believe that their sunbed use increases their risk. 7% of those aged 15-25 believe that sunbed use is only harmful if it results in sunburn and 4% believe that it is healthy to use a sunbed.