



Sunbed habits of the Danes 2012

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Danish title: "Danskernes solarievaner 2012 – en kortlægning"

Summary

This report examines the sunbed habits of Danes aged 26-64 during 2012¹. It is based on data from 3,224 respondents aged 26-64. The data is nationally representative in terms of gender and age.

Use of sunbeds by adult Danes

11% of adults aged 26-64 have used a sunbed during the past year. The report shows that more women than men use sunbeds (13% compared with 9%), and that there are more sunbed users among the 26-49 age group than among those aged 50-64 (13% compared with 7%). The proportion of sunbed users is greatest in the Region of Southern Denmark (13%) and in the North Denmark Region (13%), and least in the Capital Region (8%). The proportion of parents and non-parents who use sunbeds are virtually the same. However, the proportion of adult Danes who have *never* used a sunbed is far greater among non-parents than among parents (54% compared with 39%).

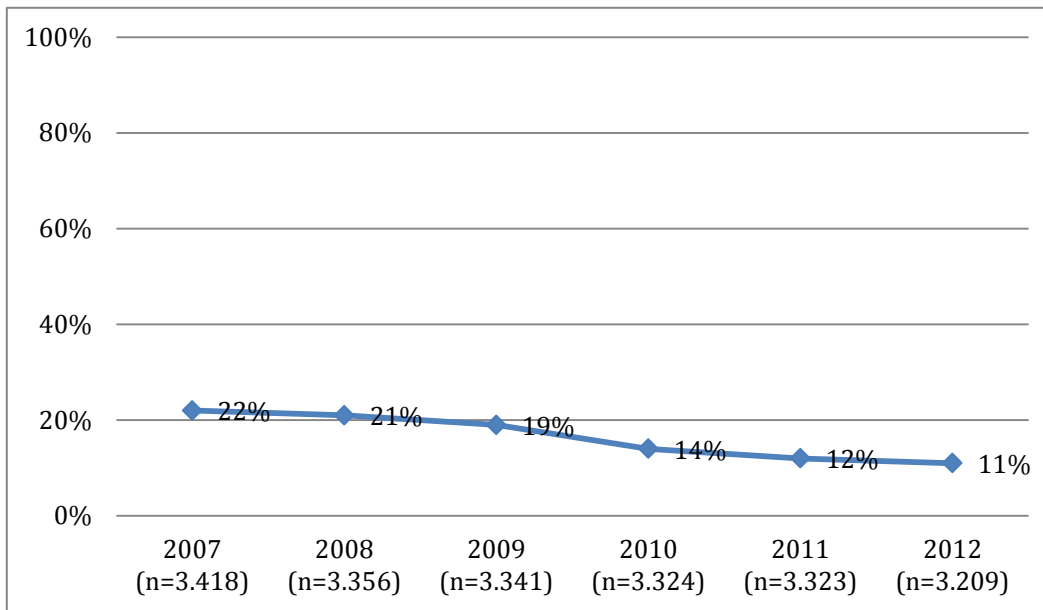
The correlation between sunbed use and educational attainment is not conclusive. Respondents with postgraduate level of education are least likely to use sunbeds (7%). If respondents with a postgraduate level of education are excluded, there is a tendency that the proportion of sunbed users increases in line with educational attainment (from 9% to 15%).

Adult Danes use sunbeds particularly during the winter months from November until March.

The proportion of adult sunbeds users has halved from 2007 (22%) until 2012 (11%) (figure A).

¹ Data was gathered for the period September 2011 to September 2012. This period is described in the report as the sunbed habits of Danes 2012.

Figure A. Development in the proportion of respondents aged 26-64 who use sunbeds, 2007-2012.



Reasons for using sunbeds

Danes use sunbeds mainly because they want to get a tan and because they experience a sense of well-being from using sunbeds. One in three sunbed users also states that they use sunbeds to prepare their skin for a holiday, and around one in six (16%) states that they use sunbeds to get vitamin D.

Sunburn following sunbed use

5% of sunbed users have experienced sunburn following sunbed use during the past year.

Parental attitudes to their child's sunbed use

15% of parents with at least one child aged between 12 and 17 allow their child to use a sunbed. In spite of the fact that more women than men use sunbeds, fathers in particular do not mind their children using sunbeds. 20% of fathers state that their child is allowed to use a sunbed compared with 11% of mothers. The older the child, the greater the proportion of parents who believe it is acceptable for their child to use a sunbed.

Attitudes to an age limit of 18 for sunbed use

60% of Danes believe that children and young people aged under 18 should not be allowed to use sunbeds. In particular, women (65%) and those aged 50-64 (63%), as well as non-sunbed users (62%) support an age limit. 40% of sunbed users support an age limit. Support has risen from 41% in 2007 to 60% in 2012 (see figure B).

Figure B. *Development in support among Danes aged 26-64 for an age limit of 18 for sunbed use, 2007-2012.*

