



Sunbed habits of children and young people in 2013

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Danish title: "Børn og unges solarievener 2013 – en kortlægning"

Summary

Sunbed use among children aged 12-14

- Very few children aged 12-14 use sunbeds in Denmark. 2% have used a sunbed during the past year and 97% have never used a sunbed.
- Over half of children aged 12-14 think there are no *benefits* of sunbed use, and the benefit mentioned most often is getting a tan (24% mention this).
- Only 1% of children aged 12-14 think that there are no *disadvantages* of sunbed use, and the disadvantage mentioned most often is the risk of getting skin cancer and melanoma (61% mention this).
- 60% of children aged 12-14 think that there should be a minimum age limit of 18 for using a sunbed in Denmark.

Sunbed use among young people aged 15-25

- 10% of young people aged 15-25 have used a sunbed within the past 12 months. Of this group of sunbed users, almost two thirds have used a sunbed less than once a month. 67% have never used a sunbed.
- The proportion of sunbed users among young people aged 15-25 has fallen from 41% in 2008 to 10% in 2013.
- Significantly more girls than boys use a sunbed and the majority of sunbed users come from Region Zealand and the North Denmark region.
- 57% used a sunbed for the first time aged between 14-17, and 22% were aged under 14. In particular, girls start using sunbeds early. The reasons most often mentioned for starting to use sunbeds are the occasion of a confirmation and curiosity.
- Almost half of sunbed users aged 15-25 believe that their sunbed use does not increase their risk of getting cancer, because they use sunbeds so infrequently.
- 64% of young people aged 15-25 believe that there should be a minimum age limit of 18 for using a sunbed in Denmark. Slightly more girls than boys and slightly more young people aged 21-25 than those aged 15-20 support a minimum age limit of 18. Among young people aged 15-17, who would be personally affected by a minimum age limit of 18 for sunbed use, support for a minimum age limit of 18 is the same as for those aged between 15-25: 64%.