



# Sunbeds- from policy to legislation

Jenny Morris

Chartered Institute of Environmental Health

# Why worry about sunbeds?



- Cumulative exposure to UV radiation causes skin cancer, cataracts, premature skin ageing and immune system suppression
- Skin cancer incidence is “rocketing”
- The majority of exposure is from the sun but sunbeds can increase skin cancer risk
- **OVEREXPOSURE** is the problem so unsupervised premises are a key issue
- The risk is greatest for young people

# Skin cancer statistics

<b>Skin cancer - UK</b>	<b>Males</b>	<b>Females</b>	<b>Persons</b>
Number of new cases of non-melanoma skin cancer (UK 2007)	46,568	37,982	84,550
Rate per 100,000 population**	124.2	82.2	100.3
Number of deaths from non-melanoma skin cancer (UK 2008)	309	182	491
Rate per 100,000 population	0.7	0.3	0.5
Number of new cases of malignant melanoma (UK 2007)	4,975	5,697	10,672
Rate per 100,000 population	14.6	15.4	14.9
Number of deaths from malignant melanoma (UK 2008)	1,121	946	2,067
Rate per 100,000 population	3.1	2.2	2.6
Five-year survival rate for malignant melanoma (for patients diagnosed 2001-2006**, England)	81%	90%	-

# What are the issues?



- Estimated 8,000 commercial outlets
- Not always obvious locations e.g. supermarkets, video shops etc
- Indications of higher density in more deprived areas
- No accurate figures on unsupervised premises
- Less than 20% registered with Trade Association
- Domestic hire unknown (Low voltage directive standards control build but not use)

# CIEH and sunbeds



- 1996 – CIEH/HEA – “Skin cancer prevention: policy guidelines for Local Authorities”
- 2004 - Survey on LA skin cancer prevention work
- 2005 – “Saving Our Skins” toolkit [www.cieh.org](http://www.cieh.org)
- 2006 - Follow up sunbed survey
- 2007 – NI Conference and European Conference
- 2007/8 – CIEH Wales “Mystery Shopper” survey
- 2007/8- COMARE report
- 2009 – SWPHO – sunbed survey and skin cancer intervention toolkit (unpublished)

# COMARE Report- The health effects and risks from sunbeds



## Key findings:

- Sunbeds give UV exposure similar to midday Mediterranean sun, in intense doses
- High dose exposure not always associated with burns
- Increased melanoma risk associated with skin type, moles, family history

# COMARE report - findings

- Melanoma risk increased by 75% where sunbed use before age 35
- Modelling estimates link to 370 cases of melanoma and 100 deaths per year
- Evidence of sunbed use by children and young people. Girls use more than boys
- A significant percentage of sunbeds exceed the max recommended irradiance,  $0.3 \text{ W m}^{-2}$

# COMARE report- findings



- COMARE CANNOT recommend any cosmetic use of sunbeds
- The health risks outweigh any perceived benefits e.g. Vitamin D, sun protection
- Concerns about increasing outlet numbers and concentration in areas of low income
- Lack of direct legislative control across UK

# COMARE report recommendations



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## Recommendation 1

- Regulation should be introduced to control the commercial use of sunbeds

Regulation should:

- Prohibit use by under 18's
- Prohibit unsupervised use
- Require the licensing and registration of staffed premises
- Require provision and use of protective eyewear

# COMARE report recommendations



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Regulation should:

- Require provision of written information on health risks
- Discourage use by persons in “at risk” groups
- Sunbeds should adhere to BS and EN standards e.g. Max irradiance  $0.3 \text{ W m}^{-2}$

# COMARE report recommendations



## **Recommendation 2**

- LAs should have a duty to inspect commercial outlets and appropriate sanctions and powers
- Operators should have appropriate training

## **Recommendation 3**

- Increased provision of funding for prevention campaigns
- Stronger publicity campaigns on health risks
- Review of sunbed industry advertising

# COMARE report recommendations



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## Recommendation 4

Further research into;

- Health effects of sunbeds
- Use of sunbeds e.g. numbers of sessions, duration, irradiance, socio economic factors, access, age
- Behavioural factors e.g. knowledge, attitudes, influences

# Cancer Research UK studies 2009



9000 children aged 11-17 surveyed in total

1. 6% (sample 3101, 11-17years) used a sunbed

Average first use – 14 years

More common in older girls

More common in N England and deprived areas

26.5% used once a month

# Cancer Research UK studies 2009



2. 6 cities, 6209 children

Highest use Liverpool and Sunderland  
(51% and 48%)

Supervision usually poor

23% at home, 77% commercial outlets

Only 11% in supervised outlets warned of risks

Equates to 250,000 11-17s nationally

# 6 cities study on sunbed use



City	Age group (years)			Boys by age			Girls by age			Social grade				
	11-14	15-17	Total	11-14	15-17	Total	11-14	15-17	Total	AB	C1	C2	DE	Total
<b>Total</b>	153	520	673	57	170	227	96	350	446	81	208	171	213	673
<b>City:</b>														
<b>Liverpool</b>	40	166	207	13	46	59	27	121	148	17	60	53	78	207
<b>Stoke /Staff</b>	18	52	70	8	17	25	10	36	45	3	22	23	23	70
<b>Sunderland</b>	40	146	186	14	50	64	26	96	122	11	67	45	64	186
<b>Bath/Gloucester</b>	11	58	69	7	24	31	4	34	38	14	23	18	14	69
<b>Oxford/Cambridge</b>	23	55	78	8	21	29	15	34	49	22	16	22	18	78
<b>Southampton</b>	21	43	64	7	13	20	14	31	45	16	21	11	17	64

# Difficulties of legislating

- No Government Bills, last session before election
- A Private Members Bill the only option
- Has limited scope and is “uncontentious”
- No formal support from Government Departments
- No “whipping” although cross party support

# Key Stages of the Bill

- 2<sup>nd</sup> Reading in Commons– passed to Committee
- Committee stage – no amendments
- 3<sup>rd</sup> Reading – multiple amendments and vote forced
- Passes to House of Lords, new sponsor
- 2<sup>nd</sup> Reading – runs out of time for further stages
- “Wash Up” > Sunbeds (Regulation) Act 2010

# Sunbeds (Regulation) Act 2010



- Comes into force 8<sup>th</sup> April 2011
- Prevents use by under 18's
- Introduces "restricted zone"
- Provides enforcement tools e.g. test purchasing
- Powers to introduce Regulations to;
  - Prevent use of unsupervised sunbeds
  - Require information provision to users
  - Require provision of protective eyewear

# Current situation

- Guidance on implementation of the Act being developed for England and Wales
- Regulations under development in Wales
- Irradiance studies being carried out-  
0.3 w/m<sup>2</sup> concerns
- Discussions on irradiance with Prosafe, HSE, BIS and industry
- HSE considering sunbeds and irradiance

# Conclusions

- Can be a long journey from policy to legislation
- Partnership working was key
- A good case for legislation, met the better regulation criteria;
  - Good evidence of public health impacts
  - Evidence of failure of voluntary action
  - Demonstrates a proportionate response
- Devolution affects the solutions e.g. different timescales
- A success but still work to be done, as it won't have any value if not enforced!