

# Age Restrictions for Indoor Tanning



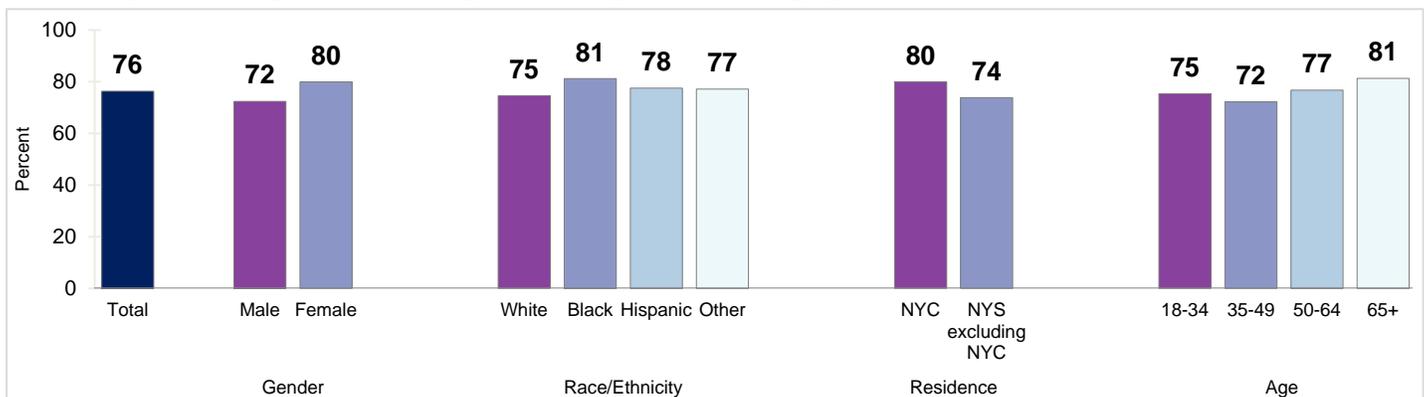
Excessive exposure to ultraviolet (UV) radiation through indoor tanning increases a person's risk of skin cancer, including melanoma, which can be deadly. Risk increases with each indoor tanning session and is highest among those who begin tanning at a younger age.<sup>1</sup> Despite known risks, an estimated 2.3 million U.S. adolescents tan indoors each year.<sup>2</sup>

Policies that restrict youth access to indoor tanning protect young people from the harms of indoor tanning and may prevent future cases of skin cancer. New York State (NYS) allows 17-year-olds to indoor tan with written consent from parents.

A survey of adult NYS residents found that there is widespread support to expand the state law that restricts youth access to indoor tanning:

- 76% of adults in NYS support increasing the age limit to prohibit all minors (persons under 18) from using indoor tanning devices (Figure 1).
- Support was particularly high among adult residents who were female (80%); Black (81%); living in New York City (NYC) (80%); and ages 65 and older (81%).

**Figure 1. Public support in NYS to increase the age limit on the tanning law to restrict all minors (persons under 18) from using indoor tanning devices, by select demographics, 2015**



Data Source: 2015 Chronic Disease Public Opinion Poll

## Public Health Opportunity

The public would be receptive to public health efforts that protect New Yorkers from skin cancer risks associated with indoor tanning, including strategies outlined in the [NYS Comprehensive Cancer Control Plan](#):

- Reduce tanning device use among those at increased risk for skin cancer, such as those under 18 years old.
- Ensure tanning salons enforce existing tanning regulations, including restricted access for minors.
- Educate parents, teens, and consumers about the risks of using indoor tanning devices.

For more information, please send an e-mail to [BCDER@health.ny.gov](mailto:BCDER@health.ny.gov) with IFA # 2017-02 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: [http://www.health.ny.gov/statistics/prevention/injury\\_prevention/information\\_for\\_action/index.htm](http://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm)

<sup>1</sup>[https://www.cdc.gov/cancer/skin/basic\\_info/indoor\\_tanning.htm](https://www.cdc.gov/cancer/skin/basic_info/indoor_tanning.htm)

<sup>2</sup>Levine, Jody A. et al. The indoor UV tanning industry: A review of skin cancer risk, health benefit claims, and regulation. *JAAD*, 53(6), 1038-1044.