

The presentation will begin shortly. There will be no audio until then.

Policies, Systems, and Environmental Changes to Prevent Skin Cancer

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Overview

- What is Skin Cancer
- North Dakota Statistics
- UV tanning devices
- Prevention
- PSE in Schools
- PSE at the Worksite

What is Skin Cancer

Skin Cancer

- Occurs when skin cells mutate and form abnormally
 - A slow growing bump
 - Changing mole
 - Dry/scaly rough patch develops
- Basal, Squamous, Melanoma
 - Basal and Squamous cell are most frequently diagnosed and more easily treated
 - Melanoma is the 3rd most common form

Melanoma

- Treatment is difficult and can cause disfigurement
- Can be fatal
- The only preventable form of cancer that is increasing nationwide each year

Risk Factors

- Lighter natural skin color
- Family or personal history
- Over exposure to the sun
- History of sunburns
- History of indoor tanning
- Skin that burns, freckles, reddens easily or becomes painful in the sun
- Certain types and a large number of moles

Signs and Symptoms

- Any change in the skin, especially moles
- Know your ABCDEs
 - Asymmetry
 - Border Irregularity
 - Color Variation
 - Diameter
 - Evolving/change



Preventing Skin Cancer

Prevention is Protection



- Use broad spectrum (UVA/UVB) sunscreen of at least SPF 30 and reapply every 2 hours
- Limit sun exposure especially between 10am and 4pm
- Wear clothing that covers arms and legs
- Wear a wide brimmed hat to protect head, ears, and neck
- Wear UVA/UVB blocking sunglasses



UV Tanning Devices

What is a tanning device

- Beds or booths outfitted with UV bulbs that cause pigment color change in skin
- This does not include self-tanning sprays or lotions



ND Tanning Legislation

- No tanning facility may state in advertising (written or verbal) that tanning is free of hazards or has any health benefits other than those recognized by a credible scientific or medial source
- Facilities must display a warning sign in each area where a device is used
- Parental written consent is required for customers under 18 years of age (subsection 1 of section 23-29-05 ND Century Code)

North Dakota Skin Cancer Statistics

Melanoma in North Dakota

- More men are diagnosed with melanoma than women
 - 694 cases versus 636 cases from 2003-2012
- Most cases are in caucasian North Dakotans
 - 1,320 of 1,330 cases from 2003-2012
- Melanoma diagnosis is increasing in North Dakota
 - 538 cases reported 2003-2007
 - 792 cases reported 2008-2012

Melanoma by age

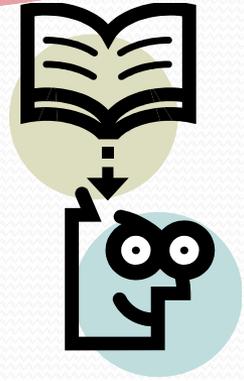
- Ranked by number of cases between 2003-2012
 - 261 cases in people 50-59
 - 237 cases in people 60-69
 - 201 cases in people 70-79
 - 195 cases in people 40-49
 - 190 cases in people 80+

There are people diagnosed younger than 40 but the numbers annually are too low to include.

PSE in Schools

UV Safe Schools

- Schools must recognize that the time of recess, outdoor physical education classes and outdoor sports is more than enough to be overexposure to UV radiation which can cause skin cancer later in life
 - Implement sun safety practices and policies
 - Change the environment



School Practices

- Practices are informal but a great step in the right direction
 - Children can wear hats and/or sunscreen when going outdoors
 - Children can bring sunblock to school

Community Guide

- Student-focused educational and behavioral interventions include
 - teaching children about sun safety
 - the effects of ultra-violet (UV) radiation
 - often reinforced by modeling, demonstration, or role-playing. Interventions may be delivered in a single session or as a comprehensive multi-session curriculum.

Community Guide Cont.

- Student-focused sun-protective environmental and policy changes include
 - increasing the availability of sun-protective items (e.g., sunscreen or protective clothing)
 - adding sun-protective features to the physical environment (e.g. shade structures)
 - implementing sun-protection policies (e.g., clothing guidelines, restrictions on outdoor activities during peak sunlight hours)
 - Interventions also may include efforts to change the knowledge, attitudes, and behaviors of caregivers at school or at home

School Policies

- Policies require staff and children to follow specific steps
 - Staff are required to allow time and assist with children wearing protective clothing and/or sunscreen when participating in outdoor activities.
 - All outdoor sports teams must apply sunscreen prior to starting practice
 - If outdoor activities are longer than 2 hours, a time for applying sunscreen will be built in to the schedule
 - Parameters for admissible protective clothing are in place

Sample policies for schools available at:

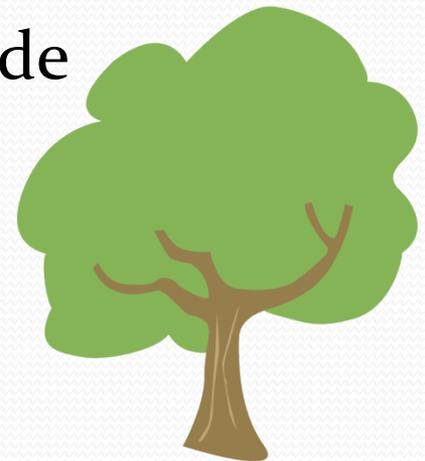
www.sunsafetyforkids.org/schoolpolicy/sample/

Example of admissible clothing

- Long sleeves
- Wide brimmed hats
- Baseball caps with sunblock on the neck and ears
- UVA/UVB blocking sunglasses
- Long pants

School Environment

- Each year schools can apply for grants in every state to assist in the cost of building a shade structure.
- Shaded areas allow children to play outdoors with less UV exposure
 - Most recesses occur during peak UV intense times (10am-4pm)
- Shade structures can be natural or man-made
 - Planted leafy trees on playgrounds
 - Built structures that include a roof



School Systems Change

- Children need to learn sun safety and be reminded often about the effects of UV radiation
 - Teachers be required to include UV safety instruction in lessons throughout the school year for K-12.
 - Teacher resources include UV Safety Tool-kits located in 13 cities across ND to check out and use by health professionals doing skin cancer awareness outreach and educators in the classroom-

<http://www.ndcancercoalition.org/?id=184&page=UV+Safety+Tool-Kit>

Student Involvement

- No-tanning pledges
 - Sample pledges have been made by the ND Cancer Coalition for use by schools to pledge not to tan for special events
 - Can be used with incentive to prevent UV tanning device use
 - Available at <http://www.ndcancercoalition.org/?id=86&page=Skin+Cancer+Awareness>
- Student organizations
 - Promote the pledge
 - Target times: homecoming, winter formals, prom

Student Activities

- Promote self-confidence
- Peer support
- Body image supporting posters and print media in schools
- Implement no-tanning pledge with incentive for students

PSE at Worksites

Outdoor Occupations

- People that work outdoors are at an increased risk of skin cancer due to overexposure
- It is in the best interest of employers with workers that spend most of their time outdoors to implement UV safety practices
 - Less costly than insurance payments for skin cancer treatment
 - Less missed workdays due to doctor appointments or painful burns

Worksite Practices

- Allowing employees to provide and use sun protection
- Allowing employees time in the shade
- Allowing employees to schedule work outside of peak UV hours (10am-4pm)



Community Guide

- Educational approaches (e.g., providing informational messages about sun protection to workers through instruction, small media such as posters or brochures, or both)
- Activities designed to influence knowledge, attitudes, or behavior of workers (e.g., modeling or demonstrating behaviors)
- Environmental approaches to encourage sun protection (e.g., providing sunscreen or shade)
- Policies to support sun protection practices (e.g., requiring sun protective clothing)

Worksite Policies

- If it is not possible to schedule outdoor work outside of the 10am-4pm time frame
 - Require use of and potentially provide:
 - Wide brimmed hats
 - Sunscreen at least SPF 30 with required reapplication every 2 hours (provide time)
 - UVA/UVB blocking sunglasses
 - Sun protective clothing (long sleeves and pants) including UV protective clothing now available

The Community Guide

- Recommended evidence based interventions include:
 - Educational approaches- including informational messages about sun protection to workers through small media
 - Activities designed to influence knowledge and attitudes through modeling or demonstrating behaviors
 - Environmental approaches to encourage sun protection (providing sunscreen or shade)
 - Policies to support sun protection practices

Implementation

- Adopt a written, formal policy that implements UV safety protocols for outdoor workers
- Provide time for application of sunscreen
- Provide or reimburse for sunscreen or sun- protective clothing to support policy adherence
- Provide skin cancer prevention education to employees annually
- Promote onsite skin cancer education
- Evaluate effectiveness of sun safety policies annually

Worksite Resources

- ND Comprehensive Cancer Control Dermascan Machines
 - Available currently in 4 locations for pick-up (Fargo, Jamestown, Bismarck, Dickinson)
 - Training is available online
 - No cost other than travel to pick up and drop off
 - Used as an educational tool to assess skin damage
- Sun Safe Worksite Guide
 - Developed by Klein Buendel and Arizona Center
 - Can be customized by employers

Worksite Wellness Programs

Include UV Safety

- Implementing walking programs and building paths are great steps at increasing workers physical activity
 - Make activities sun safe
 - Promote use of sunscreen when walking outdoors
 - Plant trees along walking paths
 - Promote walking outside of the 10am-4pm time frame



Include UV Safety

- Include skin cancer education
 - brochures, posters, and other print media that educate about skin cancer
 - Include the Skin scope, brochures, and skin cancer education at wellness fairs or activities

Wrap up

Resources for UV Education

- North Dakota Cancer Coalition UV Safety Toolkit
 - Activities by grade/age
 - Materials
 - Online version for printing activities that do not require toolkit materials
 - Available at 13 sites statewide for check out

<http://www.ndcancercoalition.org/?id=184&page=UV+Safety+Tool-Kit>

Resources for Schools and Children

- National Resources
 - Environmental Protection Agency SunWise Kit
 - CDC Sun Safety at Schools
 - Sun Safety for Kids sunsafetyforkids.org
 - SunSafely for kids and teens sunsafely.org

Skin Scopes

- Dermascan Machine
 - Owned by North Dakota Comprehensive Cancer Control Program
 - Currently available for check-out in Dickinson, Bismarck, Jamestown, and Fargo
 - Upcoming- Minot and Grand Forks

Fact Sheets

- EPA fact sheets about UV radiation
- EPA Ozone fact sheets
- Sun Safety Alliance

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- For questions about today's topic please email Janna Pastir at **jlpastir@nd.gov**
 - The post-test for 1.0 contact hours is available here or when the presentation closes you will be automatically directed to the webpage.

<http://www.ndhealth.gov/compcancer/event-2/>

For Credit:

- 1.0 Contact Hours from the North Dakota Board of Nursing will be provided to those who successfully complete the post-test and are eligible for contact hours.
- Certificates will be emailed to the address provided on the post-test form.

If you have any questions regarding credit for today's presentation please contact:

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