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The World Health Organization recommends that:

Governments consider comprehensive legislation that covers the operation of tanning beds and is capable of local enforcement.^{vii}

- UV radiation protective eyewear should be worn while tanning.
- No one under the age of 18 should use a tanning bed.
- Visible warning notices should be prominently displayed throughout the tanning establishment.
- A client consent form should be signed before tanning.



included

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Background

In July 2009, the World Health Organization's International Agency for Research on Cancer (IARC) reclassified tanning devices from "probably carcinogenic to humans" to "carcinogenic to humans," its highest cancer risk category.ⁱ Studies have shown that exposure to UV radiation from indoor tanning is associated with an increased risk of melanoma and non-melanoma skin cancer.ⁱⁱ Melanoma is the most dangerous and deadly form of skin cancer, causing more than 75% of all deaths from skin cancer.ⁱⁱⁱ There is evidence of a 75% increase in risk for melanoma in individuals who first used tanning beds while a teenager or in their twenties.^{iv} Despite the cancer risks of indoor tanning, 8.7% of teenagers ages 14 to 17 surveyed used indoor tanning devices during the preceding 12 months.^v Girls in this age group were seven times more likely than boys to use these devices.

Currently, at least 28 states have laws that regulate minors' use of indoor tan-

ning facilities.^{vi} Some states have age restrictions that are applied uniformly to youth under the age of 16 or 18; other states have laws that provide different restrictions based on age, with more lenient restrictions for teenagers ages 16-18.

The Maryland General Assembly enacted legislation in 2008 that prohibits minors under the age of 18 from using a tanning device unless the minor's parent or legal guardian provides written consent on the premises of the tanning facility and in the presence of an owner, employee or operator of the tanning facility.

Anne Arundel County's melanoma incidence and mortality rates are higher than the rates for the State of Maryland. Anne Arundel County's 500 miles of shoreline along the Chesapeake Bay with access to outdoor recreation on boats and on several beaches, along with the use of tanning devices, may contribute to these higher rates.

Risk Factors for Developing Skin Cancer

A risk factor is anything that increases a person's chance of developing a disease.

- Exposure to Ultraviolet (UV) radiation
- Severe, blistering sunburns
- Family history of melanoma
- Personal history of melanoma or skin cancer
- Fair skin
- Dysplastic nevi: abnormal moles are more likely than ordinary moles to become cancerous
- Having many (more than 50) ordinary moles
- Weakened immune system

Source: National Cancer Institute, National Institutes of Health

Maryland Law At-a-Glance

(Annotated Code of Maryland, COMAR 10.52.06)

This regulation became effective on June 29, 2009.

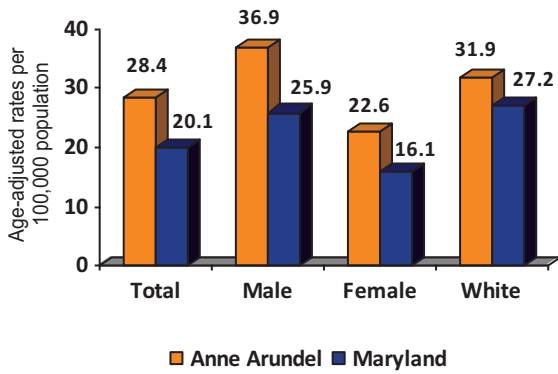
- Tanning requires proof of age and tanning under age 18 requires written consent from a parent or legal guardian on the premises of the tanning facility.
- Consent requires verification of parent or legal guardian with a State or federal government-issued identification card.
- Tanning facilities must maintain records for minor customers that include dates facility was used, duration of exposure, cumulative exposure and signed consent form.
- Complaint reports are managed by the local health department.
- Penalties range from a letter of reprimand for the first violation to a civil penalty of \$1,000 for the fourth or higher violation.
- Local governments may enact and enforce more stringent measures to regulate the use of tanning devices by minors.

Statistics

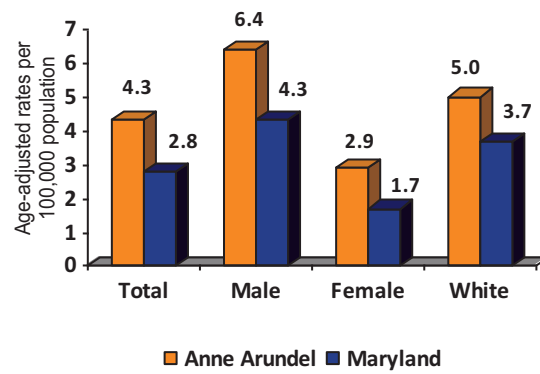
In Anne Arundel County each year (2002-2006), an average of 142 people were diagnosed with melanoma and on average 20 people died from this disease. When compared to the State of Maryland, the rates of melanoma diagnosis and death in Anne Arundel County are more than 40% higher. And, among women in Anne Arundel County, death rates from melanoma are rising.

Studies have shown that, nationally, the melanoma incidence rate among white women ages 15-39 increased from 5.5 cases per 100,000 people in 1973 to 13.9 per 100,000 people in 2004.^{viii} Among men in the same age group, the rate did not increase significantly after 1980.

Melanoma Incidence Rates by Gender and Race
2002-2006



Melanoma Mortality Rates by Gender and Race
2002-2006



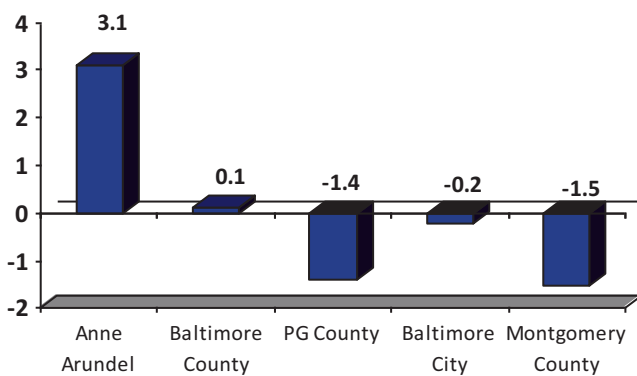
Data Source: State Cancer Profiles, National Cancer Institute.

Death Rate/Trend Comparison, Melanoma of the Skin, Females, 2002-2006
Maryland Jurisdictions (with available data) versus Maryland

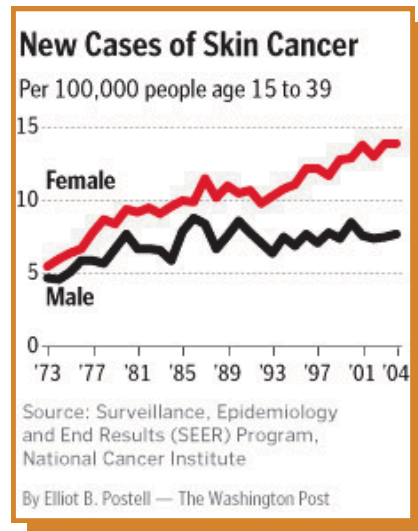
	Above State Rate	Similar to State Rate	Below State Rate
Rising Trend	Anne Arundel		
Stable Trend		Baltimore County Prince George's	Baltimore City
Falling Trend		Montgomery	

Data Source: State Cancer Profiles, National Cancer Institute.

Recent Average Annual Percent Change in Death Rates
Melanoma of the Skin, Females, 2002-2006
(Maryland jurisdictions for which data was available)



Data Source: State Cancer Profiles, National Cancer Institute.





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Information for this brochure was compiled from the following sources.

Centers for Disease Control & Prevention

Health Information National Trends Survey (HINTS)

Journal Watch Women's Health

The Skin Cancer Foundation

Maryland Cancer Registry

National Cancer Institute

Maryland Vital Statistics Administration

The World Health Organization

- i The Lancet Oncology. "Beauty and the Beast." Volume 10, September 2009. Retrieved December 10, 2009 from TheLancet.com
- ii American Academy of Dermatology. Indoor Tanning Fact Sheet. Retrieved July 24, 2008 from http://www.aad.org/media/background/factsheets/fact_indoortanning.html
- iii National Skin Cancer Prevention Education Program, Centers for Disease Control and Prevention.
- iv World Health Organization-International Agency for Research on Cancer (IARC). Sunbed Use in Youth Unequivocally Associated with Skin Cancer. Retrieved October 21, 2009 from <http://www.iarc.fr/en/media-centre/pr/2006/pr171.html>
- v Centers for Disease Control and Prevention. QuickStats: Percentage of Teens Aged 14-17 Years Who Used Indoor Tanning Devices During the Preceding 12 Months, by Sex and Age -- United States, 2005. Retrieved July 25, 2008 from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5540a9.htm>
- vi National Conference of State Legislatures. Tanning Restrictions for Minors: A State-by-State Comparison. Retrieved July 24, 2008 from <http://www.ncsl.org/programs/health/tanningrestrictions.htm>
- vii World Health Organization. Artificial Tanning Sunbeds: Risks and Guidance. Retrieved July 24, 2008 from <http://www.who.int/uv/publications/en/sunbeds.pdf>
- viii National Cancer Institute. Melanoma Incidence Among Young Women in the U.S. is Rising. Retrieved December 16, 2009 from www.cancer.gov/cancertopics/melanoma/youngwomen0908



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