

Sunscreen Use

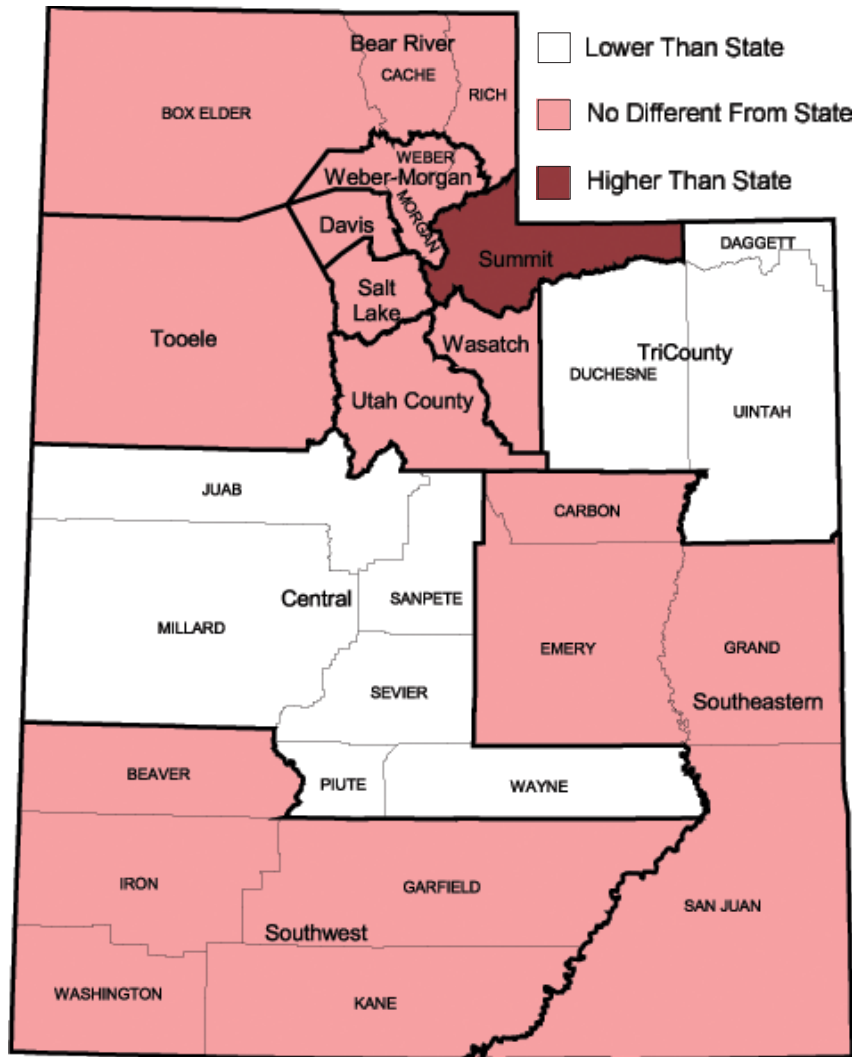


Questions: *When you go outside on a sunny summer day for more than one hour, how often do you use sunscreen or sunblock? Would you say: always, nearly always, sometimes, seldom, or never? What is the sun protection factor or SPF of the sunscreen you use most often?*

Skin cancer is the most common form of cancer in the U.S. There are three major types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Although basal and squamous cell carcinomas can be cured if detected and treated early, these cancers can cause damage and disfigurement. Melanoma is the deadliest form of skin cancer and causes more than 75 percent of all skin cancer deaths. The most important environmental factor in the development of skin cancer seems to be exposure to the sun's ultraviolet rays. Skin cancer can be prevented when sun-protective behaviors are practiced consistently. Sun-protective behaviors include avoiding the sun between 10 a.m. and 4 p.m., wearing sun-protective clothing when exposed to sunlight, using sunscreen with a sun protective factor of 15 or higher, and avoiding artificial sources of ultraviolet light.

- The percentage of Utah adults in Central Utah and TriCounty Health Districts who reported frequently using sunscreen with an SPF of 15 or higher was significantly below the statewide percentage while the percentage in Summit County Health District was significantly above the statewide percentage.
- Utah adults living in Central Utah Health District reported the lowest use of sunscreen with an SPF of 15 or higher.

Frequent Sunscreen SPF 15+ by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 2000-2001

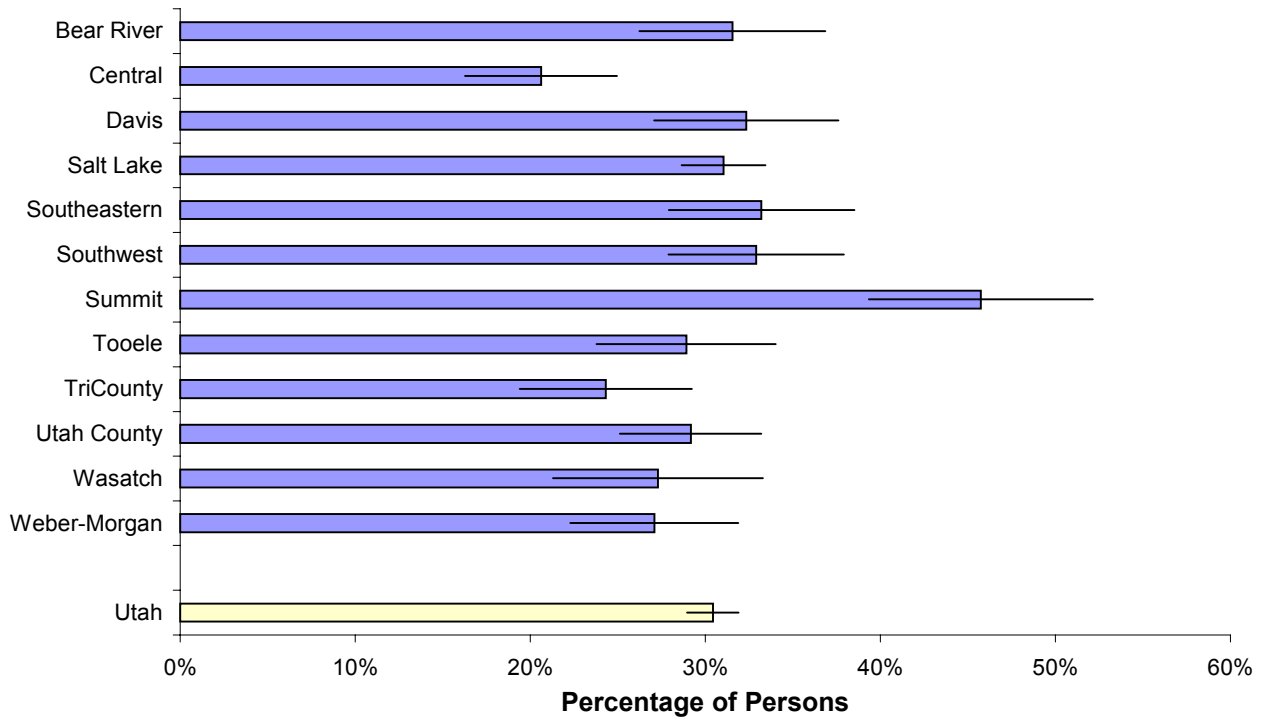


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Always or Nearly Always Using Sunscreen With SPF 15+*
by Local Health District, Utah Adults Ages 18+, 2000-2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number Using Adequate Sunscreen	Percent	95% CI Range	Percent	95% CI Range	
Bear River	397	91,817	29,000	31.6%	26.2% 36.9%	31.5%	26.3% 36.7%	
Central	408	43,286	8,900	20.6%	16.3% 25.0%	20.5%	16.3% 24.8%	
Davis	401	155,816	50,400	32.3%	27.1% 37.6%	32.2%	26.9% 37.6%	
Salt Lake	1,771	627,857	194,900	31.0%	28.7% 33.4%	30.7%	28.3% 33.1%	
Southeastern	372	36,451	12,100	33.2%	27.9% 38.5%	33.0%	27.8% 38.1%	
Southwest	406	97,595	32,100	32.9%	27.9% 37.9%	34.1%	29.0% 39.1%	
Summit	425	21,092	9,600	45.8%	39.4% 52.1%	45.4%	39.4% 51.4%	
Tooele	397	27,012	7,800	28.9%	23.8% 34.0%	29.0%	24.3% 33.8%	
TriCounty	406	26,359	6,400	24.3%	19.4% 29.2%	24.0%	19.2% 28.7%	
Utah County	595	245,264	71,500	29.2%	25.1% 33.2%	30.5%	26.2% 34.7%	
Wasatch	351	10,154	2,800	27.3%	21.3% 33.3%	27.2%	21.7% 32.7%	
Weber-Morgan	386	140,822	38,100	27.1%	22.3% 31.9%	26.8%	22.1% 31.5%	
Utah	6,315	1,523,525	463,600	30.4%	29.0% 31.9%	30.4%	28.9% 31.9%	

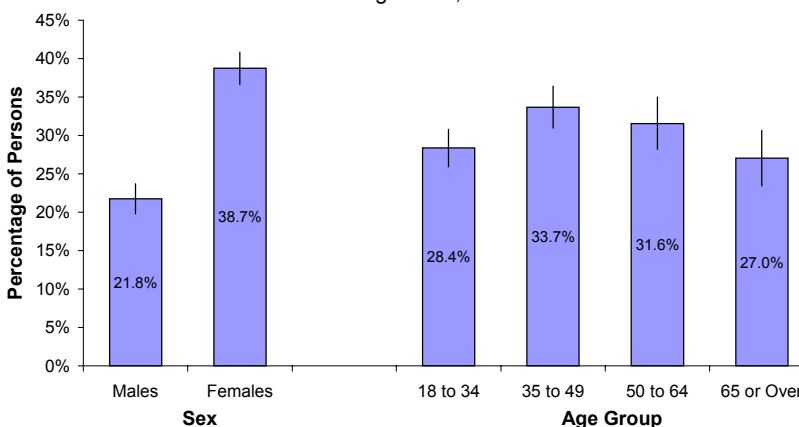
** Age adjusted to U.S. 2000 standard population

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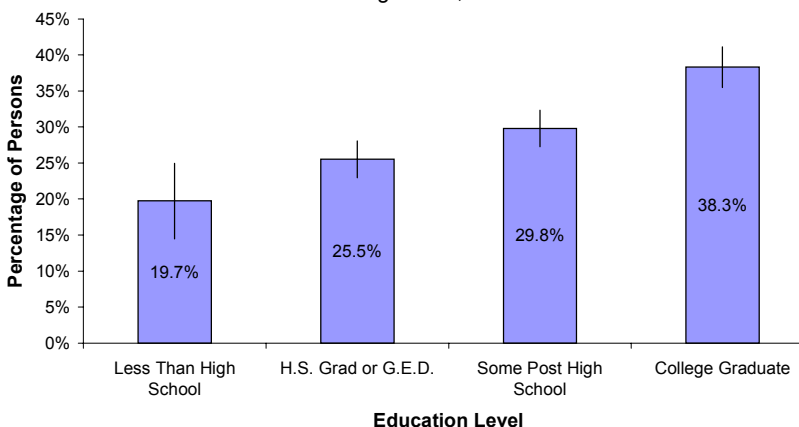
- In Utah, more women than men reported regularly using sunscreen with an SPF of 15 or higher (38.7% and 21.8% respectively).

Percentage of Persons Who Reported Always or Nearly Always Using Sunscreen With an SPF of 15+ by Sex and Age, Utah Adults Ages 18+, 2000-2001



- The regular use of sunscreen with an SPF of 15 or higher by Utah adults increased with increasing years of education and annual household income (not graphed).

Percentage of Persons Who Reported Always or Nearly Always Using Sunscreen With an SPF of 15+ by Education, Utah Adults Ages 18+, 2000-2001



The Utah Cancer Action Network is a statewide partnership that is working to reduce the incidence of skin cancer in Utah. Strategies include conduction of a media campaign to educate the public about skin cancer and ways to prevent its occurrence.

Utah Objective: By 2010, increase the proportion of Utah adults aged 18 years or over who use sunscreen with a sun protective factor (SPF) of 15 or higher to 50% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 3-9b: Increase the proportion of adults aged 18 years or over who use at least one of the identified protective measures to 75% (age adjusted to the U.S. 2000 standard population).



Percentage of Persons Who Reported Always or Nearly Always Using Sunscreen With an SPF of 15+ by Selected Demographic Characteristics, Utah Adults Ages 18+, 2000 - 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Always or Nearly Always Using Sunscreen With SPF 15+ ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported Always or Nearly Always Using Sunscreen With SPF 15+ by Category
			95% Confidence Intervals	Lower	Upper		
Sunscreen Use							
Always	13.6%	207,300					
Nearly Always	16.8%	256,300					
Sometimes	22.7%	345,400					
Seldom	17.5%	266,600					
Never	25.0%	381,500					
SPF Less Than 15	4.4%	66,400					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	21.8%	19.8%	23.7%	164,000	35.5%
Females	50.5%	769,800	38.7%	36.6%	40.8%	298,100	64.5%
Total, All Adults	100.0%	1,523,500	30.4%	29.0%	31.9%	463,600	100.0%
Age Group							
18 to 34	42.6%	648,500	28.4%	25.9%	30.8%	183,800	39.9%
35 to 49	28.5%	433,700	33.7%	30.9%	36.4%	146,000	31.7%
50 to 64	16.4%	250,000	31.6%	28.1%	35.0%	78,900	17.1%
65 or Over	12.6%	191,300	27.0%	23.4%	30.7%	51,700	11.2%
Total, All Adults	100.0%	1,523,500	30.4%	29.0%	31.9%	463,600	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	31.6%	30.0%	33.2%	425,300	92.6%
Hispanic	8.3%	126,000	20.2%	14.7%	25.7%	25,400	5.5%
Non-White, Non-Hispanic	3.4%	51,500	16.7%	10.6%	22.8%	8,600	1.9%
Total, All Adults	100.0%	1,523,500	30.4%	29.0%	31.9%	463,600	100.0%
Income							
Less Than \$20,000	13.6%	207,700	23.0%	19.2%	26.7%	47,700	10.3%
\$20,000-\$49,999	47.8%	727,500	27.5%	25.4%	29.6%	200,100	43.2%
\$50,000 or Over	38.6%	588,400	36.6%	34.0%	39.2%	215,500	46.5%
Total, All Adults	100.0%	1,523,500	30.4%	29.0%	31.9%	463,600	100.0%
Education							
Less Than High School	6.0%	91,700	19.7%	14.5%	25.0%	18,100	3.9%
H.S. Grad or G.E.D.	30.1%	458,100	25.5%	23.0%	28.1%	117,000	25.3%
Some Post High School	35.1%	534,100	29.8%	27.3%	32.3%	159,200	34.4%
College Graduate	28.9%	439,500	38.3%	35.5%	41.1%	168,400	36.4%
Total, All Adults	100.0%	1,523,500	30.4%	29.0%	31.9%	463,600	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.