



Indiana
Department
of
Health

Chronicle of Indiana Cancer Control

Spotlight

May is Skin Cancer Awareness Month

Planning for the sun

The month of May ushers in a season full of outdoor activities—trips to the beach, pool, nature hikes, outdoor sporting events, gardening, and more.

You probably put sunscreen on yourself and the kids when you go to the pool or the beach., but do you know you should protect your skin with more than just sunscreen anytime you're outside?

Here's an easy tip to help make sure you and your family stay sun-safe. Get ready for the season with a tote bag full of different ways to protect your skin. Keep the tote bag handy so you can grab it whenever you head out for outdoor fun!

Important things to pack:

- Lightweight long-sleeved shirt or cover-up
- Hat with a wide brim that shades your face, head, ears, and neck.



- Sunglasses that block both UVA and UVB rays
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection

Sun safety is important year round. No matter the temperature, exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.¹

1. <https://www.cdc.gov/cancer/dccp/resources/features/skincancer/>

Working in the sun

The Occupational Safety and Health Act requires employers to minimize risk of harm to workers. Employers may be required to provide workers' compensation to employees who get skin cancer because of sun exposure on the job.

Skin cancer can greatly reduce workers' productivity. Every year, Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer.²

Providing sun protection for outdoor workers helps create a healthy and safe workplace. It can also increase productivity, which saves money.

- Encourage sun safety among your employees and provide sun protection when possible.
- Use tents, shelters, and cooling stations to provide shade at worksites.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.

2. https://www.cdc.gov/cancer/skin/basic_info/sun-safety



Resources

The Community Preventive Services Task Force provides resources to help in preventing skin cancer.

The Task Force's latest evidence-based recommendations and findings highlight several settings and approaches to consider for implementation of programs, services, and policies to protect people from too much ultraviolet exposure.³

The Task Force issued skin cancer prevention recommendations for the following:

- Outdoor occupational settings
- Outdoor recreational and tourism settings
- Primary and middle school settings
- Childcare centers
- Multicomponent community-wide programs

Visit www.thecommunityguide.org for Task Force recommendations, findings and rationale statements, information about the systematic reviews on which they are based, and more.

Task Force recommendations and findings are based on systematic reviews of the literature that are conducted by scientists and subject matter experts from the Centers for Disease Control and Prevention (CDC).

The reviews were carried out with Task Force oversight, in collaboration with a wide range of government, academic, policy, and practice-based partners.

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal, unpaid panel of public health and prevention experts. The Task Force works to improve the health of all Americans by providing evidence-based recommendations about community preventive programs, services, and policies to improve health. Its members represent a broad range of research, practice, and policy expertise in community prevention services, public health, health promotion, and disease prevention.

3. <https://www.thecommunityguide.org/content/evidence-shows-community-based-skin-cancer-prevention-works>

Facts and Figures

In 2018, the latest year for which incidence data are available, in the United States, 83,996 new cases of melanomas of the skin were reported, and 8,199 people died of this cancer.

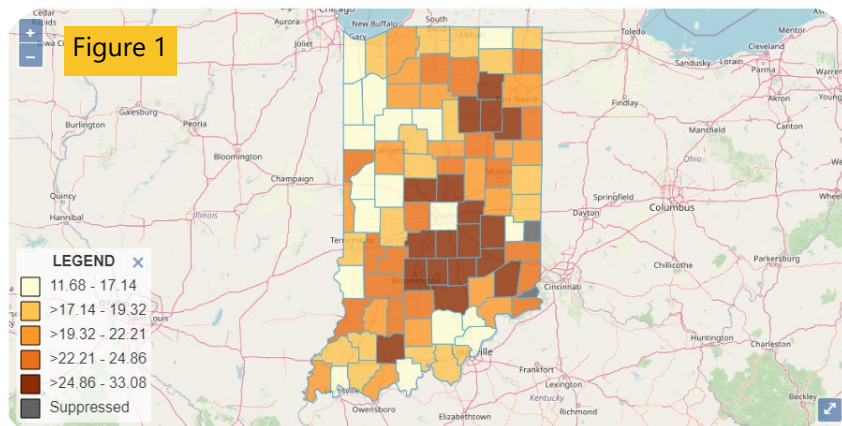
For every 100,000 people, 22 new melanomas of the skin cases were reported.

In Indiana in 2018, the age-adjusted rate of new cancer cases was 20.7 per 100,000 people. In all, 1,589 cancer cases were reported.

Of the top 10 rates of new cancer cases in Indiana, melanomas of the skin is sixth highest.

Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every four deaths in the United States is due to cancer.

4. U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool, based on 2020 submission data (1999-2018); U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; www.cdc.gov/cancer/dataviz, released in June 2021.



The Centers for Disease Control and Prevention Melanoma Dashboard provides county-level data for Indiana.

Figure 1 displays the age-adjusted melanoma incidence rate over a 10 year period.⁵

5. <https://ephtracking.cdc.gov/Applications/melanomadashboard/>

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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