

**OREGON ACADEMY OF FAMILY PHYSICIANS
CONGRESS OF THE MEMBERS
77th ANNUAL MEETING
April 13, 2024
Resolution #2**

1 **Introduced by Jonathan Sisley, MS-3**

2 **Subject: Reducing the Harms of Indoor Tanning**

3 WHEREAS the American Academy of Family Physicians (AAFP) currently recognizes the harmful
4 effects of ultraviolet radiation and has recommendations for reducing sun exposure via
5 sunscreen and hats,¹ and

6 WHEREAS, the Oregon Academy of Family Physicians (OAFP) additionally recognizes the harmful
7 effects of indoor tanning and urges members to counsel patients on the involved hazards,² and

8 WHEREAS, history of ≥ 1 sunburn during adolescence is associated with significantly increased
9 risk of melanoma and basal cell carcinoma and more than three quarters of adolescents who
10 use indoor tanning experienced one or more sunburns,^{3,4} and

11 WHEREAS, the World Health Organization identifies indoor tanning as carcinogenic, and then
12 United States Food and Drug Administration recommends against the use of indoor tanning
13 devices for people under the age of 18,⁴ and

14 WHEREAS, the Surgeon General identifies reducing harms from indoor tanning as one of the five
15 goals in the 2016 *Call to Action to Prevent Skin Cancer* published by the United States
16 Department of Health and Human Services,⁵ and

17 WHEREAS, 44 states currently have statutes restricting minors' use of indoor tanning parlors,
18 and multiple studies have demonstrated that indoor tanning legislation was associated with
19 lower indoor tanning prevalence among youth,⁶⁻⁸ and

20 WHEREAS, current compliance rates with new statutes are unsatisfactory indicating additional
21 education and advocacy may be necessary to reduce youth access to tanning salons,⁹ NOW
22 THEREFORE BE IT

23 RESOLVED, That the American Academy of Family Physicians develop a position paper on the
24 harms of indoor tanning, and be it further

25 RESOLVED, That the American Academy of Family Physicians develop and distribute legislative
26 talking points on the harms of indoor tanning.

References:

¹American Academy of Family Physicians, Sunscreen Usage in Schools. 4/10/2023.

²Oregon Academy of Family Physicians Policy Handbook. Revised May 2023.

³Glanz K, Saraiya M, Wechsler H; Centers for Disease Control and Prevention. Guidelines for school programs to prevent skin cancer. *MMWR Recomm Rep*. 2002;51(RR-4):1-18.

⁴Guy GP, Berkowitz Z, Everett Jones S, Watson M, Richardson LC. Prevalence of Indoor Tanning and Association with Sunburn Among Youth in the United States. *Jama Dermatol*. 2017;153(5):387-390.

⁵US Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent Skin Cancer*. Washington, DC: US Dept of Health and Human Services, Office of the Surgeon General; 2016.

⁶Reimann J, McWhirter JE, Cimino A, Papadopoulos A, Dewey C. Impact of legislation on youth indoor tanning behaviour: A systematic review. *Prev Med*. 2019 Jun;123:299-307. Doi:10.1016/j.ypmed.2019.03.041. Epub 2019 Mar 30. PMID: 30940571.

⁷Carpenter CS, Churchill BF, Marcus M. Bad lighting: Effects of youth indoor tanning prohibitions. *J Health Econ*. 2023 Mar;88:102738. doi: 10.1016/j.jhealeco.2023.102738. Epub 2023 Feb 11. PMID: 36808016.

⁸Bowers JM, Geller AC, Schofield E, Li Y, Hay JL. Indoor Tanning Trends Among US Adults, 2007-2018. *Am J Public Health*. 2020 Jun;110(6):823-828. doi:10.2105/AJPH.2020.305605. Epub 2020 Apr 16. PMID: 32298165; PMCID: PMC7204456.

⁹Williams MS, Buhalog B, Blumenthal L, Stratman EJ. Tanning Salon Compliance Rates in States with Legislation to Protect Youth Access to UV Tanning. *JAMA Dermatol*. 2018 Jan 1;154(1):67-72. doi: 10.1001/jamadermatol.2017.3736. PMID: 29071349;PMCID: PMC5833576.