

Tanning Equipment Use

Exposure to ultraviolet radiation in tanning beds can result in numerous negative health effects, including sunburn, damage to the eyes and an increased risk of skin cancer.¹ In August 2012, Oakville became the first municipality in Ontario to prohibit youth under the age of 18 from accessing tanning beds.² In May 2014, the Ontario Government's Skin Cancer Prevention Act came into effect, which prohibits the use of tanning beds by youth under the age of 18 in all of Ontario.³ This legislation aims to protect the population from the harmful effects of ultraviolet radiation and ultimately reduce the economic and health burden of skin cancer in Ontario.³

Purpose of Health Indicator Report: To provide information on the use of tanning equipment by adults aged 18 and over in Halton Region

Data Source: Rapid Risk Factor Surveillance System (RRFSS)⁴

Data Collection Period: 2010, 2012, 2013

For more information on statistical significance, data interpretation and limitations in this report, see the [data notes](#) section on the last page.

Overall Findings and Trends Over Time:

- From 2010 to 2013 there were no statistically significant changes in the percent of Halton adults aged 18 and over who reported having used tanning equipment in the last 12 months (see **Figure 1**).
- Due to small sample sizes, data from 2010, 2012 and 2013 were combined for analysis for the remainder of this report.
- For 2010 to 2013 combined, 5% (± 1) of Halton adults aged 18 and over reported having used tanning equipment in the last 12 months (see **Figure 1**). More specifically:
 - 2% (± 0.5) reported having used tanning equipment 1 to 5 times in the last 12 months
 - 1% (± 0.4) reported having used tanning equipment 6 to 11 times in the last 12 months
 - 1% (± 0.3) reported having used tanning equipment 12 or more times in the last 12 months

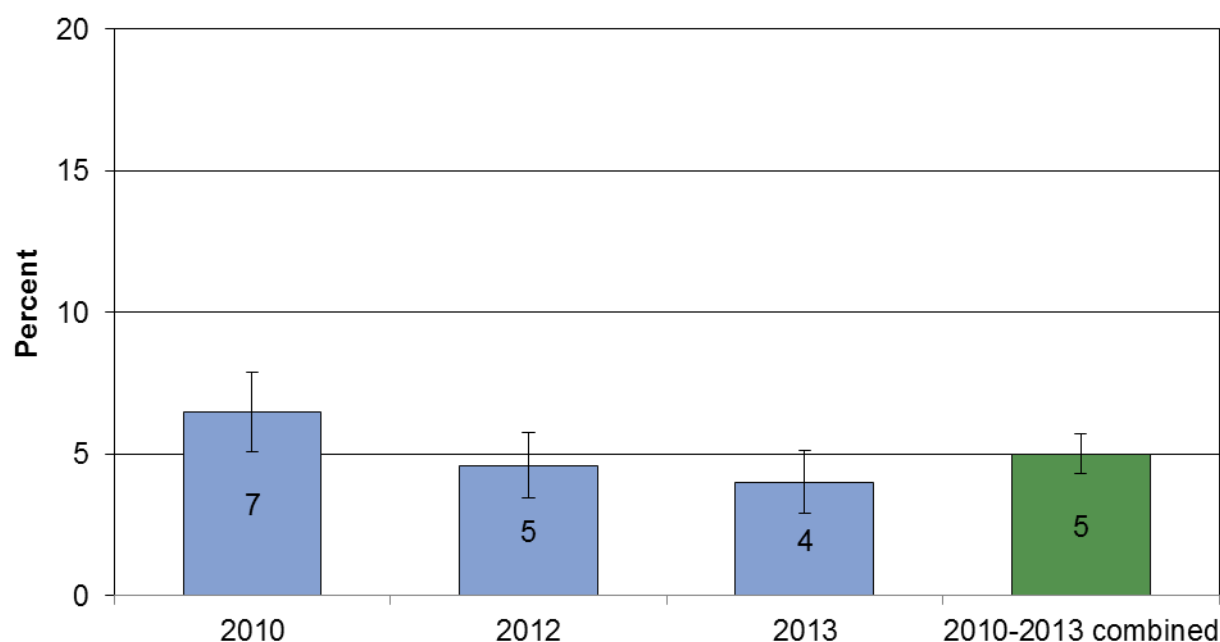


Figure 1: Percent of adults aged 18 and over who reported having used tanning equipment in the last 12 months, Halton Region, 2010, 2012 and 2013, 2010-2013 combined

Sex:

- For 2010 to 2013 combined, Halton females [7%(±1)] aged 18 and over were more likely than males [3%(±1)] to report having used tanning equipment in the last 12 months. This difference was statistically significant (see **Figure 2**).

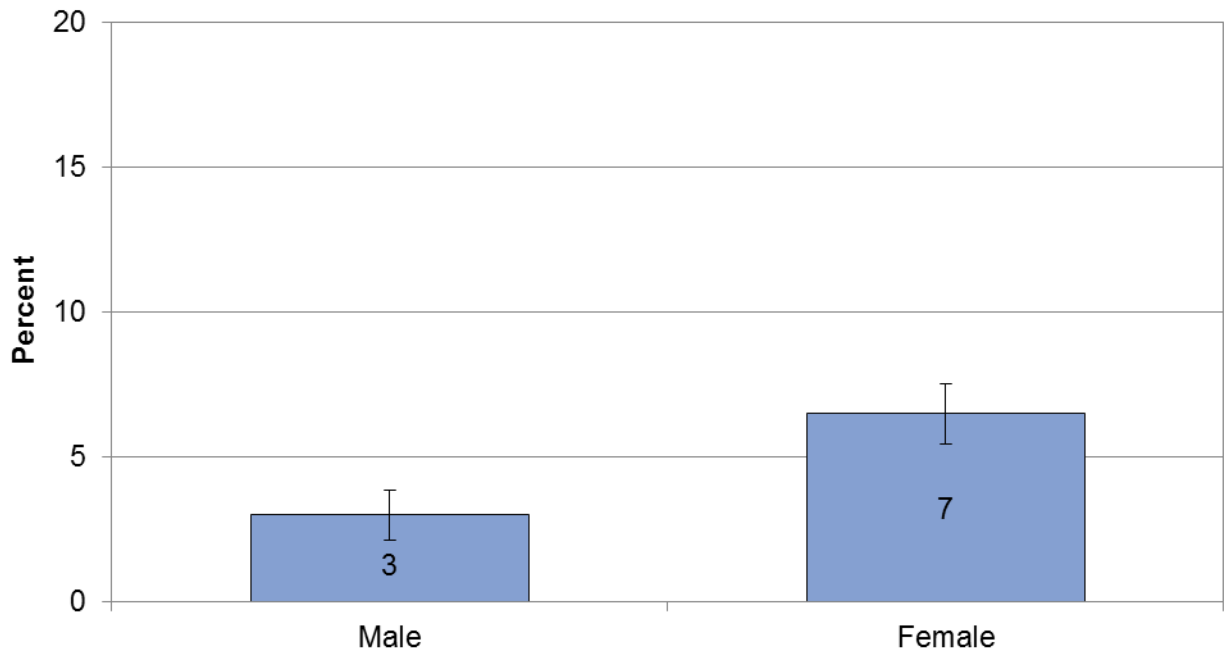


Figure 2: Percent of adults aged 18 and over who report having used tanning equipment in the last 12 months, by sex, Halton Region, 2010, 2012 and 2013 combined

Age:

- For 2010 to 2013 combined, young adults in Halton were more likely than older adults to report having used tanning equipment in the last 12 months (see **Figure 3**). This difference was statistically significant when comparing adults aged 18-24 [14%(±5)]* to adults aged 45-64 [4%(±1)].

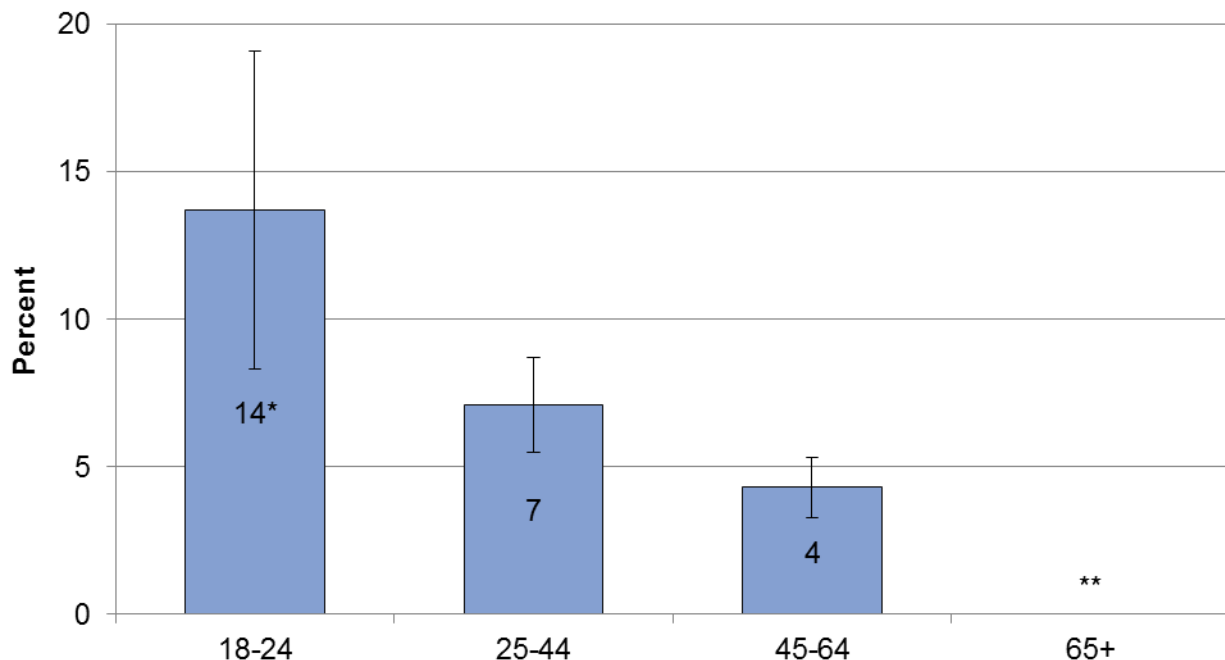


Figure 3: Percent of adults aged 18 and over who report having used tanning equipment in the last 12 months, by age, Halton Region, 2010, 2012 and 2013 combined

Municipality:

- For 2010 to 2013 combined, there were no statistically significant differences by municipality in the percent of adults aged 18 and over in Halton who reported having used tanning equipment in the last 12 months (see **Figure 4**).

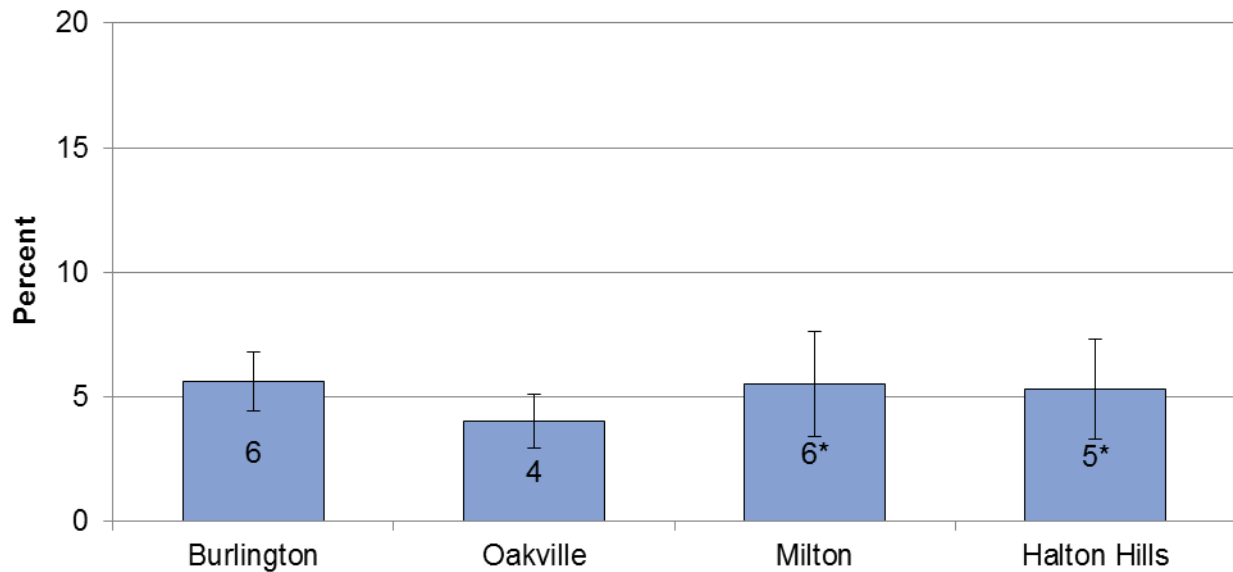


Figure 4: Percent of adults aged 18 and over who reported having used tanning equipment in the last 12 months, by municipality, Halton Region, 2010, 2012 and 2013 combined

Income and Education:

- For 2010 to 2013 combined, Halton adults aged 18 and over in the high income group [8%(±2)] were significantly more likely than adults in the middle [4%(±1)] and low income [4%(±1)]* groups to report having used tanning equipment in the last 12 months (see **Figure 5**).
- For 2010 to 2013 combined, there were no statistically significant differences by education in the percent of adults aged 18 and over in Halton who reported having used tanning equipment in the last 12 months (see **Figure 5**).

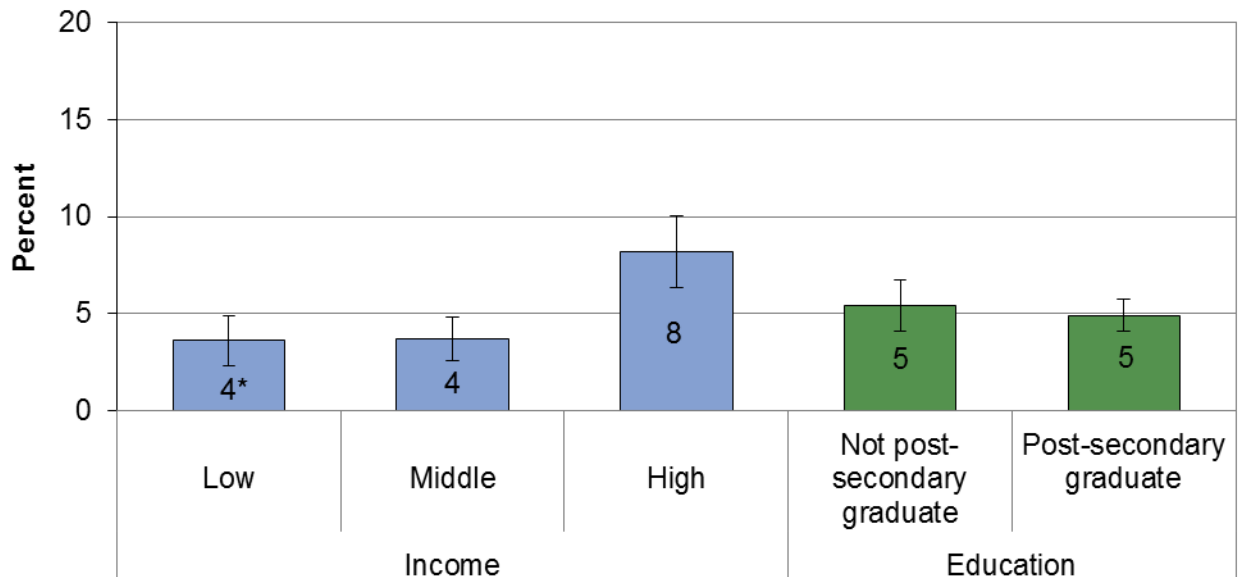


Figure 5: Percent of adults aged 18 and over who reported having used tanning equipment in the last 12 months, by income and education, Halton Region, 2010, 2012 and 2013 combined

Data Notes:

Definitions:

Tanning equipment refers to tanning beds, tanning booths or sunlamps. Tanning creams, lotions, or tanning spray equipment are not considered tanning equipment.

Statistical Significance:

A **95% confidence interval (CI)** refers to the range of values that has a 95% chance of including the true estimate. 95% CI's are reported in brackets or presented as "I" shaped bars in the graphs. A large CI means that there was a large amount of variability in responses or the sample size for the category was small. When CIs do not overlap between 2 or more groups (e.g., when comparing males and females) it means that the differences between the groups are **statistically significant** and unlikely to be due to chance alone. Since overlapping confidence intervals are used to determine statistical significance, p-values are not calculated. This is a conservative approach ($\alpha < 0.01$) which is more appropriate when multiple comparisons are being made, such as in this report.

Data Interpretation:

Income is based on the ratio of each survey respondent's annual household income level to the low income cut-off (LICO, 2011) corresponding to their household size, and community size. The low income group are those in the lowest 30% of income ratios, the middle income group are those in the 31st-70th% of income ratios and the high income group are those in the top 30% of income ratios. Respondents who did not know or refused to provide their income were excluded from the analysis.

Coefficient of variation (CV) refers to the precision of the estimate. When the CV is between 16.6 and 33.3, the estimate should be interpreted with caution because of high variability and has been marked with an asterisk (*). Estimates with a CV of 33.3 or greater are not reportable and have been marked with double asterisks (**) in the graphs and tables.

Household (HH) weights were used for any questions related to individuals. The HH weight adjusts for the fact that an adult in a larger HH is less likely to be selected than an adult in a smaller HH.

Limitations:

RRFSS results are self-reported and may not be recalled accurately. Individuals not living in households (such as those in prison, hospitals, or the homeless) were excluded. Individuals who live in a household without a landline telephone are also not reached through RRFSS (over 12% of all Ontario households, and 49% of Ontario households with only adults aged 18-34 years old⁵). As a result, the percentages may not represent the true estimates for the general population.

Rounded estimates were used for the presentation of data, thus estimates may not total 100 percent. Rounded CI's were used for the presentation of data; however, non-rounded CI's were used to determine statistically significant differences.

Don't know and refused responses were excluded from the analysis.

In 2011, the wording of questions in this module were changed from "artificial tanning equipment" to "tanning equipment".

Due to the small sample of people who have used tanning equipment, three years of data (2010, 2012, 2013) were combined to allow a sufficient sample size for analysis.

References:

1. Ministry of Health and Long-Term Care. 2014. Skin Cancer Prevention Act Coming Into Force. Retrieved May 14th 2014, from <http://news.ontario.ca/mohltc/en/2014/04/skin-cancer-prevention-act-coming-into-force.html>
2. Lea, David. 2012. Oakville First in Ontario to Restrict Tanning Beds. Retrieved May 27th, 2014 from <http://www.insidehalton.com/news-story/2883586-oakville-first-in-ontario-to-restrict-tanning-beds/>
3. Health Canada. 2013. Tanning and its Effect on Your Health. Retrieved May 14th 2014, from <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/tanning-bronzage-eng.php>
4. Rapid Risk Factor Surveillance System. (<http://www.rfss.ca/>)
5. Statistics Canada. 2010. Residential Telephone Service Survey (RTSS) (master file). Statistics Canada.

Last Revised: June 16, 2014