

SUN SMART

Resources for developing effective shade

Dimity Gannon
SunSmart Community & Sports Coordinator


VicHealth 

SUN SMART

Ultraviolet (UV) Radiation

Sun's UV is both:

- Major cause of skin damage and skin cancer
- Best natural source of vitamin D
- 1,700 Australians die yearly from skin cancer, more than the national road toll
- \$300 million per year- most preventable cancer

VicHealth 

SUN SMART

Over exposure to UV Radiation




VicHealth 

SUN SMART

A healthy balance

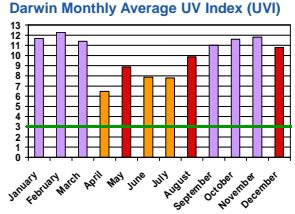
- UV radiation is required for our bodies to produce Vitamin D
- Vitamin D is important for general health, particularly bone and muscle health
- Low levels linked with colon cancer, heart disease, osteoporosis and auto immune diseases

VicHealth 

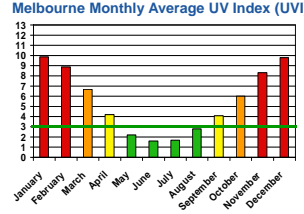
SUN SMART

Factors affecting UV levels – location, time of year


Darwin Monthly Average UV Index (UVI)



Melbourne Monthly Average UV Index (UVI)



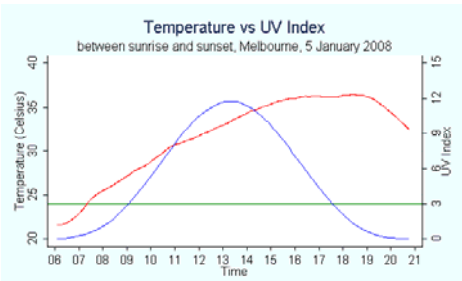
Gies, P., et al. (2004) Global Solar UV Index: Australian measurements, forecasts and comparison with the UK. Photochem Photobiol 79(1):32-39.

VicHealth 


SUN SMART

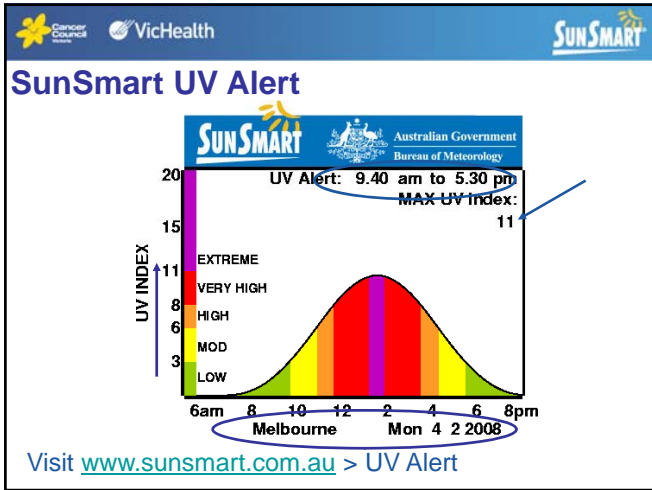
Factors affecting UV levels – time of day

Temperature vs UV Index
between sunrise and sunset, Melbourne, 5 January 2008



Temperature data from BuM weather station at Viewbank
UV data from ARPANSA at Yallambie

VicHealth 



SunSmart recommends 5 key sun protection measures when the UV index is 3 and above

Slip Slop Slap Seek Slide

Seek

- Seek - shade, either natural or built or a combination of both
- Effective shade can reduce UV radiation by up to 75%

Not all shade is effective

- Shade should be designed to offer the greatest coverage during peak UV radiation times and peak use periods

Shade Research

- Socioeconomic status is linked with access to shade


Shade Research

- 45% of Adults reported that shade was hard to find at their local park or play ground (2007 Sun Survey)
- Shade was reported to be hard to find at sports grounds especially those located in non metropolitan areas

Cancer Council VicHealth **SUN SMART**

Shade Research

- Adolescence and childhood are critical periods when sun exposure is more likely to contribute to skin cancer later in life
- Provision of shade early childhood settings decreased UV exposure by 40%



Cancer Council VicHealth **SUN SMART**

Research shows shade in schools has a positive impact on adolescent sun habits




Cancer Council VicHealth **SUN SMART**

Climate change

- Australia is expected to experience increasing temperatures and extreme weather events
- Temperature is a strong determinant of sunburn
- A 1°C temperature could lead to
 - 3% increase in basal cell carcinoma
 - 6% increase in squamous cell carcinoma
- Shade can reduce heat as well as exposure to UV radiation

Cancer Council VicHealth **SUN SMART**

New shade resources

- Settings needed a simplified tool for planning and developing effective shade
- Based on literature review of current shade guidelines and practices
- Includes best practice guidelines and shade audit tool

Cancer Council VicHealth **SUN SMART**

New shade resources

- Shade audit tool & best practice guidelines
 - For general community and professionals in shade industry
 - Checklist and information to guide the planning and development of effective shade



Cancer Council VicHealth **SUN SMART**

New shade resources

- The new resources will help determine:
 - If effective shade is already available
 - If better use can be made of existing shade
 - If additional shade is required
 - How to plan for new shade
 - Where it should be located
 - How to maintain effective shade



Existing shade resources

- Shade for Everyone (book)
- Shade for:
 - beaches and aquatic settings
 - early childhood centres
 - parks, reserves and playgrounds
 - schools
 - sports grounds and facilities
 - portable shade: tips for purchase and use
- Letters of support for shade grants
- Possible shade grants / funding opportunities

www.sunsmart.com.au