



## Tanning Bed Restrictions

### OVERVIEW

The popularity of tanning beds has increased steadily among adolescents—especially white teenage girls—over time.

The evidence associating the use of tanning beds with deadly forms of skin cancer has grown stronger over the past decade. Once known as a disease that largely effect the elderly, melanoma rates in the 15-39 year old white female population has risen 3% every year since 1992. Use of tanning devices has been associated with an increased incidence of skin cancer. Children and adolescents are at particular risk of developing melanoma and other forms of skin cancer by using tanning beds that utilize artificial ultraviolet rays (UVR). UVR exposure can also cause acute effects such as skin redness and sunburn. Other frequently reported effects include skin dryness, itching, nausea, and medication reactions. Exposure has also been shown to induce or worsen disease.

The Patient Protection and Affordable Care Act (ACA) instituted a 10% excise tax on indoor tanning services. However, additional state level actions are necessary to protect adolescents from skin cancer.

### AAP POSITION

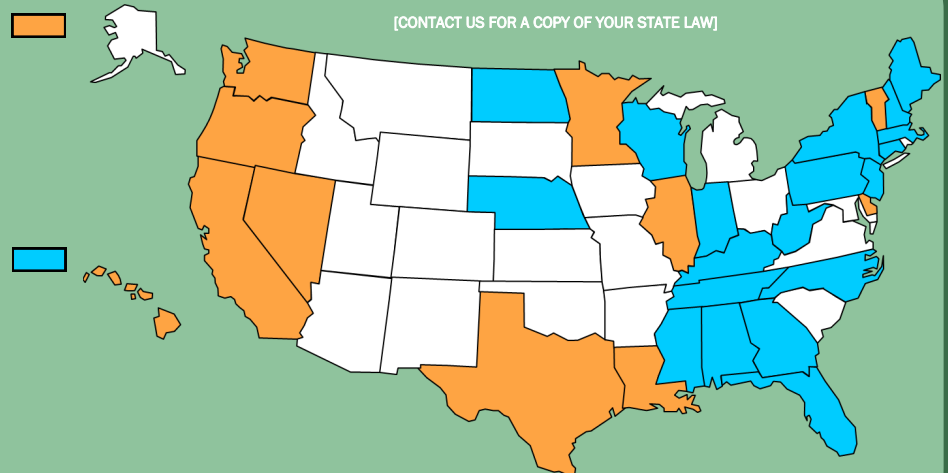
- The AAP recommends that children and adolescents younger than 18 years should be prohibited from using tanning beds.
- Federal, state, and local governments should mount campaigns to raise awareness among children, adolescents, and parents about the dangers of exposure to artificial sources of UVR and overexposure to sun.
- Federal, state, and local governments should work toward passing legislation to ban minors' access to tanning salons and should work to ensure that such legislation is enforced.

## FACTS

- Nearly 28 million people tan indoors in the US annually—2.3 million are teens. Studies have found a 75% increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning, and the risk increases with each use.
- Indoor tanners have a 69% increased risk of early-onset basal cell carcinoma.
- It is estimated that as many as 29% of white teenage girls have used a tanning bed in the past year.
- Indoor tanning rates increase steadily as girls move through high school, peaking around age 18. By that age, 44% of white girls have used a tanning salon in the past year and 30% were frequent tanners, using the facilities 10 or more times in that period.

## PROGRESS

- 11 states—laws banning tanning bed use by minors younger than 18 years (per AAP guidelines)
- 19 states—laws requiring minors to be at least 14 years to use tanning beds



Pending Legislation:  
[2015 StateTrack Profile: Tanning Bed for Minors Bans](#)

## MORE

- [AAP Policy—Ultraviolet Radiation: A Hazard to Children and Adolescents](http://pediatrics.aappublications.org/content/127/3/588.full)—  
<http://pediatrics.aappublications.org/content/127/3/588.full>
- [AAP Technical Report—Ultraviolet Radiation: A Hazard to Children and Adolescents](http://pediatrics.aappublications.org/content/127/3/e791.full)—  
<http://pediatrics.aappublications.org/content/127/3/e791.full>
- [AAP Recommendations to Parents AAP Recommendations on Limiting Sun Exposure in Children and Supporting Legislation to Prohibit Salon Tanning by Minors—Healthy Children.org](http://www.healthychildren.org/English/news/Pages/AAP-Recommendations-on-Limiting-Sun-Exposure-in-Children-and-Supporting-Legislation-to-Prohibit-Salon-Tanning-by-Minors.aspx)—  
[www.healthychildren.org/English/news/Pages/AAP-Recommendations-on-Limiting-Sun-Exposure-in-Children-and-Supporting-Legislation-to-Prohibit-Salon-Tanning-by-Minors.aspx](http://www.healthychildren.org/English/news/Pages/AAP-Recommendations-on-Limiting-Sun-Exposure-in-Children-and-Supporting-Legislation-to-Prohibit-Salon-Tanning-by-Minors.aspx)
- [American Academy of Dermatology—Indoor Tanning Facts](http://www.aad.org/media-resources/stats-and-facts/prevention-and-care/indoor-tanning)—  
[www.aad.org/media-resources/stats-and-facts/prevention-and-care/indoor-tanning](http://www.aad.org/media-resources/stats-and-facts/prevention-and-care/indoor-tanning)