

Sun Balance Study

Phase 1 results

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ABOUT THE SUN BALANCE STUDY PARTICIPANTS

521 people took part in the Sun Balance Study.

We have included the results of the 515 people classified as high or medium risk of skin cancer in our analyses. Only 6 people were at low risk to we could not present their results separately.

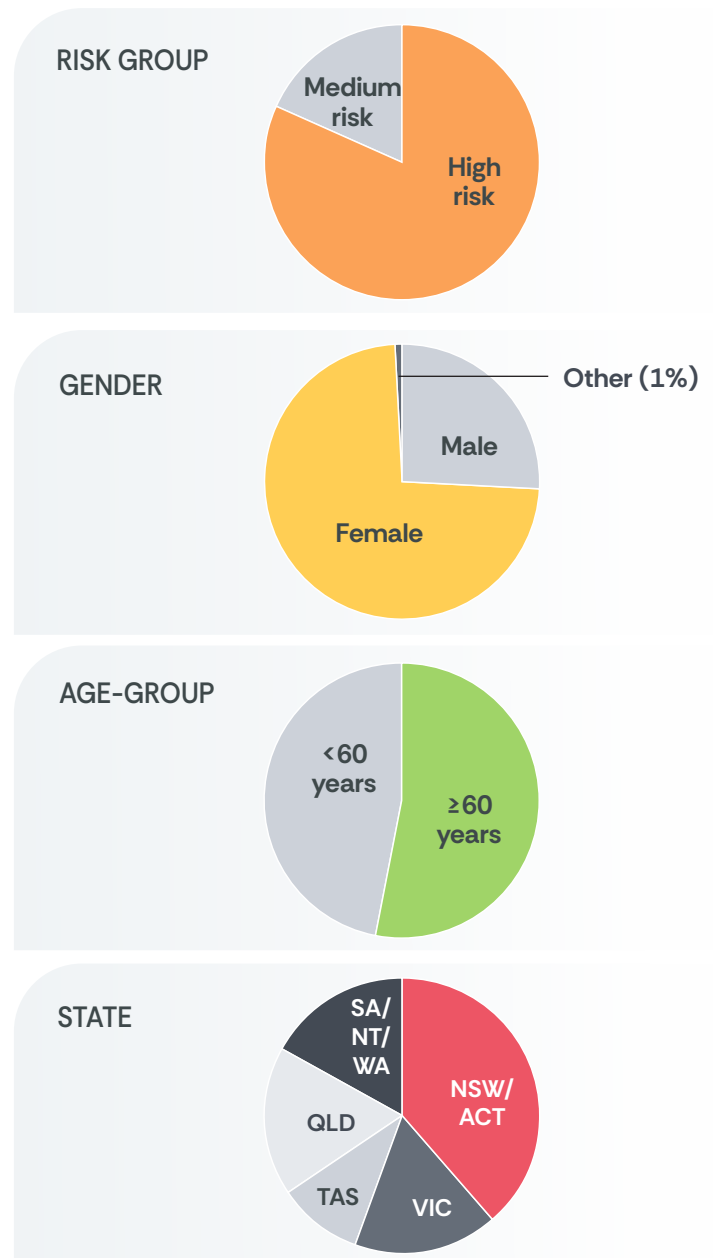
Most of the 515 people were classified at high risk (N=422; 82%). About half were aged 60 years or older and three quarters were female. Participants came from all Australian states and territories, with NSW/ACT being most frequently represented (39%).

HOW TO INTERPRET THE CHARTS BELOW

In each of the charts, the left two bars represent high-risk people and the right two bars represent medium-risk people. Within each group, the left bar shows the survey results before receiving the advice, and the right bar shows the results after receiving the advice.

Each bar in the chart is coloured to show how answers aligned with our advice for that risk group.

The red bar getting smaller from before to after, and the green bar getting bigger, is great – it means that many people were able to understand our advice and intended to act on it.



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USE OF SUNSCREEN AS PART OF THE USUAL DAILY ROUTINE

Australians, except those with deeply pigmented skin, are advised to wear sunscreen as part of the usual daily routine on all days when the UV Index is forecast to reach 3 or higher. We asked you how often you routinely apply sunscreen to your face, and hands and arms in summer and winter. We are presenting the results for summer when sunscreen should be applied every day throughout all of Australia.



FACE

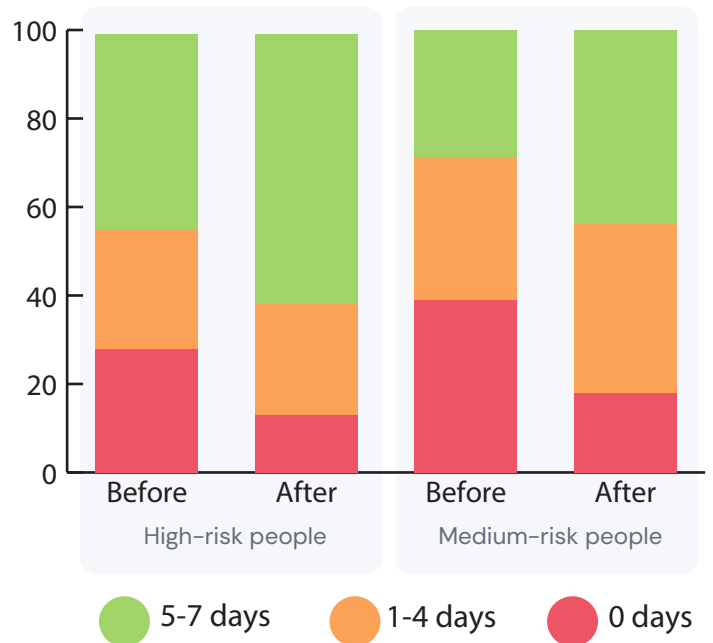
In the first survey, only 44% of the high-risk group and 29% of the low-risk group reported applying sunscreen on most days of the week. At follow-up, lots more people said they planned to apply sunscreen every day. We'll be interested to see whether these plans turned into action. Around 15% of people said they would not use sunscreen routinely on any days in summer – this shows we have some more work to do to find out why.



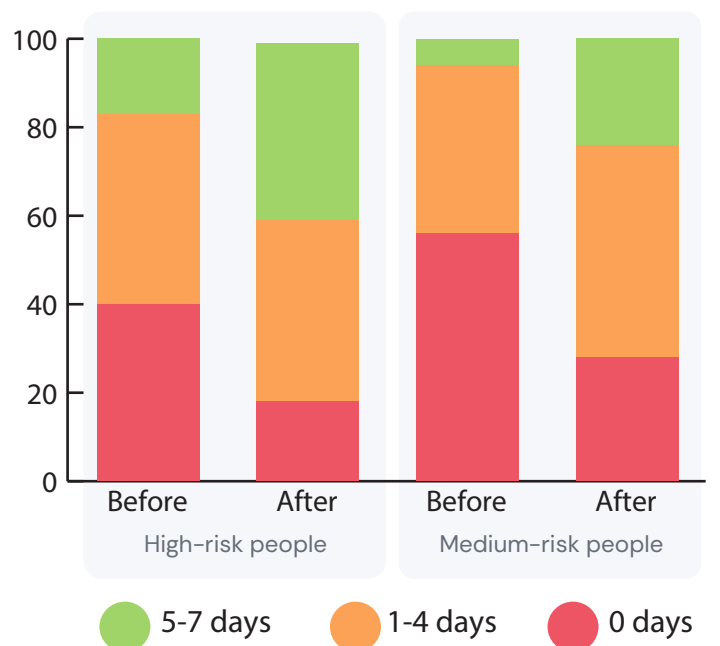
HANDS AND ARMS

In the first survey very few people regularly applied sunscreen to their hands and arms (only 17% of the high-risk group and 7% of the medium-risk group). Lots more people had good intentions after receiving our advice, but there are still going to be lots of unprotected hands and arms out there, with around 20% of people not planning to use sunscreen on the hands and arms in summer at all.

Sunscreen use as part of the usual daily routine in summer on the FACE



Sunscreen as part of the usual daily routine in summer on the HANDS AND ARMS



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KNOWLEDGE OF THE UV INDEX WHEN SUN PROTECTION IS RECOMMENDED

In the first survey, fewer than half of participants knew that you should protect your skin when the UV Index is 3 or more, with most people over-estimating (shown in red in the chart). This was a particular problem in the medium-risk group, where about two-thirds of people over-estimated. Pleasingly, only 5% of people over-estimated when asked the same question in the follow-up survey.

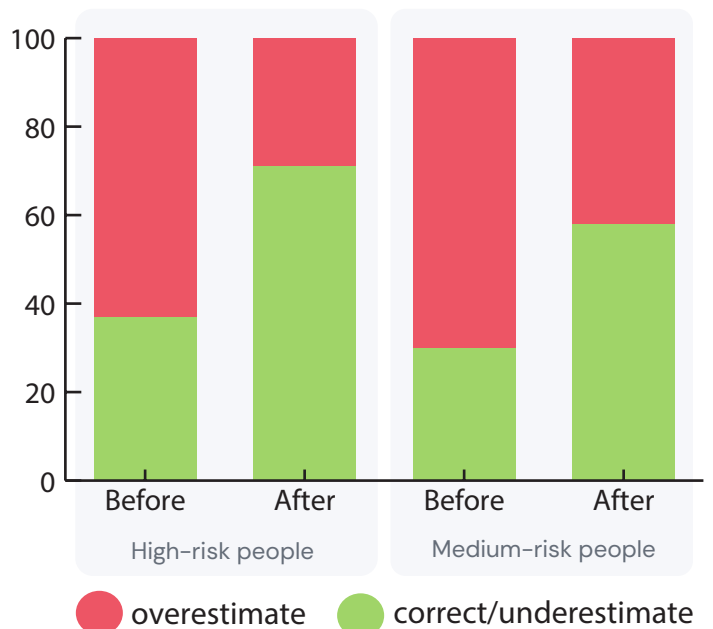
Knowledge of the UV Index when sun protection is recommended



KNOWLEDGE OF THE TIME OUTDOORS NEEDED TO MAKE ENOUGH VITAMIN D

We asked you how long you thought you needed to spend outdoors to make enough vitamin D in summer and winter, wearing different clothing. We are showing you the results here for summer, wearing short sleeves and shorts. About two-thirds of participants over-estimated how much time they needed to spend outdoors. After receiving our advice, only one third over-estimated the time needed.

Knowledge of the time outdoors needed for vitamin D in summer (wearing shorts and t-shirt)



SUMMARY

We have given you a sneak peek at a few of our findings, but there are more to come. We are very pleased that participants' knowledge improved, and that many people intended to start protecting their skin more. Nevertheless, there are still some areas for improvement. We have plans to do more work in this area, and particularly to work with diverse and multicultural communities. If you have any thoughts about the results we've shown you so far, or any good ideas about how to help people avoid the harms of sun exposure while gaining the benefits please get in touch (sunbalance@qimrb.edu.au).