



TO: Chair and Members of the Board of Health

FROM: Bryna Warshawsky, Acting Medical Officer of Health

DATE: 2013 April 18

ARTIFICIAL TANNING LEGISLATION UPDATE: GOVERNMENT BILL 30 INTRODUCED TO BAN YOUTH UNDER 18 FROM ACCESS TO TANNING BEDS

Recommendations

It is recommended:

1. *That the Board of Health endorse Report No. 053-13 re: "Artificial Tanning Legislation Update: Government Bill 30 Introduced to Ban Youth Under 18 from Access to Tanning Beds"; and further*
2. *That the Board of Health send a letter, attached as Appendix A, to the Right Honourable Premier Kathleen Wynne; the Honourable Deb Matthews, Minister of Health and Long Term Care; and local Members of Provincial Parliament (MPPs) to commend the Ontario Government for introducing Bill 30, An Act to Regulate the Selling and Marketing of Tanning Services and Ultraviolet Light Treatments; and further*
3. *That the Board of Health request that the Health Unit demonstrate support for Bill 30 by participating in any public hearings held on Bill 30; and further*
4. *That the Board of Health forward Report No. 053-13 and copies of the letter in Appendix A to all Boards of Health, the Ontario Public Health Association and the Association of Local Public Health Agencies.*

Key Points

- There have been three Private Member's Bills introduced to the provincial government since 2009 to regulate the tanning industry and to protect youth; none of them have been successful.
- Melanoma skin cancer, the most deadly form of skin cancer, is the second most common cancer in young Ontarians aged 15-34 years, and is largely preventable. The risk of skin cancer, particularly melanoma, increases by 75% when tanning beds are used prior to the age of 35.
- The World Health Organization has classified overexposure to UV radiation from the sun and artificial sources as a significant public health concern. Tanning beds are particularly concerning because of the size of the artificial tanning industry, as indicated by the number of commercial sunbeds and the number of people using them, as well as the significant lack of regulation.
- Eighty-three percent (83%) of Ontarians support a ban on indoor tanning by youth under 18 years.

Background

On March 7, 2013, the Ontario Government introduced Bill 30 ([Appendix B](#)) "*An Act to Regulate the Selling and Marketing of Tanning Services and Ultraviolet Light Treatments*". The Bill prohibits persons who sell artificial tanning services or treatments from providing ultraviolet light treatments to persons under the age of 18. Under this legislation, it would also be illegal to advertise or market artificial tanning or ultraviolet light treatments to persons under the age of 18. Businesses or individuals who sell such services or treatments to adults would be

required to notify their local Medical Officer of Health that they intend to do so, and to post signs in their businesses about the health effects of the services or treatments.

Skin cancer accounts for approximately one-third of cancers diagnosed in Ontario, and it is estimated to result in an economic burden of more than \$344 million in 2011. With most people receiving much of their lifetime exposure of ultraviolet radiation (UVR) during childhood and adolescence, it is imperative that they avoid the additional burden of artificial UVR from tanning equipment. UVR from tanning equipment is an established human carcinogen. The World Health Organization, International Agency for Research on Cancer, Ontario Medical Association, Canadian Medical Association, Canadian Pediatric Society, and Canadian Dermatology Association all support legislation that would prohibit the use of artificial tanning equipment by people younger than 18 years of age.

Tanning Bed Use in Ontario

Young women and youth continue to use indoor tanning equipment despite the risks of UVR exposure from this equipment. Canadian Cancer Society (CCS) surveys reported that between 2006 and 2012, the prevalence of tanning equipment use more than doubled, from 7% to 16 % among Ontario students in grades 11 and 12. In 2012, CCS conducted another survey that showed 1% of grade 7 students, 9% of grade 10 students and 21% of grade 12 students reported ever having used a tanning bed. The main reasons students gave for using this tanning equipment were: feeling like they looked better with a tan (females=66%, males=53%); to build a base tan (females=57%, males=44%); to be tanned before going on vacation (females=51%, males=44%); and to be tanned for a special occasion (females=45%, males=27%). As well, 39% of female students and 33% of male students reported that they used tanning equipment because their friends used them. The tanning industry has failed to demonstrate the ability or willingness to self-regulate, despite the existence of Health Canada's Guidelines for Tanning Owners, Operators and Users.

Public Support for Provincial Legislation

There is significant public support for Ontario legislation with regard to tanning beds. An Ipsos Reid poll commissioned by the CCS in June 2011 showed that:

- 83% of Ontarians support a ban on indoor tanning by youth under 18 years;
- 77% said youth should be prevented from using tanning beds;
- 73% of Ontarians polled said the tanning industry cannot be trusted to regulate itself and government legislation is needed; and,
- 80% of Ontarians support legislation to regulate the tanning industry.

Conclusion/Next Steps

Overexposure to ultraviolet radiation (UVR) from the sun and artificial sources is a significant public health concern. With most people receiving much of their lifetime exposure of UVR during childhood and adolescence, it is imperative that children and youth be protected from the additional burden of artificial UVR from tanning equipment. Just as the Ontario government has taken legislative action to protect youth from the promotion of and access to alcohol and tobacco products, it is very important to support Bill 30 ([Appendix B](#)) in order to protect children and youth from melanoma skin cancer and other health risks from the use of artificial tanning equipment.

This report was prepared by Ms. Kaylene McKinnon, Public Health Nurse and Ms. Linda Stobo, Manager, Chronic Disease Prevention & Tobacco Control Team.



Bryna Warshawsky, MDCM, CCFP, FRCPC
Acting Medical Officer of Health

This report addresses the following requirement(s) of the Ontario Public Health Standards:
Foundations: Principles-1, 2, 4; Foundational Standard: 3, 8, 9, 10, 11, 12, 13; Chronic Disease Prevention
– Ultraviolet Radiation Exposure: 1, 6, 7, 11

April 22, 2013

Right Honourable Kathleen Wynne
Premier of Ontario
Legislative Building, Room 281
Queen's Park
Toronto, ON M7A 1A1

RE: Support for Bill 30 – An Act to Regulate the Selling and Marketing of Tanning Services and Ultraviolet Light Treatments

Dear Right Honourable Premier Wynne;

The Middlesex-London Board of Health wishes to commend you on your announcement March 7, 2013 introducing Bill 30, *An Act to Regulate the Selling and Marketing of Tanning Services and Ultraviolet Light Treatments*. This comprehensive legislation will help protect youth from skin cancer by primarily banning access and use of tanning beds by those under the age of 18 years.

In July 2009, the World Health Organization's International Agency for Research on Cancer (IARC) classified ultraviolet radiation (UVR) from tanning beds as a Group 1 Carcinogen - "carcinogenic in humans". Skin cancer accounts for approximately one-third of all cancers diagnosed in Ontario, and this cancer was estimated to result in an economic burden of more than \$344 million in 2011.

Melanoma skin cancer, the most deadly form of skin cancer, is one of the most common cancers in young Ontarians aged 15-29 years and is largely preventable.

There is significant public support for Ontario legislation with regard to tanning beds. An Ipsos Reid poll commissioned by the Canadian Cancer Society in June 2011 showed that:

- 83% of Ontarians support a ban on indoor tanning by youth under 18 years;
- 77% said youth should be prevented from using tanning beds;
- 73% of Ontarians polled said the tanning industry cannot be trusted to regulate itself and government legislation is needed; and
- 80% of Ontarians support legislation to regulate the tanning industry.

Studies show that using artificial tanning equipment before the age of 35 raises the risk of melanoma by 75%. Since most people receive 80% of their lifetime exposure to ultraviolet radiation by the age of 18, it is crucial that the use of indoor tanning equipment by youth be reduced and eliminated if possible.

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The Middlesex-London Board of Health supports this important legislation, commends you for introducing it, and encourages you to enact Bill 30 without delay. Ontario will then join leaders in Canada like Nova Scotia, British Columbia and Quebec in protecting youth from the harmful effects of ultraviolet radiation, including skin cancer.

Sincerely,



Bryna Warshawsky, MDCM, CCFP, FRCPC
Secretary-Treasurer, Middlesex-London Board of Health

cc:

Mr. Wally Adams, Director, Environmental Health and Chronic Disease Prevention Services
The Honourable Deb Matthews, Ontario Minister of Health and Long-Term Care
Ms. Siu Mee Cheng, Executive Director, Ontario Public Health Association
Mr. Gordon Fleming, Manager, Public Health Issues, Association of Local Public Health Agencies
Ms. Teresa J. Armstrong, MPP London-Fanshawe
Mr. Chris Bentley, MPP London West
Mr. Monte McNaughton, MPP Lambton-Kent-Middlesex
Mr. Jeff Yurek, MPP Elgin-Middlesex-London