Zap the Sun and Have More Fun: Be SunWise!

!!You can make the difference!!

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Special Thanks to the Empower Team and Office of Childcare Licensure for their unfaltering commitment to SunWise protection for all Arizonans.
Housekeeping Reminders

- **Physical Activity** – Let’s start by moving!
- **Index Cards** – For questions or comments during the session
- **Raffle Ticket** – For participation; Drawing at end of day
- **Evaluations** – Please complete before you leave
- **Sunscreen Packets** – Help yourself after session

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The Problem

- Arizona ranks No. 2 in the world in skin cancer incidence rates
- 1 in 5 Arizona children are likely to grow up and develop skin cancer
- Arizona’s overabundant sunshine puts residents at high risk (300+ sunny days)
- New genetic component-familial
- Melanoma, the most deadly skin cancer, has risen 150 percent since 1973 and is rising faster than any other preventable cancer
- New study: melanoma in young women 15-39 up 50%!

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Why the Increase?

• Children play outdoors in middle of day when UV is most dangerous (lunch recess, PE)

• Thinner ozone layer: More UV radiation reaching us than before

• Parents, teachers, public unaware of the dangers

• Old cultural belief that a tan is a sign of health

• Emphasis on outdoor, leisure activities means more exposure

• More affluence = more time outside

• Clothing options, baring it all

• People living longer
Prevention is Key!

- Reduce childhood exposure: majority of a person’s lifetime exposure to the sun occurs within the first 18 years of life
- 90% of skin cancer associated with exposure to ultraviolet (UV) radiation
- Prevent sunburns: Just 1 blistering sunburn in childhood more than doubles the risk of developing skin cancer
- Inform parents: Nearly 75% of children last year reported experiencing 1 or more sunburns
- Be A Role Model, Protect Yourself First

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Why Sun Safety Education?

- Introducing sun safety to children at an early age is easier than changing teenagers’ minds later (form habit).
- In 84% of schools, children play outdoors in the middle of the day—peak UV.
- Only 16% of Arizona schools have some form of shade on provider grounds.

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Empower Standard 2
Facilities develop and implement a written policy for appropriate “sun safety” practices

(psst, we’ve already done it for you)

Protects children and staff from overexposure to the sun at any outdoor and physical-activity session by:

- Following age-specific sun precautions according to Table 1 (in your Empower packet)
- Checking the intensity of the sun’s rays with UV Index
- Limiting exposure during peak UV hours (10 a.m.-4 p.m.)
- Encouraging staff to protect their own skin and children’s with: sunscreen, lipbalm, hats, clothing and shade
- Checking with the child’s family before applying sunscreen
- Encouraging the child’s family to apply sunscreen before arriving at your site

It’s simple: remember midday sun = limit exposure
It’s common sense: wear hat, sunscreen, shade, clothing, lipbalm = reduce skin cancer

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Sample Policy #1:

A policy can be one page long.

Introduction (showing commitment):

The (name of child care facility) is committed to protecting the health and safety of students and staff. While we like to provide opportunities for outdoor physical activity, we also want to make it sun-safe. Well-defined research has documented a multitude of negative health conditions from overexposure to the sun.

(Name of child care facility) Policy:
The (name of child care facility) agrees to follow the precautions below for all outdoor activities:
Staff will follow the age-specific recommendations, as described (in Table 1 under the Sun Safety Standard, when planning outdoor activities).
Staff is encouraged to protect the children’s and their own skin with:
Sunscreen, lip balm, hats, light clothing and shade.
Limiting exposure during peak UV times, from 10 a.m. to 4 p.m.
Regularly checking the UV Index to monitor the intensity of the sun’s rays and plan for outdoor activities accordingly. Visit www.azdhs.gov/phs/sunwise to see your UV Index.
Information on sun safety (in English and Spanish) will be available to the families at least once per year. Visit www.azdhs.gov/phs/sunwise 24 hours a day to access sun safety tips

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(Name of child care facility) Policy:
We at (name of child care facility) are committed to our children’s health and protecting children from the sun’s rays during outdoor activities. In keeping with this philosophy, our facility will:
Ask the child’s family to apply sunscreen prior to arriving at child care facility.
Ask the child’s family to provide a hat, sunglasses, and/or long sleeve clothing for their child that staff will put on the child when outdoors.
Check with the child’s family before applying sunscreen.
Provide shade during outdoor activities.
Protect children and staff by limiting outdoor activities that would involve direct sun exposure to skin between the hours of 10 a.m. and 4 p.m., when the UV rays are at the highest level by utilizing indoor activity areas, shaded outdoor areas, covered ramadas, umbrellas and by protecting skin with clothing, hats, sunscreen/lipbalm
Regularly check the UV Index for the intensity of the sun’s rays and plan for outdoor activities guidelines in the Empower guide book on protecting infants, toddlers and older children from harmful sun rays. (see guide book)

Key word: “Sample.” Feel free to “tweak the formatting to make even more specific to address your site’s specific needs. For example, perhaps you provide sunscreen already or have an annual “hat day.” Include it in your policy!

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Why is sun safety so important?

- Arizona is No. 2 in the world in skin cancer rates
- Childhood exposure key
- 1 in 5 children grow up to develop skin cancer
- Most preventable cancer, preventable! Preventable!
- Most common cancer among young women 15-29
- Men 1.5 times more likely to develop it
- Tanning bed use increases your risk by 75%
- 1 blistering sunburn in childhood doubles your risk
- A tan is not a sign of health, it’s a damage response
- All licensed childcare providers required by statute to provide shaded play areas for participants
- Lawsuits, lawsuits, lawsuits

**The Empower Program just created a new 30-minute online presentation to view & earn .5 continuing education credit!**
Skin cancer affects all skin colors

Let’s see some Empowering tips for protecting Super Staff and Super Kids’ Super Skin & Learn a few quick activities you can share with everyone Monday morning! (insert disk now!)

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