

Building a Culture of Sun Safety for Nevada's Students

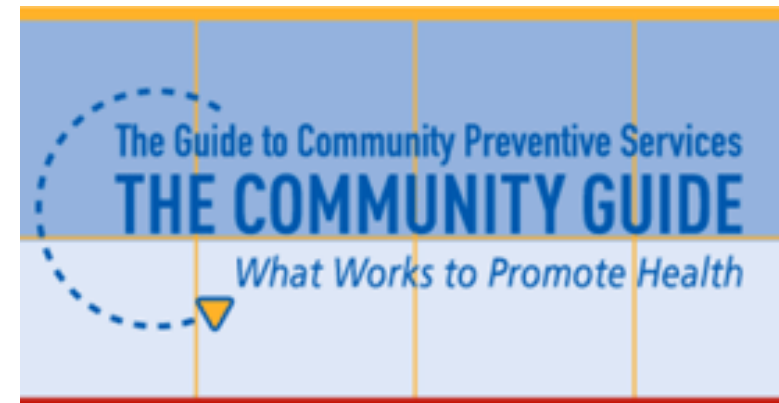
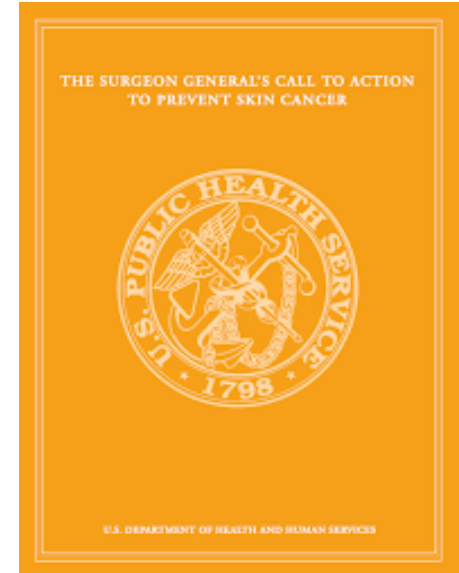
Helping Schools Implement Senate Bill 159
Sun Safety Policy

August, 2019



Response to U.S. Surgeon General's 2014 Call To Action To Prevent Skin Cancer

- ☀ Sun safety, skin cancer prevention program for:
 - ✓ Schools
 - ✓ Workplaces
 - ✓ Outdoor recreational areas



Why Nevada Cancer Coalition?

Statewide 501(c)(3) unites and leads community partners to improve the health of Nevadans through:

- ✿ Cancer prevention & early detection
- ✿ Education
- ✿ Advocacy



SB 159 Requirements, as of July 1, 2019

Boards/governing bodies of each school board, charter school or private school must **adopt a policy concerning safe exposure to the sun**

☀ Policy must provide that

- ✓ Pupils engaging in school-sponsored outdoor activities may wear protective clothing, such as a hat
- ✓ Sunscreen *is not* to be considered an OTC medication
- ✓ Pupils may possess and self-administer sunscreen

SB 159 Requirements, as of July 1, 2019

☀ **Sun Safe Policy must provide that**

- ✓ School uniform policies, to the extent practicable, must be consistent with protective clothing policy
- ✓ Policy may include teaching pupils practices for safe sun exposure to reduce risk of skin cancer

<https://www.leg.state.nv.us/App/NELIS/REL/80th2019/Bill/6218/Overview>

Support for SB 159

Multiple organizations spoke in support, including:

- ✿ Nevada Association of School Superintendents
- ✿ Nevada Association of School Administrators
- ✿ Nevada Association of School Boards
- ✿ Nevada State Medical Association
- ✿ Nevada Dermatology & Dermatologic Surgery Association
- ✿ Nevada Cancer Coalition
- ✿ American Cancer Society-Cancer Action Network
- ✿ And many more!

Skin Cancer Facts

- ★ Most common cancer in the U.S. and rates are rising
- ★ Nevada's rates higher than the national average
- ★ Caused by exposure to ultraviolet (UV) radiation from sun, tanning beds

Melanoma, the deadliest skin cancer, is the second most common cancer among adolescents and young adults ages 15 - 29



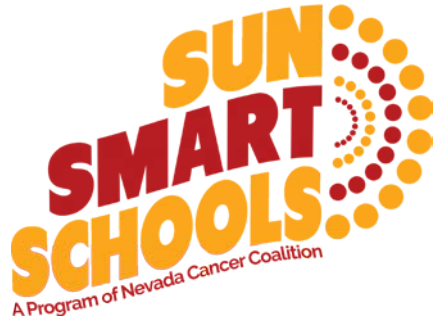
Skin Cancer Facts

Majority of sun exposure occurs before age 20

- ☀ **Childhood & adolescent sunburns increase skin cancer risk**
- ☀ **1 or more blistering sunburns in childhood doubles skin cancer risk**
- ☀ **5 or more blistering sunburns between ages 15-20 increases melanoma risk by 80 %**



Source: American Association for Cancer Research



Sun Smart Schools offers resources, support to Nevada schools

- ✿ Sun safety curriculum & education
 - ✓ 5 S's of sun safety – Slip, Slop, Slap, Seek, Slide
- ✿ Access to sunscreen & shade
- ✿ School & school district policies to support sun safe behavior
- ✿ Pillar 2 component for Green Ribbon Schools
 - ✓ <https://www2.ed.gov/programs/green-ribbon-schools/state-contacts.html>



Is Sunscreen Safe To Use?

- ✿ Yes, Dermatologists recommend it
- ✿ Scientific studies support wearing sunscreen regularly
- ✿ FDA continues to tell Americans to apply sunscreen as rule-making process moves forward

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/is-sunscreen-safe>

Is Sunscreen Safe To Use?

- ★ FDA is asking for safety data to find out :
 - ★ Extent skin absorbs sunscreen ingredients
 - ★ Whether absorbing sunscreen has an effect on skin or the body
 - ★ FDA has *not* asked public to stop using sunscreens containing these chemicals: ensulizole, octisalate, homosalate, octocrylene, octinoxate, oxybenzone, avobenzone
 - ★ FDA will issue rule monograph in November, 2019
- ★ Ingredients GRASE
 - ★ Titanium dioxide
 - ★ Zinc oxide

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/is-sunscreen-safe>

What About Sunscreen Provided To Our Schools By NCC?

☀️ Active ingredients:

☀️ Octyl Methoxy Cinnamate – 7.00 %

☀️ Titanium Dioxide – 1.00 %

☀️ Zinc Oxide – 1.00 %

☀️ Octyl Salicylate 1.00 %

**SAY YES TO SUN PROTECTION
SAY NO TO SKIN CANCER**

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.
ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.

THERE ARE TWO TYPES OF SUNSCREENS:

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- SEEKING SHADE
- WEARING PROTECTIVE CLOTHING
- GENEROUSLY APPLYING SUNSCREEN

PHYSICAL SUNSCREEN
This sunscreen **WORKS LIKE A SHIELD** - it sits on the surface of your skin, deflecting the sun's rays.
Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.
Opt for this sunscreen if you have **SENSITIVE SKIN**.

CHEMICAL SUNSCREEN
This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.
Look for one or more of the following active ingredients: **OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE** and **OCTINOXATE**.
This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM, WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS**, or after swimming or sweating.

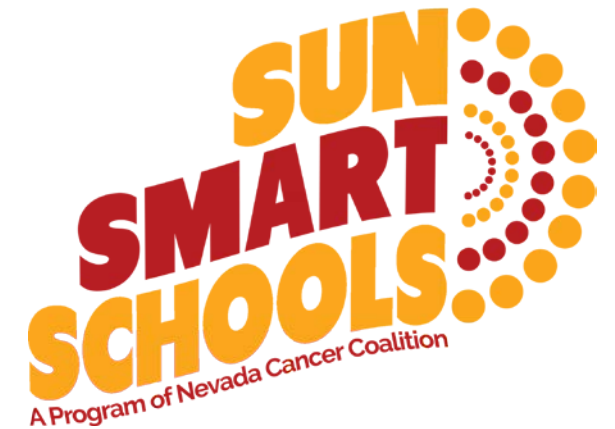
SPOT SKIN CANCER
DERMATOLOGIST

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

Copyright © by the American Academy of Dermatology and the American Academy of Dermatology Association. 10.07.10M

Recommended Curriculum

- ✿ NCC studied successful school sun safety programs across the U.S.
- ✿ Researched evidence-based curriculum
- ✿ Talked with teachers
- ✿ Has developed presentations for elementary, middle, high school students
- ✿ Sun Smart Schools has been recognized multiple times by CDC for its effectiveness



Preschool, K – 1 Curriculum

- ✦ Developed by M.D. Anderson Cancer Center, disseminated by CATCH Global Foundation
- ✦ Educates children, parents, teachers

<https://sunbeatables.org/>



Grades 2-5 Curriculum

- ☀ From Scholastic and University of Texas MD Anderson Cancer Center
- ☀ Educates children, parents, teachers

<http://www.scholastic.com/sunsafety/>

Sponsored Educational Materials

Be Sunbeatable[™]

ELA and STEM Lessons for Grades 2-5

Teaching children about sun safety can have a long-term and positive impact on their health. This sun safety program from Scholastic and The University of Texas MD Anderson Cancer Center will help encourage students and families to be sun safe every day and everywhere.

[Get the full Teacher's Guide](#)

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History[®]



Kindergarten - 8th Grade Curriculum

☀️ NEEF/SunWise™

- ✓ Environmental and health education program developed by EPA in 2003; regularly updated; NGSS compliant
- ✓ Cross-curricular, standards-based. Complete lesson materials for easy “plug and play”

[National Environmental Education Foundation's SunWise program](#)



Middle School and High School Curriculum

☀ Melanoma Education Foundation

- ✓ Lesson plans and teaching videos for middle & high school

[Preview Melanoma Education Foundation Student Videos](#)



Middle School and High School Curriculum

- ✿ **Sun Smart U – Skin Cancer Foundation**
 - ✓ Meets CDC's National Health Education Standards
 - ✓ 1- or 2-part interactive lesson/survivor stories

[The Skin Cancer Foundation's Sun Smart U](#)



Sun Smart Schools Program Results

2015 – 16 School Year – Pilot Year, 7 participating schools

- ☀ Students, Parents surveyed
 - ✓ Sun practices increase among all group
 - ✓ Older students still think they look better with a tan

2016 – 17 School Year – 20 participating schools

- ☀ Students, Parents, Educators surveyed
 - ✓ Sun safe practices, including regular sunscreen use, increased among all groups
 - ✓ Older students, adults still think they look better with a tan
 - ✓ Automatic sunscreen dispensers provided to 12 Douglas County Schools



Sun Smart Schools Program Results

2017- 2018 School Year – 48 participating schools

- ☀ 64 automatic sunscreen dispensers provided to schools since program began
- ☀ Administrators, teachers, nurses, health aides, high school students surveyed
 - ✓ 85% of high school students said they would do more to protect their skin from sun
 - ✓ 27% increase in students' knowledge about harms of tanning beds
 - ✓ 63% of school staff report modeling sun safe behavior at school Sun practices increase among all group



2018 – 19 School Year – 76 participating schools

- ☀ National recognition for program effectiveness
 - ✓ Program recognizes as Success Story by CDC
 - ✓ Featured program in CDC's 2018 Skin Cancer Prevention Progress Report

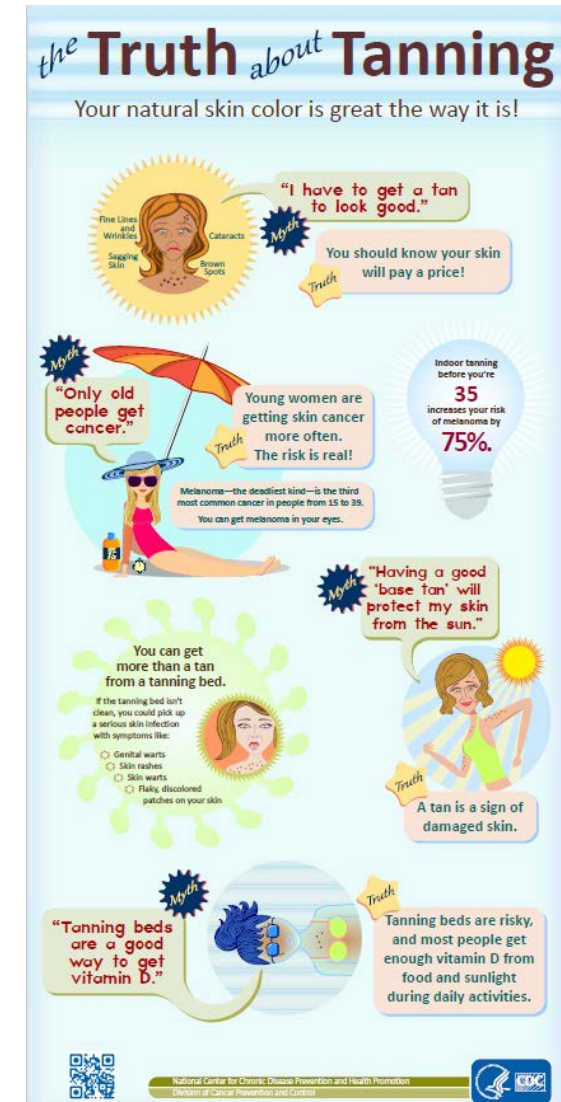
How Does It All Work?

☀️ School Advocates

- ✓ Superintendents, Principals, Administrators
- ✓ Teachers, Parents, Students
- ✓ Chief Nurse, School Nurses

☀️ Lots of support from NCC

- ✓ Resources of all kinds
- ✓ Sunscreen dispensers, sunscreen, (as resources allow)



Take Advantage Of Sun Smart Resources

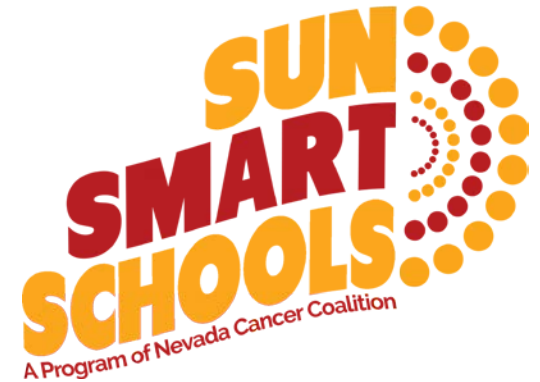
- ★ **Assemblies and guest speakers**
 - ✓ School-wide sun safety assemblies to teach 5 S's of sun safety; Sun Smart Swag
 - ✓ Melanoma survivor presentations
 - ✓ Meteorologists and other experts
- ★ **Sunscreen dispensers, sunscreen**
- ★ **Help getting shade tree donations**
- ★ **Newsletter with Tips & Tools for Sun Smart Schools**
- ★ **Printed resources and more!**



How to get started?

Contact NCC via www.SunSmartNevada.org for access to:

- ★ Curriculum – **FREE**
- ★ Technical Assistance – **FREE**
- ★ Guest Speakers – **FREE**
- ★ Sunscreen Dispensers – **FREE**
- ★ Sunscreen – **First year provided by NCC**, as resources allow
 - ✓ School budgets, PTOs/PTAs, Partners in Education, individual donors can help cover ongoing sunscreen costs



Complementary Curriculum Links

[National Environmental Education Foundation's SunWise program](#), developed by the EPA, (K - 8) - Spring 2018 updated curriculum will meet 2017 NGSS standards

[The Skin Cancer Foundation's Sun Smart U](#) (6 - 12)

[Melanoma Education Foundation Lessons](#) (6 - 12)

[The Sunbeatables™](#) (Preschool)

[Be Sunbeatable Grades 2-5](#)

2018 Program Report:
[Sun Smart Schools Annual Report](#)



Questions?

Christine Thompson

Community Programs Manager

Nevada Cancer Coalition

christine@nevadacancercoalition.org

775-737-4580

