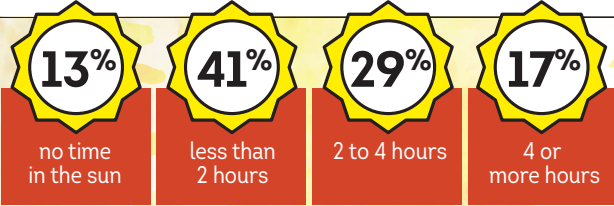


SUN SAFETY AND ULTRAVIOLET RADIATION (UVR) IN CANADA

Canadians' time in the sun* on a typical summer day off:



* between 11 am and 4 pm

Sun protection among people who spend at least 30 minutes in the sun:

women

46%

seek shade



men

36%

seek shade

63%

wear sunscreen on the face



29%

wear sunscreen on the face

51%

wear sunscreen on the body



26%

wear sunscreen on the body

27%

wear a hat

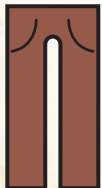


50%

wear a hat

19%

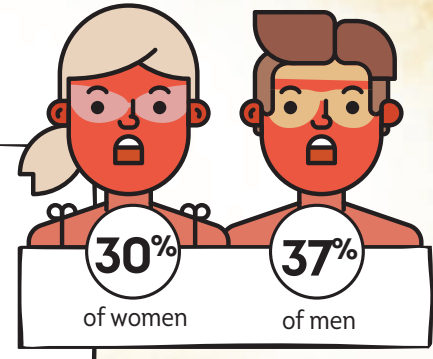
wear pants or a long skirt



35%

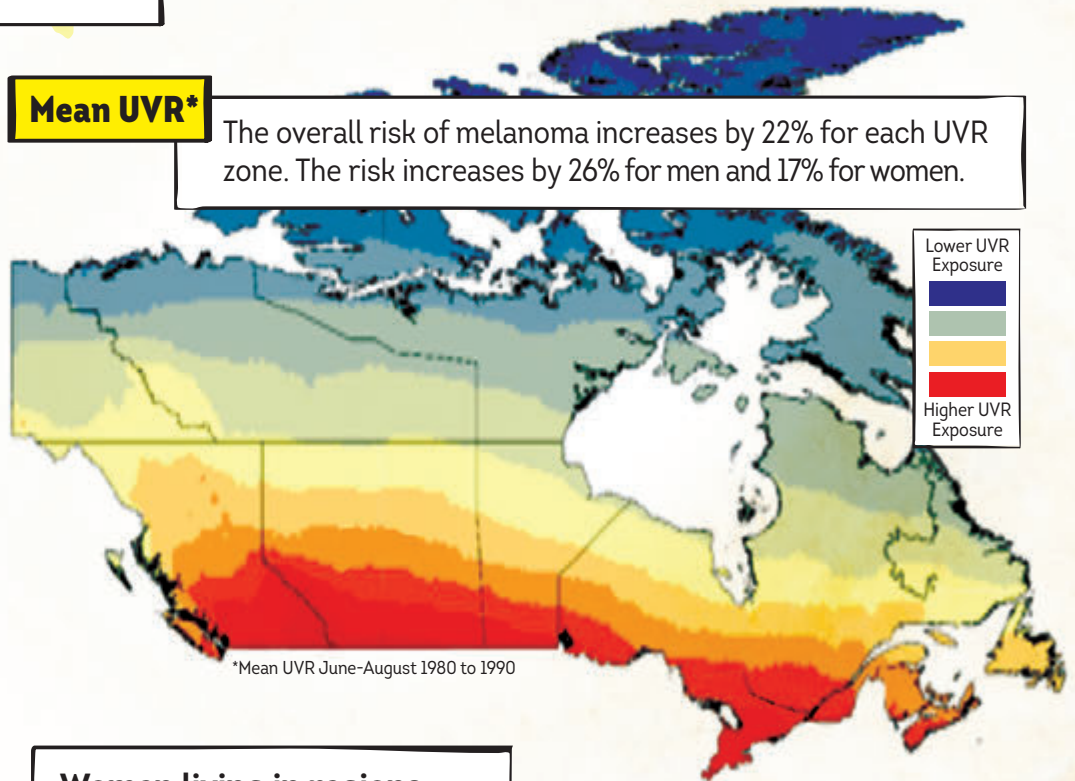
33%

of adult Canadians reported a **SUNBURN DURING THE PAST YEAR**



Mean UVR*

The overall risk of melanoma increases by 22% for each UVR zone. The risk increases by 26% for men and 17% for women.



Women living in regions with higher UVR were more likely to protect themselves against the sun. This was not true for men.



Associations between melanoma and UVR exposure were higher for people with:

- Outdoor occupations
- Lower income
- Lower education



Sources:

Pinault L, Bushnik T, Fioletov V, et al. The risk of melanoma associated with ambient summer ultraviolet radiation. Health Reports 2017; 28(5): 3-11.

Pinault L, Fioletov V, Sun exposure, sun protection and sunburn among Canadian adults. Health Reports 2017; 28(5): 12-19.

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