



Research Update, News Articles, Adolescent Health/Medicine, Dermatology

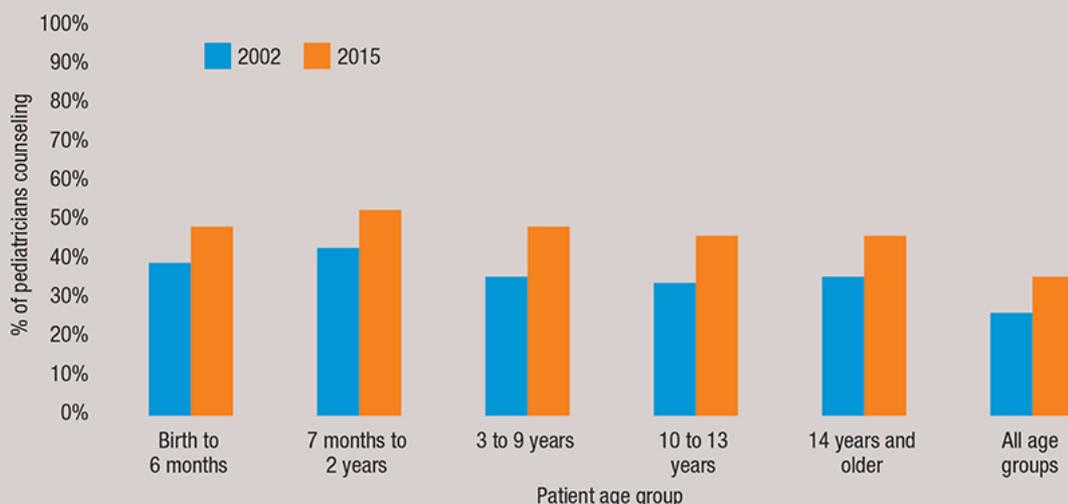
More pediatricians counseling on sun safety; few discuss indoor tanning

by from the AAP Department of Research

New research based on data from the AAP Periodic Survey of Fellows indicates that primary care pediatricians are more likely to counsel patients on sun protection now than in the past (Balk SJ, et al. *Pediatrics*.2017;140:e20171680, <http://bit.ly/2IH5sst>.)

The authors found that in 2015, 34% of pediatricians discussed sun protection with the majority (at least 75%) of their patients in all age groups, up from 23% of pediatricians in 2002. Rates were higher in 2015 for individual patient age groups as well (see figure).

Percent of primary care pediatricians counseling on sun protection by patient age group, 2002 and 2015



AAP Periodic Survey #51 and #88
Source: Balk SJ, et al. *Pediatrics*. 2017;140:e20171680

Questions on indoor tanning counseling were added in 2015. The study found that only 28% of pediatricians discussed indoor tanning avoidance with some (at least 1%) of their patients ages 10-24 years. The rates were higher for the older patient age groups: 34% for patients 10-13 years, 50% for patients 14-17 years and 47% for those 18-24 years.

In a multivariable model examining factors associated with counseling on indoor tanning avoidance, pediatricians who knew if their state had an indoor tanning law were more likely to counsel than those who did not know (41% vs. 23%). Additionally, those who had treated at least one case of sunburn were more likely to counsel than those who had not treated sunburn (34% vs. 16%), and pediatricians in the South and West regions of the U.S. were less likely to counsel than those in the Northeast (27% vs. 37% and 16% vs. 37%, respectively).

While sun protection counseling rates have increased since 2002, the majority of pediatricians are not providing counseling on sun protection and indoor tanning avoidance. In 2015, 65% reported lack of time during visits as a barrier to discussing the topics with patients.

Both Periodic Surveys were sent to approximately 1,600 nonretired U.S. AAP members. Response rates were



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55% in 2002 and 43% in 2015. Analyses were limited to pediatricians practicing primary care.

Resources

- [2011 AAP policy statement "Ultraviolet Radiation: A Hazard to Children and Adolescents"](#)
- [Safety information on indoor tanning for parents from HealthyChildren.org](#)
- [State-level indoor tanning restrictions and laws](#)
- [For more information on the Periodic Survey of Fellows, visit <http://www2.aap.org/research/periodicsurvey.htm> or contact Liz Gottschlich, in the AAP Division of Health Services Research, at 630-626-6627 or \[lgottschlich@aap.org\]\(mailto:lgottschlich@aap.org\).](#)
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