

## RESOLUTION

Subject: Prevention of Indoor Tanning in Minors  
Submitted by: Maggie Stull and Parisa Shamaei Zadeh (Medical Student Section)  
Referred to: Reference Committee

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WHEREAS, tanning, a darkening of skin pigmentation caused by melanocyte activation<sup>1</sup>, is caused by exposure to ultraviolet (UV) radiation from the sun or tanning beds<sup>2</sup>, a common method of indoor tanning; and

WHEREAS, studies have shown that using a tanning device such as a tanning bed, causes an increased risk for malignant melanoma, a dangerous, most common form of cancer diagnosed in the United States<sup>3</sup>, as well as basal and squamous cell carcinoma<sup>1</sup>; and

WHEREAS, melanoma rates have been increasing over the past 30 years, with a 31.5% increase between 2011 and 2019<sup>4</sup>; and

WHEREAS, it is estimated that over 200,000 new cases will be diagnosed in the year 2024 in the United States<sup>4</sup>; and

WHEREAS, Kentucky has a higher melanoma skin cancer rate than Texas, California, Arizona, or Florida, with a rate of 28.2 cases per 100,000 people diagnosed annually<sup>5</sup>; and

WHEREAS, the association between indoor tanning and skin cancer is robust among those who first used a tanning facility in early adulthood<sup>3</sup>; and

WHEREAS, teens under age 18 may feel a tremendous amount of pressure to appear attractive and use tanning beds without being aware of the increased risk for skin cancer associated with tanning<sup>6</sup>; and

WHEREAS, in the state of Kentucky, a person ages 14-17 can use a tanning device with parental consent<sup>7</sup>; and

WHEREAS, the American Academy of Dermatology Association (AADA) supports the World Health Organization (WHO) recommendation that minors should not use indoor tanning equipment because indoor tanning devices emit UVA and UVB radiation, and because overexposure to UV radiation can lead to the development of skin cancer<sup>8</sup>; and

WHEREAS, the American Medical Association (AMA) policy D-440.960, titled "Prohibiting the Sale of Tanning Parlor Ultraviolet Rays to Those Under 18 Years of Age" encourages the development of state legislation prohibiting the sale of tanning parlor ultraviolet rays to those under 18 years of age

except as prescribed by a physician<sup>9</sup>; and

WHEREAS, KMA policy encourages avoiding the use of tanning devices, but does not specify protection from tanning devices for minors<sup>10</sup>; now, therefore, be it

RESOLVED, that KMA advocate for passage of legislation prohibiting tanning bed use in all individuals under the age of 18 by removing the option of providing parental consent for those aged 14-17 desiring to use tanning beds.

### **References:**

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4. American Academy of Dermatology Association. (n.d.). Skin Cancer Incidence Rates. Retrieved July 1, 2024, from <https://www.aad.org/media/stats-skin-cancer>
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7. Kentucky Revised Statutes. (2024). Section 217.922 - Consent required for minor using tanning device or facility. Retrieved July 1, 2024, from <https://casetext.com/statute/kentucky-revised-statutes/title-18-public-health/chapter-217-foods-drugs-and-poisons/tanning/section-217922-consent-required-for-minor-using-tanning-device-or-facility>
8. American Academy of Dermatology Association. (n.d.). Indoor Tanning. Retrieved July 1, 2024, from <https://www.aad.org/media/stats-indoor-tanning>
9. American Medical Association. (n.d.). Indoor tanning restrictions for minors. Retrieved July 1, 2024, from <https://www.ama-assn.org/delivering-care/public-health/indoor-tanning-restrictions-minors>
10. Kentucky Medical Association. (2023-2024). 2023-2024 KMA Policy Manual. Retrieved July 1, 2024, from <https://www.kyma.org/policy-manual>