



PHYSICAL FITNESS ACTIVITY 9.1

Test Your Risk from UV Radiation

Your risk of skin cancer is related to your skin type and the amount of time you spend in the sun. How sensitive are you?

	Yes	No
1. I have blonde or red hair.	<input type="checkbox"/>	<input type="checkbox"/>
2. I have light-colored eyes (blue, gray, green).	<input type="checkbox"/>	<input type="checkbox"/>
3. I freckle easily.	<input type="checkbox"/>	<input type="checkbox"/>
4. I have many moles.	<input type="checkbox"/>	<input type="checkbox"/>
5. I had two or more blistering sunburns as a child.	<input type="checkbox"/>	<input type="checkbox"/>
6. I spent lots of time in a tropical climate as a child.	<input type="checkbox"/>	<input type="checkbox"/>
7. There is a family history of skin cancer.	<input type="checkbox"/>	<input type="checkbox"/>
8. I work outdoors.	<input type="checkbox"/>	<input type="checkbox"/>
9. I spend a lot of time in outdoor activities.	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to spend as much time in the sun as I can.	<input type="checkbox"/>	<input type="checkbox"/>

Note: Score 10 points for each "Yes." Add another 10 points if you go to tanning parlors or use a sun lamp.

Score

80–110 *High-risk zone*

Limit time in the sun, always wear a sunscreen outdoors, and use protective clothing and a hat.

40–70 *Increased risk*

Use a sunscreen and hat regularly. Avoid exposure at midday, when the sun is most intense.

10–30 *Still at risk*

Use a sunscreen regularly.

Source: FDA Consumer, July/August 1995.

Skin cancer is an important public health concern. Nonmelanoma skin cancers, comprised mainly of basal cell carcinoma and squamous cell carcinoma, are the most common malignancies in the United States (1). Melanoma, although less common, is the deadliest form of skin cancer (2). Both melanoma and nonmelanoma skin cancers can be disfiguring, negatively affect quality of life, and create economic burden (2,3). Furthermore, age-adjusted incidence rates of both have increased in recent years (1,4). Different patterns of sun exposure are associated with different types of skin cancer. Continuous, chronic sun exposure, such as that observed among outdoor workers is associated with squamous cell carcinoma (3). Intermittent exposure, such as recreational exposure, is associated with melanoma and basal cell carcinoma (3,5–7). Sunburn typically occurs after intermittent exposure, and the risk for melanoma increases with an increasing number of sunburns during all periods of life (4–7). Sunburn is more common among persons aged 18–29 years compared with older adults (8). To evaluate trends in sunburn and sun protective behaviors among persons aged 18–29 years, CDC and the National Cancer Institute analyzed data from the 2000, 2003, 2005, 2008, and 2010 National Health Interview Survey (NHIS). The results indicated that although protective behaviors such as sunscreen use, shade use, and wearing long clothing to the ankles have increased in recent years, sunburn prevalence remains high, with 50.1% of all adults and 65.6% of whites aged 18–29 years reporting at least one sunburn in the past 12 months. These results suggest that additional efforts are needed to identify and implement effective strategies targeting younger adults to improve their sun protective behaviors and prevent sunburn and ultimately skin cancer.