

The UMass Worcester Prevention Research Center, located at UMass Medical School in Worcester, MA, is a member of the CDC's Prevention Research Center (PRC) network. Our work promotes healthy lifestyles through increased opportunities for physical activity, healthy eating and healthy weight. For more information, visit: [www.umassmed.edu/prc](http://www.umassmed.edu/prc)

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### Overview

Many young adults tan in indoor tanning salons, even though this increases the risk of cancer. In fact, almost ¼ of white women between the ages of 18-35 years old have used an indoor tanning salon in the past year. Reducing the availability of indoor tanning in and around college campuses is an important public health target.



### Main Questions

- How many top colleges and universities have indoor tanning salons, either on-campus or in off-campus college housing?
- Can students pay for indoor tanning using campus cash cards?
- How often are the use of these indoor tanning salons included as part of rent?
- Which schools are more likely to have easy access to indoor tanning salons? How does geography, school ranking or the presence of a school of public health influence the likelihood that colleges or universities would provide easy access to tanning salons?

### Study

This study looked into the availability of indoor tanning facilities located in the top 125 US colleges and university campuses and in off-campus housing located in surrounding areas. The study used the US News and World Report rankings to determine the top US 125 colleges and universities. Researchers then searched for information of tanning salons by reading websites, and making phone calls to housing offices, scouring Google maps of surrounding areas to inquire about availability, costs, and options of paying for them with campus cash cards.

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### Source

Pagoto SL1, Lemon SC1, Oleski JL1, Scully JM1, Olendzki GF1, Evans MM1, Li W1, Florence LC2, Kirkland B2, Hillhouse JJ2. Availability of Tanning Beds on US College Campuses. *JAMA Dermatol.* 2014 Oct 29. doi: 10.1001/jamadermatol.2014.3590.

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### The Bottom Line

Almost half of the 125 top colleges or universities (48%) had indoor tanning salons in either on campus or in off-campus housing. Many top colleges and universities are passively encouraging tanning behavior that greatly increase student risk of skin cancer. Just as tobacco-free policies have reduced the number of people smoking, tanning-free policies on college campuses may greatly reduce skin cancer risk among young adults.

### Spotlight on Results

- Almost half (48%) of colleges had indoor tanning facilities either on campus, in off-campus housing, or both.
- Twelve percent (12%) of colleges offer indoor tanning on campus property.
- Off-campus housing offering indoor tanning facilities was found among 42% of the colleges who offered off-campus housing.
- Campus cash cards could be used to purchase tanning locally for 14.4% of colleges.

### Call for Action

Indoor tanning bans for minors have reduced adolescent tanning. Colleges and universities should consider banning indoor tanning salons from college and university campuses.