

Cancer Council Queensland's Everyday Health Survey explored how Queenslanders keep safe from the sun, and what more needs to be done to prevent skin cancer.



**1531**

Queenslanders completed the survey.

These Queensland-first findings emphasise the urgent need for investment in a mass media skin cancer prevention campaign.

## What do Queenslanders know about sun protection?

**Less than half** of respondents knew to start protecting themselves from the sun when the UV level reached 3 or above.



**Only half** of respondents knew where to find the daily UV forecast.



**1 in 3**

Queenslanders reported that they received information on sun protection from a doctor or health professional.

## What Queenslanders had to say...

"I remember the excellent Slip, Slop, Slap campaign but somehow sun protection is no longer much of an issue..."

"We need more shade in public places – awnings on buildings, shade in parks and on footpaths..."

"... I've heard people tell their kids that it's ok not to wear their hat at the park because it's cloudy. Clearly a lack of understanding regarding UV light."

"Time for another Slip, Slop, Slap campaign..."

"We should do more to inform young people about the dangers of too much sun..."

**Cancer Council Queensland will continue to engage with the community, health professionals and government to help improve sun protection practices and reduce the burden of skin cancer in Queensland.**

## What are our sun protection habits?

**84%**

of respondents spend most of their time outside completing day-to-day activities and on the street, footpath or walkway.



**1 in 5**

respondents did not check their skin for new spots or changes in the last 12 months.



Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE



Forgetfulness is the most common reason why people don't use sun protection.

When outside for longer than 10 minutes:

- 11% of respondents always wear sun protective clothing
- 20% always wear SPF30+ sunscreen
- 28% always wear a shady hat
- 32% always seek shade
- 51% always wear sunglasses.

**95%**

of respondents are in favour of a sun protection mass media campaign.

