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TOWARDS UNITY FOR HEALTH



Facultad de Medicina



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VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

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TUFH 2020 Abstracts

Title	Sun exposure behaviors in high school No. 4 "Vidal Castañeda y Nájera" Universidad Nacional Autónoma de México.
Type	Oral Presentation <i>Intersectoral Collaborations and the Social Determinants of Health</i>
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Content

Abstract Background: Up to 8% of skin cancer cases occur under 40 years of age. Little is known about the sun protection behaviors in mexican population, particularly, children and adolescents who incur in high ultraviolet exposures Objective: To determine the prevalence of sun exposure behaviors in high school students from Mexico City. Methods: A cross-sectional survey on perceived sun exposure and protective behaviors was administered at 748 students from high school No. 4 "Vidal Castañeda y Nájera", Universidad Nacional Autónoma de México. Responses were measured with a questionnaire of 13-item; The average time to answer was 5 minutes. In addition to the variables of exposure behaviors variables of sex and age were collected. Results: In total, 748 surveys were collected (60% female, 40% male; mean age 16.8 years). Sun protection measures: 69.4% don't use sunscreen, 89.3% don't use an umbrella, 85.2% don't wear a cap, hat or visor and 70.2% don't wear sunglasses. Sun exposure behaviors: 76.5% carry out outdoor sports activities, 59.4% work outdoors, 39% ride a bicycle, 35% go to the beach and 80.9% do activities domestic outdoor. Mean sun exposure on a typical day is 3.02 hours (SD 2.4 hours) and 17.4 minutes (SD15.6 minutes). Conclusions: It's important to implement programs to prevent skin cancer in our country, by the Government and the Educational Institutions.