

Capstone for Impact Submission | GY2019

Project Title: Banning tanning bed use on the University of Michigan Ann Arbor campus

Student Name(s): Yousefi, Nyousha

Advisor Names(s): Yolanda Helfrich

Branch: Diagnostics & Therapeutics

Path of Excellence: N/A

Handover/Transition:

If this project can be continued by another UMMS student, you may contact them at the following email address/phone number (N/A if project cannot be handed over): **My cellphone: (202)525-0054**

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Summary:

My project has three main goals: policy action, education, and community teamwork. Regarding policy action, I created this project in the hope of making UofM the first college in the nation to ban tanning bed use on campus. Multiple studies have shown that most people develop their tanning habits between the ages of 15-28 years old. The tanning businesses are aware of their customers' age groups, and that is why they locate their tanning facilities within a few miles of university campuses.

To help me present a strong case to the University requesting a policy action, I designed a survey study to understand the current tanning practices of college students at the UofM Ann Arbor campus. Also, I have recruited a faculty member from the school of public health to help with writing new policies when the time comes, and I also have a member of the central student government on board to help me with presenting the case to the university officials.

Regarding education and community teamwork, I created a four-minute animated educational video to teach undergrads about the risks of tanning bed use and how to prevent skin cancer. I also wrote a pledge asking the students to help me with asking UofM to ban tanning beds and also show support of us asking local private luxury apartments to close their tanning facilities, which are available free of charge to their residents. I have recruited multiple interested pre-meds and medical students who have been helping me to distribute the pledge and the educational video. We are working as a team in hopes of making our community a better place.

Methodology:

IRB approved tanning habit survey distributed among college students through email and at the University Health Services.

Results/Conclusion:

I still need more people to complete the survey to get a good representation of undergrad student population. The preliminary results interestingly indicate that 30% of students tan because they believe that a base tan reduces the risk of skin cancer which is a misconception. Regarding policy action, we still have a long way to go in order to conclude my IMPACT project.

Reflection/Lessons Learned:

- Large numbers of people can come together to make a great impact on the community under the right leadership.

- Collecting data on campus is very difficult as most people ignore survey study emails

- We need to get funding for this study to add a financial award to encourage survey participation