

SUN SAFETY IN ACTION

Increasing Sun Safety policies & practices in community settings
Educating and promoting the dangers of **Indoor Tanning**

PTO POLICIES IN ACTION

Increasing the adoption of worksite policies for paid time off benefits for employees to get cancer screenings

HPV VACCINE IN ACTION

Increasing the number of community education interventions to build support for the HPV vaccine as cancer prevention.

St. Mary's Healthcare

As you plan your back-to-school checklist, St. Mary's Healthcare CPiA team would like to remind you that **August is Immunization Awareness Month**. Routine childhood vaccinations are a great tool on your list to keep children healthy and in school.



Our team successfully completed a digital media campaign with Nexstar Digital WTEN 10 ABC to spread the word about the HPV Vaccine. The HPV Vaccine can be given at age 9 for both boys and girls. HPV Vaccination prevents cancer-causing infections and precancers. It protects your child long before they ever have contact with the human papillomavirus which can cause cancer later in life. Talk to your healthcare professional about this safe and effective vaccine. **Because the best time to stop cancer is before it starts.**



Above: Digital media campaign graphics.

Broome County

Have you been using the UV Index?

The UV Index is simple to use and access, just check it when you check the weather! Simply scroll down to the UV Index section of the weather app you currently use, use a UV index specific app, like SunSmart, or check the EPA website: <https://enviro.epa.gov/envirofacts/uv/search>

The World Health Organization's UV Index (UVI) measures ultraviolet radiation. Ultraviolet (UV) rays are a form of non-ionizing radiation that comes from the sun and artificial sources like tanning beds.

There are three main types of UV rays: UVA, UVB, UVC. UVC doesn't reach us through the atmosphere, but both UVA and UVB can damage your skin. Think of UVA, A for Aging and UVB, B for Burns! UVA and UVB rays can lead to skin cancers, so it's important to protect your skin from both with broad spectrum sunscreen!

The higher the UVI, the greater the potential for damage, and the faster harm can occur. Using the UVI can help you be prepared and protect yourself while you're outside. When the UVI is 3 or higher, use sunscreen! When the UVI is 6 or higher, limit your time in the sun by seeking shade or going inside. **Stay sun safe all year long!**

UV Index	Description	Recommended Protection	Sun Burn Time
0-2	No danger to the average person	Wearing a Hat and/or Sunglasses is Sufficient	1 Hour+
3-5	Little risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 15+ Sunscreen	40 Minutes
6-7	High risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 30+ Sunscreen. Cover the Body With Clothing. Avoid the Sun if Possible.	30 Minutes
8-10	Very high risk of harm from unprotected sun exposure	Wear a Hat and Sunglasses. Use SPF 30+ Sunscreen. Cover the Body With Clothing. Avoid the Sun if Possible.	20 Minutes
11+	Extreme risk of harm from unprotected sun exposure	Take All Precautions Possible. It is Advised to Stay Indoors.	Less Than 15 Minutes

Your Organization Can Take Action Against Cancer!
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Health Initiative

Cancer Does Not Discriminate

During the month of June we celebrate Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride.

The purpose is to highlight and recognize the contributions of LGBTQ individuals both throughout history and modern times. However, in the world of cancer prevention, it's also sobering time to recognize how LGBTQ populations face increasing disparities. This population commonly experiences discrimination, even in a healthcare setting (whether it's intentional or not). Some providers may not have experience dealing with LGBTQ individuals and might feel uncomfortable about broaching sensitive topics that could potentially offend the patient. Some LGBTQ populations are afraid of shame or judgement and therefore put off healthcare visits altogether. While that fear is understandable, the reality of putting off routine visits, especially cancer screenings, can have dire consequences.

There's a simple message we tried to push during our Pride Month outreach: cancer does not discriminate. Everyone needs to be getting routine cancer screenings regardless of their gender identity. It's important for everyone to follow Centers for Disease Control and Prevention (CDC) guidelines based on the anatomy with which they were born. Anyone with a cervix should be screened for cervical cancer every 3-5 years between the ages of 21-65. Anyone with breast tissue should receive biennial mammograms. Everyone should be screened for colorectal cancer between the ages of 45-75.

CPiA at the St. Lawrence Health Initiative was proud to sponsor the inaugural Potsdam Pride Festival this year. As such, we set up a



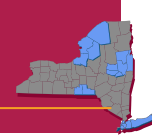
table and spoke with various populations about skin cancer prevention through sun safe practices, HPV vaccination as safe and effective cancer prevention, and of course the importance of routine cancer screenings. There were lots of great conversations that day and we were so happy to have been part of that supportive event.

The needle is moving in the right direction in terms of LGBTQ equity in healthcare. However, there is still a lot of work to be done, including more research to support the emerging data that links increased cancer disparities in the LGBTQ population. In the meantime, we will continue our work in educating and promoting cancer screenings for all!

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Community Cancer Prevention in Action (CPiA) supports a policy and systems change approach to cancer prevention and risk reduction conducted by Cancer Prevention in Action (ny.gov) in 17 NYS counties. Grantees currently focus on policy and systems changes to reduce risk for skin cancer; increase human papillomavirus vaccine rates to prevent HPV-related cancers; and promote employer paid time off policies for cancer screening.

TakeActionAgainstCancer.com
This project is supported with funds from the State of New York.



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Glens Falls Hospital

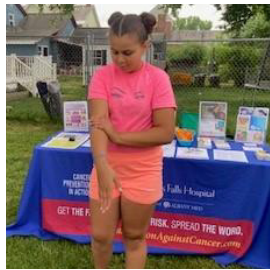
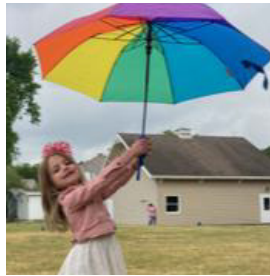
Abraham Wing School, Glens Falls Common School District

Field Day Fun with CPiA!

CPiA of Glens Falls Hospital's Health Promotion Center had a blast at the Abraham (Abe) Wings field day held on June 9th. An elementary school within the Glens Falls Common School District, Abe Wing invited CPiA to promote sun safer behaviors to reduce skin cancer outcomes and promote the HPV vaccine as safe and effective cancer prevention to their school community.

It was over cast with a chance of a sprinkle, but field day was a success. The cloudy skies worked in our favor and created a neat educational opportunity. Using our CPiA UV bracelets as a giveaway and a teaching tool, students and their families learned that the sun's rays are still strong enough to sneak through the clouds, turn the bracelet from clear to blue, and damage your skin too.

There is so much more sun safety fun left to have so, it is only fitting that, on June 20th, our partnership became official with the news of The Glens Falls Common School Districts Board of Education voting in favor of adopting a Sun Safety Policy with CPiA at Abe Wing. CPiA of Glens Falls Hospital's Health Promotion Center looks forward to creating a sun safer Abe Wing school community as partners and reducing cancer outcomes.



Columbia University

Staten Island CPiA Partners with High School for Sun Safety Policy and Education

Through a partnership with its student social media sun safety working group, Project Sun Safe Staten Island, Columbia University CPiA presented to New Dorp High School's athletics teams about skin cancer risk reduction in May. As athletes, these students have higher exposure to UV rays from outdoor practices and games. CPiA taught the athletes how to be sun safe and gave out free samples of sunscreen. The student leader of Project Sun Safe Staten Island connected the CPiA with this high school for the presentation and to talk to the athletics department about setting up a sun safety policy. The sun safety policy has been approved, and the school received sunscreen dispensers, signage, and a shade tent for the athletics facilities to support policy implementation.



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New York State



Cancer Consortium

**Working Together,
 Reducing Cancer, Saving Lives**

New York State Cancer Consortium (nyscancerconsortium.org) is a voluntary network of individuals and organizations throughout New York State (NYS) that collaborate to address the cancer burden. The Consortium and its members are guided by the NYS Comprehensive Cancer Control Plan and work to leverage partnerships to implement and plan priority interventions within their communities.

TakeActionAgainstCancer.com

Stony Brook Cancer Center

Long Island Aquarium Dives into a Sun Safe Summer with New Sun Safety Policy



The Long Island Aquarium is diving into a sun safe summer with their new sun safety policy, and is making quite a splash! The aquarium adopted two sun safety policies this May, protecting both visitors and employees from ultraviolet (UV) overexposure, the primary cause of skin cancer. With support from CPiA, a new shade structure over the sea lion coliseum was constructed this spring. The shade sails are now offering much needed protection from the sun for children and families enjoying the sea lions – Java, Bunker, Lucy, & Nila.

The Aquarium now has sunscreen dispensers available to guests, and sunscreen bottles for employees. Their neighbors at Long Island Canoe Kayak Rentals also joined in, and have adopted their own sun safety policy to protect paddlers as they enjoy Downtown Riverhead's Peconic River. A new shade was constructed on the marina, and sunscreen is available to visitors and employees.

We thank the Long Island Aquarium for their commitment to community skin cancer prevention. CPiA and Stony Brook Cancer Center are proud to partner with Long Island Aquarium to take action against skin cancer in the Riverhead community.

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