Report on Optical radiation activities June 2020 – July 2021

General research activities in Norway related to optical radiation health

The research activity is high, by universities and university hospitals, Cancer Registry of Norway, Norwegian Cancer Society, Norwegian Institute for Air Research, Nordic Institute of Dental Materials and Norwegian Radiation and Nuclear Safety Authority (DSA) among others. It covers epidemiologic studies related to melanoma and non-melanoma skin cancers, vitamin D, use of sunbeds, cost-benefit analyses, sun-related behaviour, UV and optical radiation related to the climate, UV and optical effect and hazard studies. Quality assured, historical data from the Norwegian UV monitoring network are used in national and international studies and are available for research purposes at [github](https://github.com).

New policies and legislations regarding optical radiation

Norway has not issued any new policies or legislations during this period. The past year has been affected by Covid-19, both at DSA and at the Ministry of Health and Care Services. DSA has proposed further restrictions for sunbeds and are working on some more regarding sunbed use and some regarding lasers. However, the work is delayed.

Areas of public concern and national responses

DSA in collaboration with other health authorities are responsible for implementing measures in the [national UV- and skin cancer strategy](https://www.umsjøen.no) that was published in 2019 and is valid from 2019 to 2023. There are several initiatives to include skin cancer prevention in public health work that is already performed by the municipalities and other health authorities. UV forecast is included in the most popular weather service “Yr”. Further, DSA, the Norwegian Cancer Society and others have cooperated to communicate the topic and need for sun protection to the public (see last section for activities).

DSA has actively contributed with guidance to companies and to the public on the use of UVC in the Covid-19 situation. A [DSA-bulletins](https://www.umsjøen.no) covers proper use of UVC to disinfect surfaces,
warning against UVC- or sun-exposure of skin and eyes and warning against UVC for home disinfection.

Concern about blue light effects on skin and eyes has resulted in a research paper, *Violet-blue light exposure of the skin: is there need for protection?*, and a chronicle, *Are you concerned about blue light? No need to worry* (In Norwegian).

**New public information activities**

DSA, the Norwegian Cancer Society, Norwegian Meteorological Institute and Norwegian Institute for Air Research publish joint press releases regarding the expected UV situation and related sun protection advices every year prior to Easter holiday.

The Norwegian Cancer Society, the Norwegian Society of Dermatology and Venerology and the Norwegian Melanoma Association did, for the eighth time, carry out a skin cancer day. The Norwegian Melanoma Association hosted a webinar on 26 May where DSA and the Norwegian Meteorological Institute participated, and many other media events were initiated by the Norwegian Cancer Society.

All institutions have actively promoted sun protection and early detection of skin cancer on their web pages, social media, through webinars, interviews in media, commercials, and latest a podcast by DSA.

Based on the national UV- and skin cancer strategy, sun protection is included in the public health campaign “BareDu” (“OnlyYou” can say yes – to change your health and life style), and in the weather forecast app of “Yr”. DSA, Bærum Municipality and the Norwegian Cancer Society issued a project involving the Swedish book about the sun for children (“En bok om solen”) accompanied by updated sun protection related activities within the concept of “Sun-friendly kindergartens” by the Norwegian Cancer Society. Three different You Tube films were made by a known TV-doctor, Doctor Wasim Zahid, in cooperation with DSA: film 1- The lovely but scary sun regarding sun protection and with men as primary target group, film 2 – Don’t use sunbeds. Period., and film 3 – Check your skin regularly for skin cancer. The Norwegian Cancer Society has launched an educational programme for (junior) high school students regarding sun and sunbeds.