

## **Student Health Advisory Committee (SHAC)**

### **Stony Brook University**

Friday, May 6th, 2022 Zoom Call

**Meeting called to order at 12:00pm**

#### **Attendance Taken:**

#### **I. Welcome: Kerri Mahoney welcomed everyone.**

**A. Introductions:** Kerri introduced herself, and all of the leadership members. Thanked everyone for attending today's meeting.

#### **II. CPO**

**A.** Guest Speakers Jocelyn and Annaleah from Cancer Prevention Team giving presentation about sun and skin safety for summer

1. Outline:

##### **a) What is Skin Cancer?**

(1) 1 in 5 people get skin cancer in their lifetime

(2) 5 Million people treated for skin cancer per year

(3) 3 Forms:

(a) Basal Cell Carcinoma

(b) Squamous Cell Carcinoma

(c) Melanoma

(i) The deadliest, responsible for over 75% of skin cancer deaths

**b) What Causes Skin Cancer**

- (1) Exposure to UV Radiation
- (2) UVA and UVB radiation causes skin damage and cancer
  - (a) UVA is emitted by the sun, as well as indoor tanning beds
  - (b) UVB is emitted by sun and causes sunburn

**c) How Can I Prevent Skin Cancer**

- (1) Decrease exposure to UV radiation
- (2) Avoid tanning beds!
- (3) Apply broad spectrum sunscreen SPF 15 or higher
- (4) Preventative clothing measures like hats, sunglasses
- (5) Find shade during midday hours
- (6) Skin cancer affects people of all skin tones, BIPOC are at risk as well
- (7) Skin cancer rates of young adults and college students are raising and growing to high risk
  - (a) The younger people take precautions can help prevent long term damage

**d) How Can CPiA Help Prevent Cancer in my Community?**

- (1) Social media campaign
- (2) Sun safety education at health and wellness fairs
- (3) Increasing access to sunscreen and sun safe resources on campus
- (4) Educating community with events, educational workshops and employee training
- (5) Provide educational materials for all demographics

- (6) Leading sun safety educational activities for younger students and teens
- (7) Provide materials in Spanish translation as well
- (8) For SBU:
  - (a) Educating peers on Skin Cancer
  - (b) Raising awareness of indoor tanning, as well as not building relations with entities who promote indoor tanning
  - (c) Adopting sun safety policy and provide sunscreen materials
  - (d) CPiA provides informational resources at CPO

### **III. Final Notes**

- A. Thanked students for their continued dedication and support to SHAC