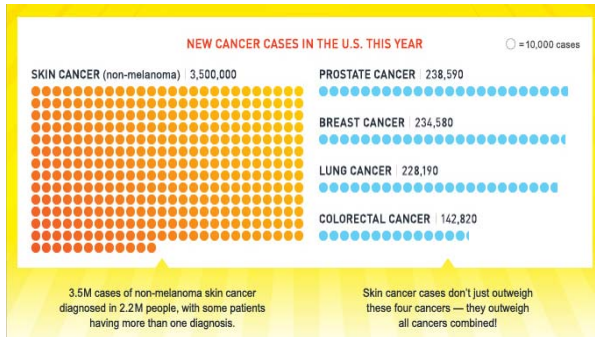


Let's Get Healthy! visited Valor Middle School on October 14th, 2013 and collected research data from 568 Valor students.

34 students completed the cancer risk station and their results are shown below.

Skin cancer is the **MOST COMMON** of all cancer types



Most skin cancers are curable if caught and treated in a timely manner.

Anyone can get skin cancer. Skin cancer risk is influenced by your genetics, skin type and your protection behaviors.

If you have a sensitive skin type (Fitzpatrick Type 1-3), you need to be especially cautious!

Individuals with darker skin (Fitzpatrick Types 4-6) are still at risk! People of color are often diagnosed later, which means the cancer can become more advanced and potentially fatal.

Regular skin checks are important for everyone!

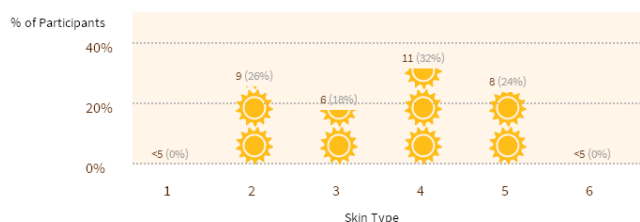
Did you know? Legendary reggae musician Bob Marley dismissed a spot under his toenail as a soccer injury, but it turned out to be an aggressive form of melanoma that ultimately caused his death at 36.



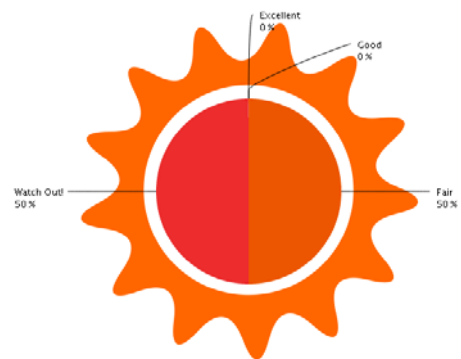
Skin type chart

NATURAL SKIN COLOUR	Very fair, often with freckles	Fair with some freckles	Light brown	Medium brown	Dark brown	Deeply pigmented, often darker to black
UV SENSITIVITY & TENDENCY TO BURN	Highly sensitive Always burns, never tans	Very sensitive Burns easily, tans minimally	Sensitive Burns moderately, visibly tans	Less sensitive Burns minimally, tans well	Minimal sensitivity Rarely burns	Minimal sensitivity Never burns
SKIN CANCER RISK	Greatest risk of skin cancer	High risk of skin cancer	High risk of skin cancer	At risk of skin cancer	Skin cancers are relatively rare, but those that occur are often diagnosed at later, more dangerous stages. Increased risk of low vitamin D levels.	Skin cancers are extremely rare, but those that occur are often diagnosed at later, more dangerous stages. Increased risk of low vitamin D levels.

FITZPATRICK SKIN TYPES OF VALOR STUDENTS



SUN SAFETY SCORES



None of the Valor students who completed the survey had “excellent” or “good” sun safety behaviors!

In the last year, 77% of Valor students went to a doctor's office for a checkup