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POSTER

PLATFORM PRESENTATION

Children's Sun Protection Need Not Conflict With Health Promoting Physical Activity - KIDSCAPE: A Study Of Preschool Outdoor Environments In Sweden And North Carolina

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ABSTRACT:

Preschool children's sun exposure was measured during 2009 with UV-dosimeters at nine preschools in Malmö 55°N in southern Sweden and at two in Raleigh 36°N, North Carolina, USA at comparable seasons. Outdoor playground environment was explored, how play facilities, available space and vegetation influenced UV-exposure and also children's physical activity measured with pedometry. In Malmö access to spacious outdoor play settings with vegetation decreased sunburn risk and increased physical activity during children's free play in May - also during long outdoor stay. Results from Raleigh in April also indicate that vegetation is sunprotective when children play. Well-planned favourable outdoor environments may promote both self-triggered sun protective behaviour and physical activity in preschool children in a Nordic spring- or summer climate. This confirms previous Swedish findings. However at a mid-latitude, the promotive effect for physical activity may not be so pronounced due to the role of climate and associated factors.