Shade protects us from harmful ultraviolet radiation (UV)

- UV from the sun causes at least 95% of all skin cancers in Australia.
- Skin cancer is the most common cancer in Australia – 2 in 3 people will be diagnosed.

- Skin cancer is highly preventable and the planning and design of quality shade plays a key role.

Quality shade can reduce UV exposure by up to 75%

What is quality shade?

**Natural shade:** trees with a canopy that is dense and close to the ground.

**Built shade:** stand-alone, portable or add-on structures positioned to provide shade during the middle of the day when UV is highest, or positioned to provide shade when the area is in highest use.

A combination of *natural* and *built* shade provides the best UV protection.
Benefits of quality shade and green spaces.

Health benefits
• Reduces UV exposure and helps prevent skin cancer
• Improves thermal comfort in times of heat
• Increases recreation and physical activity
• Reduces obesity and risk of chronic disease
• Improves mental health and wellbeing

Environmental benefits
• Reduces build-up of heat in urban areas
• Reduces air pollution
• Reduces water evaporation, soil erosion and storm water run-off
• Reduces atmospheric carbon
• Maintains animal habitat and biodiversity

Social and economic benefits
• Improves social and community connection
• Reduces neighbourhood crime
• Better placemaking
• Reduces socioeconomic and health inequities
• Increases land and property value
• Reduces energy usage and costs

How to plan and design quality shade.
Professional resources are available to support you in planning good shade.
• Cancer Council NSW Guidelines to Shade including a shade audit tool.
• Cancer Institute NSW Shade Case Studies; and
• Support for local governments to prioritise shade in their planning policies.

For more information and access to the online resources:
• Contact the NSW Shade Working Group via email: CINSW-SkinCancerPrevention@health.nsw.gov.au

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