

Shade. A planning and design priority that helps prevent skin cancer.

Shade protects us from harmful ultraviolet radiation (UV)

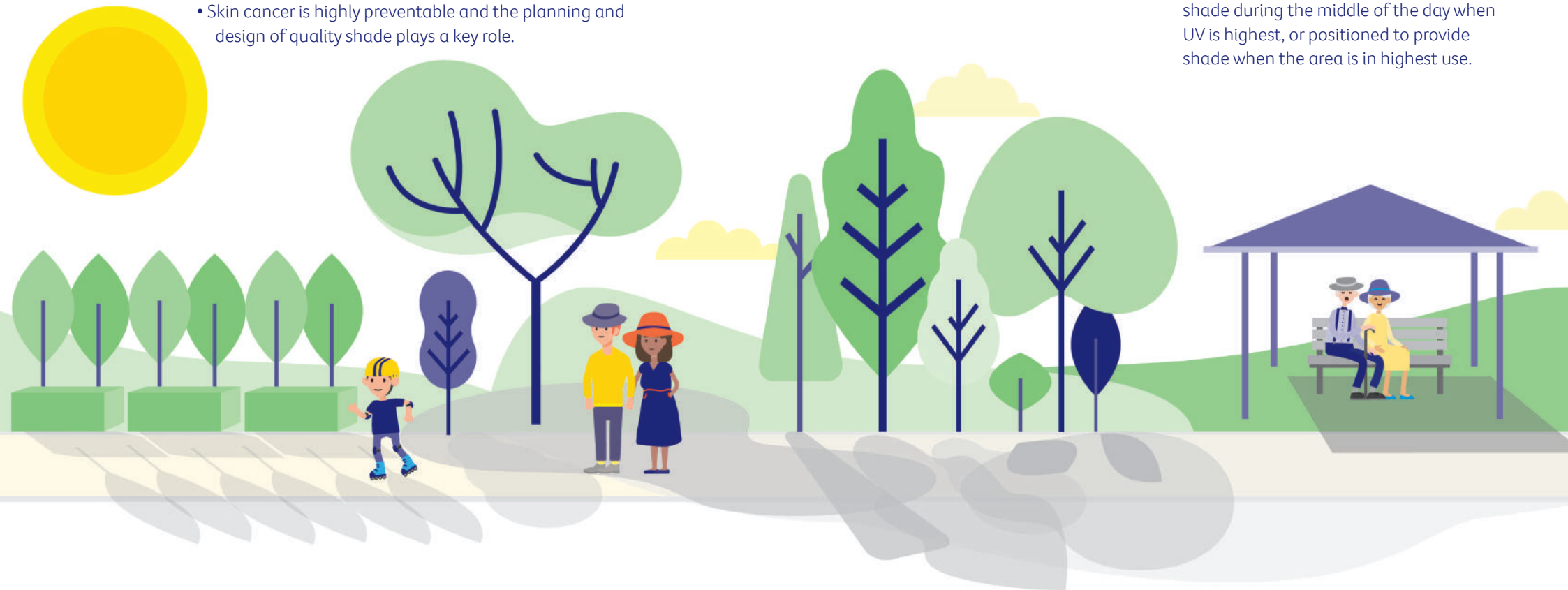
- UV from the sun causes at least 95% of all skin cancers in Australia.
- Skin cancer is the most common cancer in Australia - 2 in 3 people will be diagnosed.
- Skin cancer is highly preventable and the planning and design of quality shade plays a key role.

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

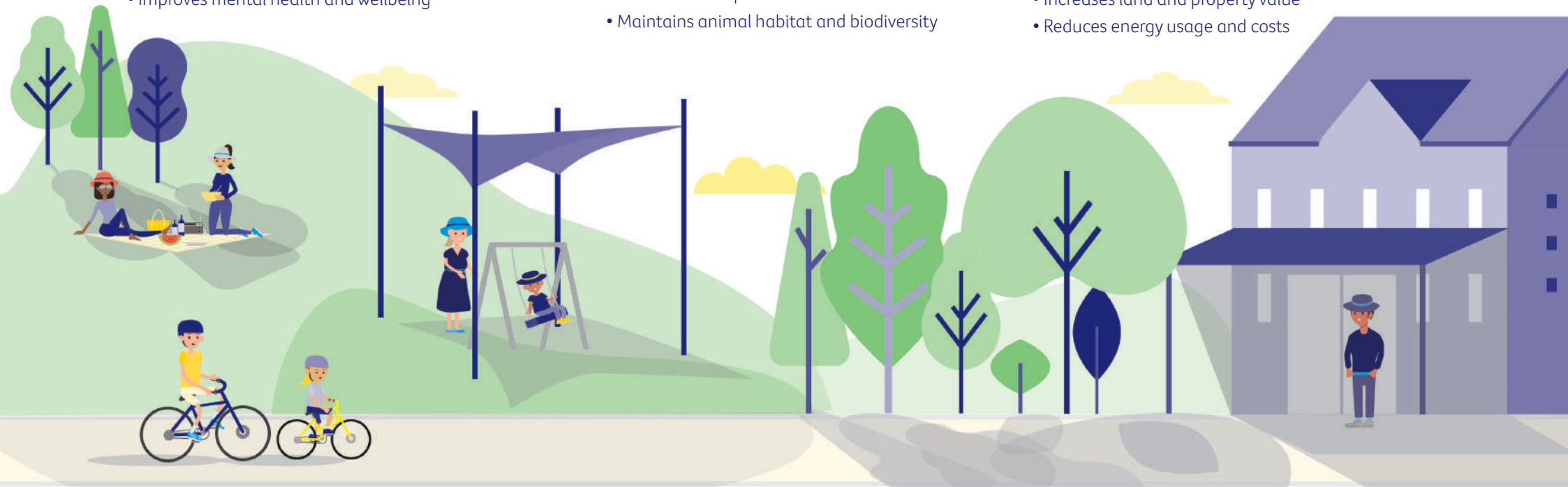
- Reduces UV exposure and helps prevent skin cancer
- Improves thermal comfort in times of heat
- Increases recreation and physical activity
- Reduces obesity and risk of chronic disease
- Improves mental health and wellbeing

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
- Visit cancer council.com.au/shade and cancer.nsw.gov.au/shade-and-uv