

**Tuesday 16 September 2025**

**New research on Vitamin D and sunscreen empowers Australians to be sun safe**

A new study from QIMR Berghofer examines how daily sunscreen use may affect vitamin D levels in adults, building our holistic knowledge of skin cancer prevention.

Whilst decades of scientific studies have shown that sunscreen is an effective tool in preventing skin cancer, the impact of sunscreen use on Vitamin D production has been less understood.

The [Sun D Trial](#) found that people who used SPF50+ sunscreen daily for a year were more likely to be vitamin D deficient than those who used it less frequently, but that Australians should continue to use sunscreen as one of five forms of sun protection.

Chair of Cancer Council's National Skin Cancer Committee, Sally Blane, said the study supports Australians to continue to use sun protection to prevent skin cancer whilst considering how to effectively manage Vitamin D deficiency.

"Skin cancer remains one of Australia's most common, costly and preventable cancers. Sunscreen is one of five essential steps to prevent skin cancer. This study helps us inform this risk of skin cancer, against potential Vitamin D deficiency,"

"This study helps people who are already proactive about sun protection understand how they can continue to protect their skin and safely manage their Vitamin D levels with the advice of a doctor,"

"However, most Australians aren't consistently using all five forms of sun protection. In a country where two in three of us will be diagnosed with skin cancer in our lifetime, there's more work to do so that every Australian feels confident in their daily sun protection routine," Blane explains.

For most people, adequate vitamin D levels are reached through regular incidental exposure to the sun. When the Ultraviolet (UV) Index is 3 or above, many people maintain adequate vitamin D levels just by spending a few minutes outdoors on most days of the week.

"It's important to remember that overexposure to UV is never recommended, even if you have low Vitamin D levels. Overexposure to UV radiation from the sun is the greatest risk factor for skin cancer, and we know that sun exposure and skin damage is cumulative, leading to a higher risk of skin cancer later in life. However, it's never too late to prevent further damage by protecting your skin," Blane adds.

"Across Australia, the UV index frequently reaches 3 or above, so we need to make sure we're protecting our skin accordingly. Whenever the UV is 3 or above, Slip on protective clothing, Slop on broad-spectrum, water-resistant SPF 50 or SPF 50+ sunscreen, Slap on a broad-brimmed hat, Seek shade and Slide on sunglasses."

**-ENDS-**

**Contact details**

For all media enquiries and interview opportunities, please contact:

Cancer Council Australia, [media@cancer.org.au](mailto:media@cancer.org.au)

02 8256 4109 (redirects to mobile outside of business hours)

**About Cancer Council Australia**

Cancer Council Australia is Australia's leading cancer charity, working to reduce the impact of cancer for all Australians. Cancer Council Australia works with its members, the eight state and territory Cancer Councils to:

- Undertake and fund cancer research
- Prevent and control cancer
- Provide information and support for people affected by cancer
- Shape and influence policy and practice

Find out more at [cancer.org.au](http://cancer.org.au), or visit our [Facebook](#), [Instagram](#), [Twitter](#) or [LinkedIn](#)