



Prostate Cancer: Social, Economic and Demographic Correlates of Non Use of Supplemental Diets among Black Men in Florida

Journal of Health Disparities Research and Practice

Volume 14 | Issue 2

Article 6

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2021

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### Recommended Citation

Gishe, Jemal; Dagne, Getachew; KANU, MOHAMED; Patel, Kushal; BRIGGS, REVLON; Odedina, Folakemi; and Pleban, Francis (2021) "Prostate Cancer: Social, Economic and Demographic Correlates of Non Use of Supplemental Diets among Black Men in Florida," *Journal of Health Disparities Research and Practice*: Vol. 14 : Iss. 2 , Article 6.

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## Prostate Cancer: Social, Economic and Demographic Correlates of Non Use of Supplemental Diets among Black Men in Florida

### Abstract

**Background:** Epidemiologic data consistently show that Black men in the U.S. are disproportionately affected by prostate cancer. The incidence rate is 60% higher and death rate is 2.1 times more for Black men compared to Whites. There is growing evidence from literature that nutritional supplements, such as selenium, lycopene, vitamin A, vitamin D and soy may reduce the risk of prostate cancer. However, the level of knowledge and usage of these supplemental diets among Black men is low. Therefore, it is important to understand why Black men are low users of the supplemental diets and develop intervention programs to change the underlining conditions.

**Objectives:** Data collected in the state of Florida on prostate cancer disparities show that large proportion of Black men living in the state are nonusers of the supplemental diets. The purpose of this study is to identify socio-economic characteristics of U.S. born and foreign born Black men who are nonusers of the supplemental diets.

**Methods:** A cross-sectional survey was conducted on prostate cancer disparity among Black men in five major cities in the State of Florida. Three thousand four hundred and ten valid respondents were included in the analysis. The main outcomes were socio-economic status, access to health care and awareness among Black men in relation to the use of supplemental diets that reduce the risk of prostate cancer. Descriptive statistics and zero-inflated regression models were used for data analysis.

**Results:** The odds of nonuse of the supplemental diets were the highest for African born (Vitamin A OR = 2.32, P-value = 0.0060), for those who pray or do nothing when sick (Vitamin A OR = 2.84, P-value = 0.0367), with no insurance (Selenium OR = 1.32, P-value = 0.0007), and with no regular doctor to visit for medical care (Vitamin A OR = 1.29, P-value = 0.0318).

**Conclusion:** The study data indicates that the usage of supplemental diets among Black men in Florida is very low. The study further provides rich data with regard to demographic characteristics for U.S. born and foreign born Black men that might serve to inform the usage of supplemental diets that may reduce the risk of prostate cancer.

### Keywords

Prostate Cancer, Supplemental Diets, U.S. born, African Origin, Caribbean Origin, Zero-inflated Models

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**Journal of Health Disparities Research and Practice**  
**Volume 14, Issue 2, Summer 2021, pp. 89-103**

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## **Prostate Cancer: Social, Economic and Demographic Correlates of Non-Use of Supplemental Diets among Black Men in Florida**

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### **ABSTRACT**

**Background:** Epidemiologic data consistently show that Black men in the U.S. are disproportionately affected by prostate cancer. The incidence rate is 60% higher and death rate is 2.1 times more for Black men compared to Whites. There is growing evidence from literature that nutritional supplements, such as selenium, lycopene, vitamin A, vitamin D and soy may reduce the risk of prostate cancer. However, the level of knowledge and usage of these supplemental diets among Black men is low. Therefore, it is important to understand why Black men are low users of the supplemental diets and develop intervention programs to change the underlining conditions.

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**Results:** The odds of nonuse of the supplemental diets were the highest for African born (Vitamin A OR = 2.32, P-value = 0.0060), for those who pray or do nothing when sick (Vitamin

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A OR = 2.84, P-value = 0.0367), with no insurance (Selenium OR = 1.32, P-value = 0.0007), and with no regular doctor to visit for medical care (Vitamin A OR = 1.29, P-value = 0.0318).

**Conclusion:** The study data indicates that the usage of supplemental diets among Black men in Florida is very low. The study further provides rich data with regard to demographic characteristics for U.S. born and foreign-born Black men that might serve to inform the usage of supplemental diets that may reduce the risk of prostate cancer.

**Keywords:** Prostate Cancer, Supplemental Diets, U.S. born, African Origin, Caribbean Origin, Zero-inflated Models

## INTRODUCTION

For the male population, prostate cancer is the second most diagnosed cancer and the fifth cancer related cause of death worldwide (Steele et al., 2017; Torre et al., 2015), and in the U.S., it is the most frequently diagnosed cancer and the second cancer related cause of death (US Cancer Statistics [USCS], 2014). Also, epidemiologic data consistently show that Black men are disproportionately affected by prostate cancer. In the U.S., the incidence rate is over 60% higher and the death rate is more than twice for Black men compared to their White counterparts (Peisch et al., 2015; Reddy et al., 2017; Shenoy et al., 2016). A five-year prostate cancer survival rate is under 86% for a Black male while it is over 92% for a White male in the U.S. (Steele et al., 2017).

Factors that may contribute to prostate cancer related health disparities are socio-economic status, access to health care and genetics (Kish et al., 2014; Rebbeck, 2017). Overweight and obesity are associated with diseases such as cardiovascular disease and many cancers; it also increases the risk of prostate cancer (Amling et al., 2004; Kushi et al., 2012; Vidal et al., 2016). There is growing evidence in the literature that physical activity (Giovannucci, 2005; Kushi et al., 2012) and nutritional supplements such as selenium, lycopene, vitamin A, vitamin D and soy may reduce the risk of prostate cancer (Chan et al., 1999; Kolonel, 2001; Kushi et al., 2012; Lin et al., 2015).

Plasma/serum selenium and phytoestrogens retinoid that is found in vitamin A are negatively associated with the risk of having prostate cancer. Like other antioxidants, selenium and vitamin A exhibit retarding carcinogenesis and prevent the growth of cancer cells (Ambrosini et al., 2007; Combs, 1997; Rayman, 2012; Roman et al., 2014; Sharp et al., 2001; Willis & Wians, 2003). Even though the scientific reporting is inconsistent, many studies indicated that lycopene that is found in tomato reduces the risk of prostate cancer (Donkena et al., 2010; Giovannucci et al., 2002; Mills et al., 1989). The inconsistency related to lycopene and prostate cancer in the literature is attributed to low consumption, not properly accounting for important contributors of lycopene, dietary measures not adequately covering the relevant period of carcinogenesis due to long latency period of prostate cancer and not properly accounting for confounding factors (Gärtner et al., 1997; Giovannucci et al., 2002; Tonucci et al., 1995).

Vitamin D deficiency is more prevalent among the Black population compared to all other races in North America (Daniel et al., 2015; Harris, 2006). Also, ecologic and epidemiological studies indicate that prostate cancer mortality is lower among the African population living near the equator, attributing the lower risk for the population to vitamin D that is obtained from sunlight exposure (Gilbert et al., 2011; Holick, 2004; Schwartz & Hanchette, 2006). Soy is part of a regular

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diet among Asian population and studies attribute the minimal risk for prostate cancer among this population to the diet (Applegate et al., 2018; Messina, 1999; Yan & Spitznagel, 2005).

The nutritional supplements indicated above reduce the risk of prostate cancer, however, the level of knowledge, usage of supplemental diets, and adherence to food based dietary guidance is low among Non-Hispanic Blacks in the U.S. (Bird et al., 2017; Kirkpatrick et al., 2012; Malek et al., 2019). Therefore, knowing the characteristics of Black men who are non-users of the supplemental diets is important to understand prostate cancer disparities and develop intervention programs to change the underlying conditions. This study provides additional information about demographic characteristics of Black men who are non-users of supplemental diets.

### **METHODS**

This is a secondary data analysis on a self-administered cross-sectional survey that was conducted in five major cities: Jacksonville, Miami, Orlando, Tallahassee, and Tampa in the state of Florida between April 2008 and October 2009 to assess prostate cancer risk factors among Black men. The selection of the locations was based on percentage of Black population and established relationship with Black communities. The inclusion criteria were Black men between age of 40 and 70. The survey used a nonprobability sampling technique and the participants were selected at predominantly Black neighborhoods mainly at barbershops and organized health forums. The data was originally collected to study the health beliefs and cultural beliefs of Black men relative to prostate cancer. The study indicated that the men reported favorable attitude and positive outcome beliefs for prostate cancer susceptibility and moderate perceived behavioral control for prostate cancer severity (Odedina, Dagne, Pressey, et al., 2011). The details of the methodologies used in the survey are available in previous publications (Odedina, Dagne, Pressey, et al., 2011; Odedina, Dagne, LaRose-Pierre, et al., 2011; Odedina, Scrivens, LaRose-Pierre, et al., 2011).

For this study, responses from 3,410 participants were found to be complete and valid for analysis. The main outcomes observed were how the use of supplemental diets that may reduce the risk for prostate cancer affected by socio-economic status, access to health care, and awareness among Black men. Chi-square test was used for a categorical variable and Cochran-Mantel-Haenszel (CMH) for an ordinal variable to examine potential differences between U.S. born, Caribbean born and African born Black men surveyed in the state of Florida by demographic characteristics. To accommodate excessive zeros (nonusers) that the data exhibit, zero-inflated regression models were developed for the multivariate analysis. A stepwise regression analysis method was used to develop a parsimonious multivariate zero-inflated regression model for each supplemental diet using key demographic characteristics, convergence criteria and minimum AIC value. Owned by the SAS Institute Inc., Cary, North Carolina, the SAS software for Windows, Version 9.4 was used for data analysis. All the P-values were based on two-sided probability tests.

### **RESULTS**

#### Demographic Characteristics

No statistically significant difference was observed among the three groups (U.S. born, Caribbean born and African born) by residence (urban or rural), annual health physical exam and if they have a regular doctor to visit. Among the three groups, Black men of African origin had more young participants (lower than 40 years old), higher percentages of college degrees,

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postgraduate degrees, annual income over 100,000 U.S. dollars, no insurance, and pray or do nothing when sick. Black men of Caribbean origin had the highest married percentage and U.S. born had the highest unemployment rate, Table 1. The overall, supplemental diets usage was low for all the participants and comparing the three groups by supplemental diet usage, no significant difference was observed for selenium, vitamin A, and vitamin D. Lowest percentages of nonuse for lycopene and soy was observed for Black men of Africa origin, Table 2.

**Table 1. Demographic characteristics of the Black Men Surveyed by Ethnicity**

Variables	Born in the US [1]	Caribbean Origin [1, 4]	African Origin [1, 4]	P-Value [2]
<b>Age</b>				
Less than 40 years	179 (6.9)	26 (8.5)	38 (12.6)	
Between 40 and 49 years	1133 (43.4)	138 (45.1)	139 (46.2)	
Between 50 and 59 years	858 (32.8)	83 (27.1)	80 (26.6)	0.0067
Between 60 and 69 years	350 (13.4)	48 (15.7)	37 (12.3)	
70 years and above	93 (3.6)	11 (3.6)	7 (2.3)	
<b>Education</b>				
Less than High School	367 (14.4)	34 (11.3)	41 (14.3)	
High School Diploma	1016 (39.7)	112 (37.3)	97 (33.8)	
Some College Training	518 (20.3)	55 (18.3)	34 (11.8)	<.0001
College Degree	465 (18.2)	81 (27.0)	76 (26.5)	
Post Graduate Degree	191 (7.5)	18 (6.0)	39 (13.6)	
<b>Marital Status</b>				
Married	1152 (44.0)	185 (58.9)	153 (50.7)	
Divorced	319 (12.2)	28 (8.9)	22 (7.3)	<.0001
Widowed	83 (3.2)	9 (2.9)	7 (2.3)	
Single	1066 (40.7)	92 (29.3)	120 (39.7)	
<b>Current Residence</b>				
Rural	680 (27.1)	75 (25.3)	83 (29.7)	0.4714
Urban	1833 (72.9)	222 (74.7)	196 (70.3)	
<b>Employment Status</b>				
Disability/Worker's compensation				
Unemployed	253 (9.7)	13 (4.1)	24 (8.0)	
Retired	567 (21.8)	49 (15.6)	45 (15.0)	
Part-time	299 (11.5)	38 (12.1)	30 (10.0)	<.0001
Full-time	295 (11.3)	43 (13.7)	56 (18.6)	
Household Income	1187 (45.6)	171 (54.5)	146 (48.5)	
19,999 or below	1060 (41.6)	81 (26.4)	107 (35.7)	
Between 20,000 and 39,999	604 (23.7)	107 (34.9)	78 (26.0)	
Between 40,000 and 59,999	329 (12.9)	60 (19.5)	36 (12.0)	0.0214
Between 60,000 and 79,999	222 (8.7)	30 (9.8)	31 (10.3)	
Between 80,000 and 99,999	222 (8.7)	30 (9.8)	31 (10.3)	
100,000 or above	154 (6.0)	20 (6.5)	14 (4.7)	
Insurance	182 (7.1)	9 (2.9)	34 (11.3)	
No	921 (35.9)	108 (35.6)	125 (43.1)	0.0493
Yes	1648 (64.1)	195 (64.4)	165 (56.9)	

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Variables	Born in the US [1]	Caribbean Origin [1, 4]	African Origin [1, 4]	P-Value [2]
Annual Health Physical Exam				
No	871 (33.7)	89 (28.5)	93 (32.0)	0.1696
Yes	1713 (66.3)	223 (71.5)	198 (68.0)	
Family Doctor				
No	755 (29.8)	86 (28.6)	94 (33.8)	0.3258
Yes	1776 (70.2)	215 (71.4)	184 (66.2)	
Medical Care when get sick				
Pray or do nothing	282 (11.3)	28 (9.2)	45 (16.0)	<.0001
Other [3]	170 (6.8)	28 (9.2)	37 (13.2)	
Visit a doctor	2042 (81.9)	247 (81.5)	199 (70.8)	

[1] Frequency (percent).

[2] Chi-square test for a categorical variable, and Cochran-Mantel-Haenszel (CMH) test for an ordinal variable.

[3] Treat myself or visit other health care providers such as pharmacist.

[4] African Origin - born in Africa but now an American citizen,  
 Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

**Table 2. Supplemental Diet Usage of the Black Men by Ethnicity**

Supplemental Diet	Born in the US [1]	Caribbean Origin [1, 3]	African Origin [1, 3]	Origin Combined [1]	P-Value [2]
Selenium					
Never	1677 (68.3)	193 (67.5)	157 (59.2)	2027 (67.5)	0.1097
1 - 3 times a week	349 (14.2)	34 (11.9)	52 (19.6)	435 (14.5)	
4 - 6 times a week	150 (6.1)	24 (8.4)	32 (12.1)	206 (6.9)	
Once a day	212 (8.6)	29 (10.1)	16 (6.0)	257 (8.6)	
Two or more times a day	66 (2.7)	6 (2.1)	8 (3.0)	80 (2.7)	
Lycopene					
Never	1728 (70.3)	197 (68.6)	160 (56.9)	2085 (68.9)	0.0013
1 - 3 times a week	349 (14.2)	34 (11.8)	62 (22.1)	445 (14.7)	
4 - 6 times a week	142 (5.8)	27 (9.4)	29 (10.3)	198 (6.5)	
Once a day	191 (7.8)	25 (8.7)	20 (7.1)	236 (7.8)	
Two or more times a day	48 (2.0)	4 (1.4)	10 (3.6)	62 (2.0)	
Vitamin A and other retinoid					
Never	1242 (49.0)	160 (54.1)	103 (36.1)	1505 (48.3)	0.1650
1 - 3 times a week	590 (23.3)	65 (22.0)	94 (33.0)	749 (24.0)	
4 - 6 times a week	245 (9.7)	28 (9.5)	38 (13.3)	311 (10.0)	
Once a day	364 (14.3)	35 (11.8)	32 (11.2)	431 (13.8)	
Two or more times a day	96 (3.8)	8 (2.7)	18 (6.3)	122 (3.9)	
Vitamin D					
Never	1119 (43.4)	146 (48.3)	97 (33.8)	1362 (43.0)	0.1424
1 - 3 times a week	640 (24.8)	71 (23.5)	84 (29.3)	795 (25.1)	
4 - 6 times a week	293 (11.4)	33 (10.9)	42 (14.6)	368 (11.6)	
Once a day	420 (16.3)	44 (14.6)	46 (16.0)	510 (16.1)	

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Supplemental Diet	Born in the US [1]	Caribbean Origin [1, 3]	African Origin [1, 3]	Origin Combined [1]	P-Value [2]
Two or more times a day	107 (4.1)	8 (2.6)	18 (6.3)	133 (4.2)	
Soy					
Never	1568 (61.7)	186 (62.2)	130 (44.8)	1884 (60.2)	
1 - 3 times a week	516 (20.3)	46 (15.4)	84 (29.0)	646 (20.6)	
4 - 6 times a week	185 (7.3)	32 (10.7)	34 (11.7)	251 (8.0)	<.0001
Once a day	193 (7.6)	24 (8.0)	24 (8.3)	241 (7.7)	
Two or more times a day	81 (3.2)	11 (3.7)	18 (6.2)	110 (3.5)	

[1] Frequency (percent).

[2] P-value from Cochran-Mantel-Haenszel (CMH) test.

[3] African Origin - born in Africa but now an American citizen,  
 Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

### Selenium Supplement

The odds of nonuse of selenium supplement was lower for those with college degrees compared to those with high school diplomas (OR=0.61, CI = (0.44, 0.86), P-value = 0.0045), for divorced compared to singles (OR=0.68, CI = (0.50, 0.94), P-value = 0.0213), for unemployed compared to full-time employees (OR=0.69, CI = (0.53, 0.90), P-value = 0.0065), and for those with no annual physical exam (OR=0.83, CI = (0.71, 0.97), P-value = 0.0167). The odds of nonuse of selenium supplement was higher for those without health insurance (OR=1.32, CI = (1.12, 1.55), P-value = 0.0007), and for those who pray or do nothing when sick compared to those who visit a doctor (OR=1.60, CI = (1.14, 2.25), P-value = 0.0070). Even though nonuse of selenium supplement was higher for Black men of African origin and lower for Black men of Caribbean origin compared to U.S. born, the difference was not statistically significant, Table 3.

**Table 3. The Odds of Nonuse of Selenium Supplement among the Black Men by Demographic Characteristics**

Characteristics	Groups Compared	Odds	95% CI	P-Value
		Ratio [1]		
Ethnicity	African Origin [4] vs US born	1.33	(0.95, 1.85)	0.0990
	Caribbean Origin [4] vs US born	0.77	(0.58, 1.03)	0.0785
Education	Less than High School vs High School Degree	1.02	(0.70, 1.47)	0.9362
	Some College Training vs High School Degree	0.80	(0.57, 1.12)	0.2002
	College Degree vs High School Degree	0.61	(0.44, 0.86)	0.0045
	Post Graduate Degree vs High School Degree	0.74	(0.46, 1.20)	0.2243
Marital Status	Married vs Single	1.03	(0.80, 1.33)	0.7967
	Divorced vs Single	0.68	(0.50, 0.94)	0.0213
	Widowed vs Single	1.21	(0.71, 2.09)	0.4837
Employment Status	Disability/Worker's compensation vs Full-time	1.20	(0.81, 1.78)	0.3653
	Unemployed vs Full-time	0.69	(0.53, 0.90)	0.0065
	Retired vs Full-time	1.32	(0.97, 1.79)	0.0780
	Part-time vs Full-time	1.15	(0.83, 1.61)	0.4061
Insurance	No vs Yes	1.32	(1.12, 1.55)	0.0007
	Annual Physical Exam No vs Yes	0.83	(0.71, 0.97)	0.0167

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Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
Medical Care [5]	Pray or do nothing vs See a Doctor	1.60	(1.14, 2.25)	0.0070
	Other [6] vs See a Doctor	1.01	(0.70, 1.45)	0.9505

[1] Odds Ratio of Nonuse of Selenium Supplement from Zero Inflated Probit Model.

[2] Wald's 95% Confidence Interval.

[3] P-value from Wald's Chi-Square Test.

[4] African Origin - born in Africa but now an American citizen,

Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

[5] If you are sick, where would you rather go for your medical care.

[6] Treat myself or visit other health care providers such as pharmacist.

Note: the second group in order is used as a reference group.

### Lycopene Supplement

Black men of African origin had higher odds of nonuse of lycopene supplement compared to U.S. born (OR=1.48, CI = (1.08, 2.04), P-value = 0.0155), and it was lower for Black men of Caribbean origin compared to U.S. born (OR=0.72, CI = (0.53, 0.96), P-value = 0.0270). Nonuse of lycopene supplement was lower for divorced compared to singles (OR=0.70, CI = (0.49, 1.00), P-value = 0.0479), for unemployed compared to full-time employees (OR=0.64, CI = (0.49, 0.85), P-value = 0.0016), and it was higher for those who pray or do nothing when sick compared to those who visit a doctor (OR=1.57, CI = (1.07, 2.30), P-value = 0.0220), Table 4.

**Table 4. The Odds of Nonuse of Lycopene Supplement among the Black Men by Demographic Characteristics**

Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
Ethnicity	African Origin [4] vs US born	1.48	(1.08, 2.04)	0.0155
	Caribbean Origin [4] vs US born	0.72	(0.53, 0.96)	0.0270
Marital Status	Married vs Single	0.88	(0.67, 1.16)	0.3585
	Divorced vs Single	0.70	(0.49, 1.00)	0.0479
	Widowed vs Single	1.58	(0.85, 2.95)	0.1488
Employment Status	Disability/Worker's compensation vs Full-time	1.42	(0.93, 2.16)	0.1081
	Unemployed vs Full-time	0.64	(0.49, 0.85)	0.0016
	Retired vs Full-time	1.18	(0.86, 1.61)	0.3114
	Part-time vs Full-time	1.12	(0.79, 1.59)	0.5253
Insurance	No vs Yes	1.11	(0.94, 1.31)	0.2043
Annual Exam	Physical No vs Yes	0.92	(0.79, 1.08)	0.3216
Medical Care [5]	Pray or do nothing vs See a Doctor	1.57	(1.07, 2.30)	0.0220

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Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
	Other [6] vs See a Doctor	1.14	(0.74, 1.77)	0.5475

[1] Odds Ratio of Nonuse of Lycopene Supplement from Zero Inflated Probit Model.

[2] Wald's 95% Confidence Interval.

[3] P-value from Wald's Chi-Square Test.

[4] African Origin - born in Africa but now an American citizen,

Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

[5] If you are sick, where would you rather go for your medical care.

[6] Treat myself or visit other health care providers such as pharmacist.

Note: the second group in order is used as a reference group.

### Vitamin A Supplement

The odds of nonuse of vitamin A supplement was higher for Black men of African origin compared to U.S. born (OR=2.32, CI = (1.27, 4.24), P-value = 0.0060), and it was lower for Black men of Caribbean origin compared to U.S. born (OR=0.56, CI = (0.38, 0.84), P-value = 0.0048). It was lower for unemployed individuals compared to full-time employees (OR=0.69, CI = (0.50, 0.95), P-value = 0.0249), higher among those without a regular doctor to visit (OR=1.29, CI = (1.02, 1.62), P-value = 0.0318), and for those who pray or do nothing when sick compared to those who visit a doctor (OR=2.84, CI = (1.07, 7.55), P-value = 0.0367), Table 5.

**Table 5. The Odds of Nonuse of Vitamin A Supplement among the Black Men by Demographic Characteristics**

Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
Ethnicity	African Origin [4] vs US born	2.32	(1.27, 4.24)	0.0060
	Caribbean Origin [4] vs US born	0.56	(0.38, 0.84)	0.0048
Employment Status	Disability/Worker's compensation vs Full-time	1.30	(0.80, 2.11)	0.2940
	Unemployed vs Full-time	0.69	(0.50, 0.95)	0.0249
	Retired vs Full-time	1.02	(0.71, 1.46)	0.9208
	Part-time vs Full-time	1.35	(0.86, 2.12)	0.1915
Insurance	No vs Yes	1.04	(0.85, 1.28)	0.6877
	Physical No vs Yes	0.87	(0.71, 1.06)	0.1613
Annual Exam				
Regular Doctor [5]	No vs Yes	1.29	(1.02, 1.62)	0.0318
Medical Care [6]	Pray or do nothing vs See a Doctor	2.84	(1.07, 7.55)	0.0367

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Characteristics	Groups Compared	Odds Ratio	95% CI	P-Value
		[1]	[2]	[3]
	Other [7] vs See a Doctor	0.63	(0.33, 1.21)	0.1700

[1] Odds Ratio of Nonuse of Vitamin A Supplement from Zero Inflated Probit Model.

[2] Wald's 95% Confidence Interval.

[3] P-value from Wald's Chi-Square Test.

[4] African Origin - born in Africa but now an American citizen,

Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

[5] Do you have a regular doctor you see for your medical care?

[6] If you are sick, where would you rather go for your medical care?

[7] Treat myself or visit other health care providers such as pharmacist.

Note: the second group in order is used as a reference group.

### Vitamin D Supplement

The odds of nonuse of vitamin D supplement was lower for Black men of Caribbean origin compared to U.S. born (OR=0.69, CI = (0.48, 0.98), P-value = 0.0395), for unemployed compared to full-time employees (OR=0.63, CI = (0.43, 0.91), P-value = 0.0137). On the other hand, it was higher for Black men of African origin compared to U.S. born, for those without a regular doctor to visit, and for those who pray or do nothing when sick compared to those who visit a doctor. However, the differences were only marginally significant, Table 6.

**Table 6. The Odds of Nonuse of Vitamin D Supplement among the Black Men by Demographic Characteristics**

Characteristics	Groups Compared	Odds Ratio	95% CI	P-Value
		[1]	[2]	[3]
Ethnicity	African Origin [4] vs US born	1.46	(0.96, 2.23)	0.0759
	Caribbean Origin [4] vs US born	0.69	(0.48, 0.98)	0.0395
Employment Status	Disability/Worker's compensation vs Full-time	1.50	(0.77, 2.92)	0.2278
	Unemployed vs Full-time	0.63	(0.43, 0.91)	0.0137
	Retired vs Full-time	1.07	(0.70, 1.63)	0.7503
	Part-time vs Full-time	1.32	(0.77, 2.27)	0.3168
Annual Exam	Physical No vs Yes	0.92	(0.74, 1.15)	0.4647
Regular Doctor [5]	No vs Yes	1.26	(0.98, 1.61)	0.0659
Medical Care [6]	Pray or do nothing vs See a Doctor	2.28	(0.88, 5.90)	0.0902

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Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
	Other [7] vs See a Doctor	0.63	(0.33, 1.19)	0.1522

[1] Odds Ratio of Nonuse of Vitamin D Supplement from Zero Inflated Probit Model.

[2] Wald's 95% Confidence Interval.

[3] P-value from Wald's Chi-Square Test.

[4] African Origin - born in Africa but now an American citizen,

Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

[5] Do you have a regular doctor you see for your medical care?

[6] If you are sick, where would you rather go for your medical care?

[7] Treat myself or visit other health care providers such as pharmacist.

Note: the second group in order is used as a reference group.

### Soy Supplement

The odds of nonuse of soy supplement was higher for Black men of African origin (OR=1.70, CI = (1.18, 2.45), P-value = 0.0043) and lower for Black men of Caribbean origin (OR=0.67, CI = (0.49, 0.91), P-value = 0.0098) compared to U.S. born. However, the odds of nonuse was lower for unemployed compared to full-time employees (OR=0.68, CI = (0.50, 0.94), P-value = 0.0179), for those with no annual physical exam (OR=0.84, CI = (0.72, 0.99), P-value = 0.0426), and it was higher for those without health insurance (OR=1.25, CI = (1.04, 1.51), P-value = 0.0163) and for younger respondents (below 40 years) compared to those in the age group between 40 to 49 years (OR=2.94, CI = (1.38, 6.28), P-value = 0.0053). The odds of nonuse was lower for those with college degrees compared to those with high school diplomas, but the difference was only marginally significant, Table 7.

**Table 7. The Odds of Nonuse of Soy Supplement among the Black Men by Demographic Characteristics**

Characteristics	Groups Compared	Odds Ratio	95%	CI P-Value
		[1]	[2]	[3]
Ethnicity	African Origin [4] vs US born	1.70	(1.18, 2.45)	0.0043
	Caribbean Origin [4] vs US born	0.67	(0.49, 0.91)	0.0098
Age	Less than 40 years vs Between 40 - 49 years	2.94	(1.38, 6.28)	0.0053
	Between 50 - 59 years vs Between 40 - 49 years	0.95	(0.69, 1.30)	0.7445
	Between 60 - 69 years vs Between 40 - 49 years	1.24	(0.76, 2.01)	0.3941
	70 years and above vs Between 40 - 49 years	0.98	(0.42, 2.31)	0.9710
Education	Less than High School vs High School Degree	0.72	(0.46, 1.11)	0.1310
	Some College Training vs High School Degree	0.82	(0.56, 1.20)	0.3113
	College Degree vs High School Degree	0.72	(0.48, 1.06)	0.0936
Employment Status	Post Graduate Degree vs High School Degree	0.89	(0.50, 1.57)	0.6852
	Disability/Worker's compensation vs Full-time	1.20	(0.73, 1.97)	0.4670
	Unemployed vs Full-time	0.68	(0.50, 0.94)	0.0179
	Retired vs Full-time	1.23	(0.80, 1.87)	0.3456
Insurance	Part-time vs Full-time	1.33	(0.86, 2.04)	0.1961
	No vs Yes	1.25	(1.04, 1.51)	0.0163

Journal of Health Disparities Research and Practice Volume 14, Issue 2, Summer 2021

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Characteristics	Groups Compared	Odds Ratio	95% CI	P-Value
		[1]	[2]	[3]
Annual Exam	Physical No vs Yes	0.84	(0.72, 0.99)	0.0426

[1] Odds Ratio of Nonuse of Soy Supplement from Zero Inflated Probit Model.

[2] Wald's 95% Confidence Interval.

[3] P-value from Wald's Chi-Square Test.

[4] African Origin - born in Africa but now an American citizen,

Caribbean Origin - born in one of the Caribbean Islands but now an American citizen.

Note: the second group in order is used as a reference group.

## DISCUSSION

The data used in this study strongly indicate that generally Black men's usage of supplemental diets is low. The subgroup analyses further provide useful data with regard to socio economic characteristics for U.S. born and foreign-born Black men about the usage of supplemental diets that may reduce the risk of prostate cancer. The study results show that observed odds of nonuse of supplemental diets were higher among Black men of African origin, younger age group (below 40 years) respondents, those without health insurance, those with no regular doctor to visit and those who pray or do nothing when they are sick. On the other hand, the odds of nonuse of supplemental diets were lower for Black men of Caribbean origin, for those with a college degree, divorced, and unemployed.

Nutrition (to include the use of dietary supplements) is part of cultural values and practices. As such, variation in cultural patterns and practices should explain why people from one culture have dietary preferences that are different from people of other cultural backgrounds.

African born Black men in the current study exhibited rare or nonuse of dietary supplements compared with Caribbean or U.S. born counterparts. While these foreign-born respondents may not be malnourished per se (that is, purely due to nonuse of supplement), scientific evidence show that dietary supplements are associated with health benefits and it is recommended that these individuals use supplements frequently (Chan et al., 1999; Kolonel, 2001; Kushi et al., 2012; Lin et al., 2015).

A World Food and Nutrition Study conducted decades ago concluded that, "Effective nutritional interventions may have more effect on human health than similar investments in Medicare." (*World Food and Nutrition Study, 1975*). While the study referred to developing countries, those findings may have applicability to immigrants from developing countries that have migrated to developed countries but are maintaining aspects of dietary cultural practices brought with them from their home countries. Although this sub-population may not be averse to use of supplements, they may not consider supplements as a necessary component of their diet. This is in spite of the scientific evidence associating these supplements (e.g. omega 3 fatty acids) with health benefits in preventing osteoporosis, joint problems and rheumatoid arthritis (Felson & Bischoff-Ferrari, 2015).

Malnutrition is not limited to having insufficient food; rather, poor nutrition includes having either too little, too much, or having food of the wrong type. In the current study, these

“transplanted” immigrants from Africa may consider their present diets as being adequate even without using supplements (Jakub et al., 2018).

The NIH cancer statistics data indicate that there is a change of trend in prostate cancer since 2014, both rate of new cases and death rate are on the rise (*Cancer of the Prostate - Cancer Stat Facts*, n.d.). The outcome of this study adds important information to the current understanding of supplemental diets usage among Black men that can be used for further research, and by public health practitioners and policy makers to develop intervention programs that may help reduce the risk of prostate cancer.

For future research, a more in-depth study utilizing appropriate qualitative methodology (such as focus group and key informant interviews, participant observation etc.) could uncover possible underlying cultural and other potential factors affronting the consumption of dietary supplements among this sub-population of immigrants.

For implications of public health practice, it is important to understand why the study participants were less likely to use dietary supplements. Future public health interventions must be culturally sensitive and must address cultural perceptions of food among the target population. Intervention activities and messages used to encourage and promote the use of dietary food supplements must be tailored to this population for maximum impact. The results also revealed low usage of dietary supplements for younger respondents and those without insurance coverage who frequently have no annual physical exams. These are broader social factors that must be addressed by state and federal governments. When people have insurance coverage, doctors are more likely to encourage them towards proper dietary habits following regular doctor visits.

Among the limitations for this study is the use of cross-sectional, self-reported data. Cross sectional data prevent us from making causal inferences while self-reported data are sometimes known for inaccuracy. Also, due to convenient sampling technique and since cross-sectional survey data are prone to response bias, the generalizability of the result is limited. However, a study on the behavioral aspects of the characteristics of Black men was published based on this dataset and showed an acceptable level of accuracy (Odedina, Dagne, Pressey, et al., 2011; Odedina, Dagne, LaRose-Pierre, et al., 2011; Odedina, Scrivens, LaRose-Pierre, et al., 2011).

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