A Report to the Community

The Florida BMH 2010/11 project was funded by the
Department of Pharmaceutical Outcomes & Policy - College of Pharmacy
Department of Radiation Oncology - College of Medicine
Shands Cancer Center
University of Florida

Project Director

Folakemi T. Odedina, PhD
FOREWORD BY ANTHONY “TONY” C. HILL, FEDERAL POLICY DIRECTOR, JACKSONVILLE FLORIDA

I have an urgent plea to all my fellow African American males. Now is the time for us to lead the forefront of initiatives that improve our health status!

This is a matter of urgency as the health news for us is bad and has not improved. Heart disease, Cancer, Stroke, Diabetes, HIV & AIDS, Chronic Bronchitis, Emphysema, Kidney disease, and the list go on. Our Black women are living much longer than us, so are White women and White men. Also, our quality of life is much lower because of how these diseases affect us. The good news is that these diseases can be prevented and managed so that we can live longer and better. All it will take is for us to be involved in our health.

What exactly can we do? It is actually easy; let’s start with the following five steps:

1. Regularly talk to your doctor or any other health care professional about your health at least once a year.
2. Eat balanced diet and exercise regularly.
3. Participate in health screening activities.
4. Seek health education to keep yourself informed.
5. Actively participate in initiatives that are aimed at reducing morbidity, mortality, and prolonging your live, including research activities. **You can start by joining the Florida Black men's health cohort study.**

If we are going to increase our life expectancy and the quality of our life, we must fight to improve our lifestyles and to promote healthy behaviors. I believe it is very important that we educate ourselves as well as our fellow brothers, if not only to protect our own health, then for the sake of our families.

We can no longer wait for someone else to change our habits, educate our community, and take a stand on our behalf. We are the head of our households and our communities. Let the “King” in us come out to conquer the chronic diseases killing Black men.

Take a stand today and join the health movement for Black men in Florida. Do it for you! Do it for your loved ones!

Anthony C. “Tony” Hill, Sr.
Federal Policy Director
Black women in the United States live about seven years longer than Black men!

White men in the United States live about seven years longer than Black men!

White women in the United States live about twelve years longer than Black men!

This statistics highlight the importance of addressing the health needs of Black men and is the basis for founding the Black Men’s Health Consortium (FBMHC) in Florida. The mission of the FBMHC is to “improve Black men's health, increase their life expectancy and enhance their quality of life by promoting health and reducing the disproportionate disease morbidity and mortality experienced by Black men”. This mission will be accomplished by creating a series of support networks and activities to assist men in different Black communities, including African American, African, and Caribbean communities.


If you would like to get involved with the FBMHC, please e-mail Ms. Shannon Pressey at spressey@cop.ufl.edu or call the 727-394-6162.

Thank you for your partnership.

Sincerely,

Folakemi T. Odedina, PhD
Professor, Pharmaceutical Outcomes & Policy
Research Professor, Radiation Oncology, College of Medicine
Associate Director of Health Disparities, UF Shands Cancer Center
University of Florida
North America VP, African Organization for Research & Training in Cancer (AORTIC)
PI, Prostate Cancer Transatlantic Consortium (CaPTC)
Founding Director, Florida Prostate Cancer Disparity Research Team
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You have our W.O.R.D. – Working through Outreach to Reduce Disparities!

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INTRODUCTION

In 2007, the death rate for African Americans was higher than Whites for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, HIV/AIDS, and homicide nationally. Unfortunately, Black men continue to experience a disproportionate burden of chronic diseases due to genetic and environmental/behavioral risk factors. In the State of Florida, a significantly higher burden of heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, and HIV/AIDS are reported for Black men compared to other racial/ethnic groups. To address the disproportionate burden of diseases seen in Black men, researchers from several universities and community leaders in Florida partnered to look at the behavioral risk factors and health needs of Black men in Florida. This community report highlights what we found in the 1st Florida Black Men’s Health Study.

Our goal is to regularly monitor the health status, health needs, and behavioral risk factors of Black men in Florida. This in turn will assist all interested stakeholders to provide tailored and targeted educational programs that will meet the health needs of Florida Black men in their respective communities. An added benefit of this study is the ability to track the health progress of Black men from different communities in Florida.

WHY WAS THE BLACK MEN’S HEALTH STUDY DONE?

Black men carry the largest burden of chronic diseases in the United States, including heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, and HIV/AIDS. Compared to White men, White women, and Black women, Black men are more likely to be affected by more chronic diseases and die from chronic diseases. They are also expected to live not more than 70 years.

Two words that every Black man should be familiar with is “Health Disparities”. Health disparities are said to exist when one group of people get sick or die more often than another group. Without any doubt, Black men experience health disparities in Florida. The Florida Black Men’s Health Study was done for us to better understand and address health disparities among Black men in Florida. Our goal is to fully understand the health needs and resources needed by all Black men in Florida, including US-born Black men (such as African American men) and foreign-born Black men (such as African and Caribbean Black men). We plan to keep an eye on the health status, health needs, and risk factors of Black men in Florida communities so that we can eliminate the health disparities experienced by Black men.

WHAT IS THE BLACK MEN’S HEALTH STUDY?

Funded by the University of Florida, the Black Men’s Health study is a health survey of Black men in Florida and examined factors such as their health status, health care access, health promotion activities, disease prevention activities, risk factors, cultural beliefs and values. In addition, we collected information on their background to better explain their health needs.
An important part of the Black Men’s Health Study is to work closely with Black communities and Black men to get information from Black men on a regular basis. If you or your organization is interested in partnering with us, please contact Ms. Shannon Pressey by calling 352-273-7492 or sending an email to spressey@cop.ufl.edu.

HOW WAS THE STUDY DONE?

We used the Black Men’s Health survey form developed by investigators to get information from Black men in different Florida communities, especially Black communities in Gainesville, Orlando, Tampa, Jacksonville, St. Petersburg and Tampa. We partnered with Black community-based organizations and faith-based organizations to successfully carry out this study. We especially worked very closely with pastors/ministers, leaders, advocates and survivors from the start of the project to the end, including the development of this report.

We started the survey in May 2010 and ended in April 2011. We surveyed a total of 550 Black men. After making sure that we moved the information from the survey appropriately to where we will do the analyzes, we did several analyzes to report on health status, health care access, health promotion and disease prevention activities, risk assessment, and medical history of chronic diseases.

WHY WAS THIS REPORT DEVELOPED?

Every year, billions of public dollars are spent on health-related research projects. Unfortunately, the men and women who participated in these projects will not get a report back on the results of the studies for which they have volunteered. As researchers, we have an obligation to let you know what we found. In our case, you are the first to know!

Thanks for partnering with us.

WHAT DID WE FIND?

1. Our Participants

In total, 550 men participated in our survey. This community report was put together when we had information from 415 men. The background information of the men who participated in this study are as follows:

- Most of the men (9 out of 10) are US-born Black men.
- Most of the men were between 40 and 49 years with over half of the men older than 50 years.
• Most of the men (1 in 3) had some college training while in 1 in 4 completed high school.
• About 2 in 3 of the men were married.
• Over 3 in 4 of the men lived in urban communities.
• Over half of the men had full time job.
• Over 1 in 4 men pay all the bills for the cost of their healthcare.
• Although over 3 in 4 men reported that they have a regular doctor, almost half of the men reported that they do not get a health physical examination every year.
• Almost 1 in 4 men spent $2,000 or more on medical care within the last year.

2. Black Men’s Health Status and Access

• The figure below shows that most of the men rate their health as good, very good, or excellent.

In general, my health is:

<table>
<thead>
<tr>
<th>Rating of Health</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>1</td>
</tr>
<tr>
<td>Fair</td>
<td>5</td>
</tr>
<tr>
<td>Good</td>
<td>40</td>
</tr>
<tr>
<td>V. Good</td>
<td>25</td>
</tr>
<tr>
<td>Excellent</td>
<td>15</td>
</tr>
</tbody>
</table>

• Over 1 in 4 men stated that there were times in the last year that they could not see a doctor because of money.
• About 1 in 5 men are limited in their activities because of physical, mental, or emotional problems.
• Over 1 in 3 men have never been tested for HIV.
• Almost half of the men saw a dentist or visited a dental clinic more than a year ago.

• 7 in 10 men had at least one permanent tooth removed because of tooth decay or gum disease.

• About 1 in 3 men had their teeth cleaned by a dentist or dental hygienist more than 2 years ago.

![Last time teeth was cleaned by dentist or hygienist](image)

3. Black Men’s Lifestyle

• About 1 in 4 men did not exercise in the last month, while most of the men exercised 1-3 times a week.

• Of the men who exercise, majority of the men do moderate exercise and 4 in 5 men exercise less than 1 hour.

• 1 in 10 of the men is a smoker.

• Meat products make up the biggest portion of the men’s meal (see figure below).

![Biggest Portion of Meal](image)
4. Medical History of Chronic Diseases

- The top three conditions affecting participants were high blood pressure, diabetes and arthritis (see figure below).

![Personal History of Chronic Diseases](image)

- The top three conditions affecting the families of participants were high blood pressure, diabetes and arthritis (see figure below). This is the same as the top three conditions identified by participants.

![Family History of Chronic Diseases](image)
5. Perceived Risk of Chronic Diseases

- Although Black men are at high risk for prostate cancer, colon cancer, diabetes and heart diseases, participants tend to perceive their risk as lower or average compared to an average man of their age, whether Black, White, Hispanic or Asian (see figure below).

![Perceived Risk of Chronic Diseases](image)

**WHAT ARE THE TAKE HOME POINTS AND NEXT STEPS?**

There are many reasons for the health disparities experienced by Black men. Some of these reasons are beyond our control, such as the barriers Black men face in the health care system and barriers at the level of the doctor (including bias and unfair treatment). The health disparities experienced by Black men can however also be due to personal behaviors of Black men and thus within our control. Of significant note is the fact that some Black men rate their risks for conditions and diseases that impact them as lower than average, which is not the case. It is important that all Black men are aware of their health risks in order to take appropriate actions that will eliminate disparities.

In this study, we see that there is room for improvement when it comes to Black men’s health behavior. The following guides are provided by the Centers for Disease Control and Prevention to live a safe and healthy life:

1. **Eat healthy!** Eat a balanced diet to keep a healthy weight. For example, eat a variety of fruits, vegetables and whole grains every day. Also, limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
2. **Stay active!** Stay active for at least 21/2 hrs a week. Do activities that raise your breathing and heart rates, and activities that strengthen your muscles.

3. **Protect yourself and your family!** For example, avoid smoking and breathing other people’s smoke. Also, wash your hands to get rid of germs.

4. **Manage Stress!** It is important to manage stress by balancing work, home and play. Get at least 7-9 hours of sleep each night, take time to relax, and get counseling if needed to manage stress.

5. **Get check-ups!** Talk to your doctor or nurse about how you can lower your risks for health problems through prevention, exams, screenings, and shots.

Together, we can make Florida the healthiest state for Black men!

**COMMENTS FROM SURVEY PARTICIPANTS.**

“Great Survey...”

“Keep up the good work”

“I am grateful for and appreciate your efforts in education and uplifting our state of Florida and {the} nation as a result. Thank you and May God continue to bless you and lift you up.”

“Thank you for the survey!”

“I think this is wonderful. [The] key is knowledge about your health.”

“Thank you for doing this.”

“I love [what] y’all are doing for the [lives] of these Black men, it means a lot to me.”

“Thank you for your time, resources, and information.”

“Great survey!”

“I want to say thank you for the education on health prevention. God Bless.”
MEET OUR RESEARCH TEAM.

**Folakemi Odedina, PhD** is Professor of Pharmaceutical Outcomes & Policy, Research Professor of Radiation Oncology, and Associate Director of Health Disparities for the UF Shands Cancer Center. She is also the Founding Chair of the Prostate Cancer Transatlantic Consortium (CaPTC) and the Florida Prostate Cancer Disparity Group. In 2011, the CaPTC was approved by the National Cancer Institute (NCI) as an NCI Epidemiology and Genomics Research Program (EGRP) supported consortium. Due to her global contributions in cancer control and advocacy, especially in African countries, Dr. Odedina was elected as the Vice President of the African Organisation for Research & Training in Cancer (AORTIC) for North America in 2011. Dr. Odedina's research program focuses on the socio-behavioral predictors of health disparities and cost-effective, community-based behavioral interventions to improve the health of minority, under-served, and socio-economically disadvantaged populations. She has directed over 30 research projects. In 2009, her leadership in health disparities was recognized by the American Society of Health-Systems Pharmacy (ASHP) and the Association of Black Health-System Pharmacists (ABHP) when she was awarded the Inaugural (1st) Leadership Award for Health Disparities. Her landmark research on prostate cancer disparities has also been recognized by many organizations, including the American Association for Cancer Research (AACR) during the 2010 Cancer Disparities Conference and the Department of Defense Prostate Cancer Research Program during the 2011 IMPaCT conference. Her work has also been featured in multiple medical news including the Medscape Medical News and Oncology News in 2010.

**Getachew Dagne, PhD** is a trained biostatistician/statistician with 15 years experience in collaborative research in clinical and health related fields under funding from NIMH/NIDA and NIH. He has extensive experience in methodological research in the areas of depression, smoking, prostate cancer, mental health, HIV/AIDS, and comparative effectiveness.

**John J. Scrivens, Jr., RPh, Ph.D.,** is Associate Professor and Director of Pharmacy Practice at the Florida A&M University (FAMU) College of Pharmacy & Pharmaceutical Sciences. He holds Bachelors and Masters degrees in Pharmacy from FAMU and the University of Florida, respectively, and a doctorate (Ph.D.) in Public Health from the University of South Florida. Dr. Scrivens has extensive experience in research and administrative affairs in community health care and education. Dr. Scrivens’ participation has been key in the success of the "Close to Your Heart" Community Health Education Program, a initiative sponsored by the National (FAMU) Diamondback Pharmacy Alumni Council (NDPAC) that targets hypertension, stroke, diabetes, and cancer (especially prostate and breast cancer) in underserved populations. Dr. Scrivens regularly participates in community health screening and disease awareness programs, and actively involves his students. Dr. Scrivens is a member of the American and Florida Societies of Health-Systems Pharmacists, the Florida Pharmacy
Association, the Florida Pharmacy Council, and a host of other community and health-related organizations. He is national president of the NDPAC and a lifelong member of the First Baptist Church of College Hill in Tampa, Florida.

Alma Y. Dixon, EdD MPH RN is the Executive Director of the Bethune-Cookman University (B-CU) Odessa Chambliss Wellness Center and Professor of Nursing B-CU School of Nursing. She has extensive experience in community based educational programs beginning in a community hospital in New York City and currently in an academic institution in Florida. Dr. Dixon directs the Florida Department of Health HBCU Wellness Initiative that funds programs to increase physical activity, nutrition, and tobacco cessation for the predominately African American student, faculty and staff on B-CU campus. In addition the Wellness Center provides health promotion activities designed to increase the health literacy of the citizens of the 32114 zip code, an area that is mostly African American with high rates of morbidity and mortality from chronic diseases. For her efforts Dr. Dixon was selected as 2011 Volusia Community Healthcare Pioneer by the Florida Department of Health Office of Minority Health.

B. Lee Green, PhD is the Vice President for Moffitt Diversity. He is also a Senior Member in the Health Outcomes and Behavior Program and is the Co-Principle investigator of the USF/Moffitt Center for Equal Health. Dr. Green is recognized for his work in the area of cancer health disparities with particular interest in education, knowledge and awareness among minority populations. His interest also includes community based participatory research as well as minority participation in clinical trials and research studies. He has assisted investigators in conceptualizing community organization theory, models, and methods. Over the past 20 years, Dr. Green's research has focused upon health promotion and disease prevention in minority communities. He has been a member of many extramurally-supported investigative teams examining issues related to health promotion and disease prevention among minority populations.

Angela Adams, MS, PharmD has her Bachelor and Doctoral degrees in Pharmacy and her Master’s in Public Health. She serves in the military as a Commander in the United States Naval Reserves and works as a community pharmacist at a local community pharmacy in Orlando. For the past fourteen years (14), Adams has been working diligently and tirelessly to educate Black men about prostate cancer. As Executive Director of The Central Florida Pharmacy Council (CFPC), she has been responsible for coordinating an Annual Health Summit in Orlando, Florida since 1996. Each year the Summit has continued to grow, with more than 2,500 men in attendance in 2012. There is no cost for participants to attend the Summit’s health education program and screenings for prostate cancer, diabetes, hypertension, cholesterol, HIV, kidney disease, stomach ulcers, oral cancer, and lung function.

Susan Fleming, BSN, MPA is the Cancer Program Administrator in the Division of Family Health Services at the Florida Department of Health. As such she oversees four cancer control programs that are funded by the Center for Disease Control and Prevention. These programs include provision of screening services, outreach and systems improvements, and
statewide coalition facilitation aimed at reducing the highest burden cancers and improving health disparities. Previously held positions included a broad range of clinical health settings including emergency medicine, hospital management and more recently held positions in Europe and Africa managing health development projects within varied emergency response teams. In 2000 she received an MPA from New York University focused on health policy especially related to health systems and international development.

**Sue Higgins, M.P.H** Sue Higgins is the Program Director for the Comprehensive Cancer Control Program at the Florida Department of Health. She has worked at the department for 16 years, in the Comprehensive Cancer Control Program since 2003. Sue has a Master's in Public Health from Florida State University.

**George Moultrie** George was born in Union Springs, Alabama and was raised in Saginaw, Michigan. He attended the University of Denver in Colorado. He returned to Saginaw and served as an Environmental Health Inspector and after that a Police Officer with the City of Saginaw. He left the city and worked for the 3M Company and Dow Chemical Company prior to accepting a position with Northern Natural Company which later changed its name to Enron. He remained with Enron almost 25 years until retirement in 1993 as Director of Safety, Security and Code Compliance. His responsibilities included design, engineering, construction and operations. After retirement he became a consultant to Enron and was one of the project managers of the construction of a 36-inch natural gas pipeline from Lake Charles, Louisiana to Palm Beach, Florida. He was a member of the Douglas County, Nebraska (Omaha) Chamber of Commerce and was a member of the transportation committee for 18 years. He chaired the Omaha Safety Council's Safe Practices Committee for 9 years and chaired the National Safety Council's Fleet Administrator Section Committee. Currently he is President of the 100 Black Men of NW FL Panhandle Chapter. He serves as a member of Florida A&M's Engineering Advisory Committee. He also served in the USAF during the Korean War.

**Levi H. McIntosh, Jr, EdD** President and CEO of McIntosh and Associates, LLC Consultant Group, Dr. Levi McIntosh, Jr. has been a beacon in his community currently serving as President of the 100 Black Men of Jacksonville Inc. As former Region I Superintendent and previous Assistant Superintendent for Desegregation Implementation, he lends his nearly four decades of working in education to the 100 Black Men in an effort to inspire, educate, and enable young Black males to recognize the importance of a quality education as the spring board to becoming productive members of society. Dr. McIntosh attended New Mexico State University where he received his Bachelor of Science Degree, obtained his M.A. in Educational Administration from San Francisco State University, and his Doctorate from Nova Southeastern University. His commitment to developing young leaders is well noted, as Dr. McIntosh has been the recipient of numerous awards for his dedicated work for and with our youth and was honored by The Har Bon” Corporation, receiving the prestigious Pinnacle Award as “Outstanding Educator” of the year.
Shannon Pressey, MS is the research coordinator for the UF Pharmaceutical Outcomes & Policy department. She graduated from Florida A&M University with a Bachelors degree in Healthcare Management and Masters Degree in Pharmaceutical Outcomes in 2009. While at Florida A&M University completing her MS degree, Ms. Pressey worked at the Florida Department of Health. During her position as an Intern Data Analyst in the Division of Epidemiology at the Florida Department of Health, she had the opportunity to work on a project involving the FL BRFSS. Ms. Pressey was the first to successfully complete a database designed to be accessible to those querying a variable to determine the specific question asked as well as the ability to obtain answer selection choices offered for that year of the FL BRFSS. This database captures all variables for all years in which the BRFSS has been in existence in the state of Florida. Her experiences include teaching pharmacy students, coordinating national/international conferences, research project management, minority men recruitment, and statewide data coordination. She has managed health disparity research projects for over two years.
SPECIAL THANKS.
The success of this study was due to the contributions of many individuals and organizations.

We would like to acknowledge the following universities, non-profit organizations, faith-based organizations, and businesses that partnered with us on this study:

100 Black Men of Jacksonville, FL
Bethune-Cookman University
Central Florida Pharmacy Council
Florida A&M University
Florida Department of Health
H. Lee Moffitt Cancer Center
Prayer Fountain Assembly
University of Florida
University of South Florida

We would also like to recognize the assistance of the following individuals:

Former Senator Anthony “Tony” C. Hill

Mr. Samuel Gaddy

Ms. Abimbola Odedina

Pastor Rev. Afolabi Ehikioya

Rev. Karl Smith
The Florida Black Men's Health (BMH) Study
2010-2012 Report

To download the report online please visit:

http://cancer.ufl.edu/black-men-health/

If you would like to purchase additional printed copies of the community report, please contact:

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