

# Study suggests Black, Hispanic women with low vitamin D more likely to develop breast cancer

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Among women who identified as Black/African American or Hispanic/Latina, those with low blood levels of vitamin D were more

likely to develop breast cancer than those with adequate levels. In the study published by Wiley online in *Cancer*, a peer-reviewed journal of the American Cancer Society, the link between low vitamin D and breast cancer was particularly evident among Hispanic/Latina women.

Black/African American or Hispanic/Latina have lower average vitamin D levels than non-Hispanic [white women](#). Although research suggests that vitamin D may protect against [breast cancer](#), few studies have considered the role of race/ethnicity in this link.

To investigate, Katie O'Brien, Ph.D., of the National Institute of Environmental Health Sciences, and her colleagues collected [blood samples](#) from 415 women (290 Black/African American, 125 non-Black Hispanic/Latina) who later developed breast cancer, as well as from 1,447 women (1,010 Black/African American, 437 Hispanic/Latina) who did not develop breast cancer.

Over an average follow-up of 9.2 years, women with sufficient vitamin D levels had a 21% lower breast cancer rate than women with vitamin D deficiency (

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