Background: Obese men have a higher rate of prostate cancer-related death than non-obese men, and mounting evidence suggests that digital technologies offer potential for prevention and early detection of prostate cancer. The purpose of this study was to assess the needs and interests of men over 55 years of age regarding a technology-driven weight loss intervention to reduce prostate cancer risk.

Methods: We conducted a survey to collect information about demographic characteristics, health history, exercise habits, perception of eating habits and body weight, prior weight loss attempts, current efforts toward health behavior change, and technology use. Survey answers were summarized by count and percent of total respondents. The survey concluded by inviting participants to join a registry if they were interested in participating in future trials evaluating health behaviors and prostate cancer risk.

Survey Content: We created a survey to collect information about demographic characteristics, health history, exercise habits, perception of eating habits and body weight, prior weight loss attempts, current efforts toward health behavior change, and technology use. Survey answers were summarized by count and percent of total respondents. The survey concluded by inviting participants to join a registry if they were interested in participating in future trials evaluating health behaviors and prostate cancer risk.

Results: Most men (75%) were either making a weight loss program; 65% were comfortable using the Internet and e-mail, but apps or text messaging may fare better in men under the age of 60.

Our sample reported a need and willingness for lifestyle management to reduce prostate cancer risk. As exploratory objectives, we are the first to evaluate current app use in a male population with prostate cancer.