

The Silent Health Crisis

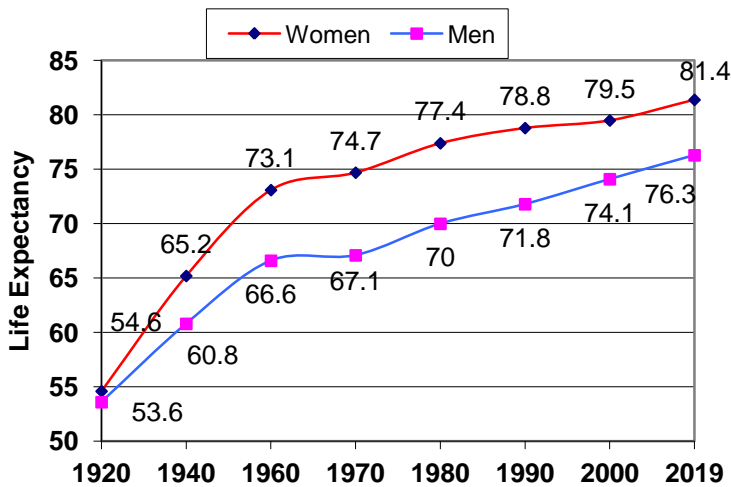
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Compiled by Chris Komst

1. Life Expectancy Gender Gap

In 1920, the life expectancy gender gap was only 1 year. By 2019, men were dying approximately 5 years sooner than women.

Life Expectancy, By Sex: 1920-2019



Source: CDC/NCHS/ Health, US, 2019: Life Expectancy at Birth. Obtained 6-22-22.

2. Leading Causes of Death, 2018*

Men have a higher death rate for most of the leading causes of death:

| Cause of Death | Men | Women |
|-----------------------------------|-------|-------|
| Heart disease | 207.5 | 127.9 |
| Cancer | 176.8 | 128.6 |
| Injuries (unintentional) | 65.9 | 31.0 |
| Chronic lower respiratory disease | 43.7 | 36.8 |
| Cerebrovascular disease | 37.6 | 36.1 |
| Diabetes | 26.9 | 16.8 |
| Alzheimer's | 24.5 | 34.2 |
| Pneumonia/flu | 17.3 | 13.1 |
| Suicide | 22.8 | 6.2 |
| Homicide | 9.3 | 2.5 |
| HIV infection | 2.3 | 0.8 |

3. Heart Disease, 2018*

Almost twice as many men as women die of ischemic heart disease:

| | | |
|------------------------|-------|------|
| Ischemic heart disease | 124.5 | 64.0 |
|------------------------|-------|------|

4. Cancer, 2018*

Significantly more men than women die of most cancers. Examples of this disparity include:

| | | |
|-------------------------|------|------|
| Lung, Trachea, Bronchus | 41.8 | 29.3 |
| Colorectal | 15.9 | 11.2 |

SOURCE FOR SECTIONS 2-3-4: CENTERS FOR DISEASE CONTROL AND PREVENTION, NATIONAL CENTER FOR HEALTH STATISTICS; HEALTH, UNITED STATES, 2019. RETRIEVED JUNE 22, 2022.

* Age-adjusted rates per 100,000 US population

5. Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk:

Chance of being a Homicide Victim*

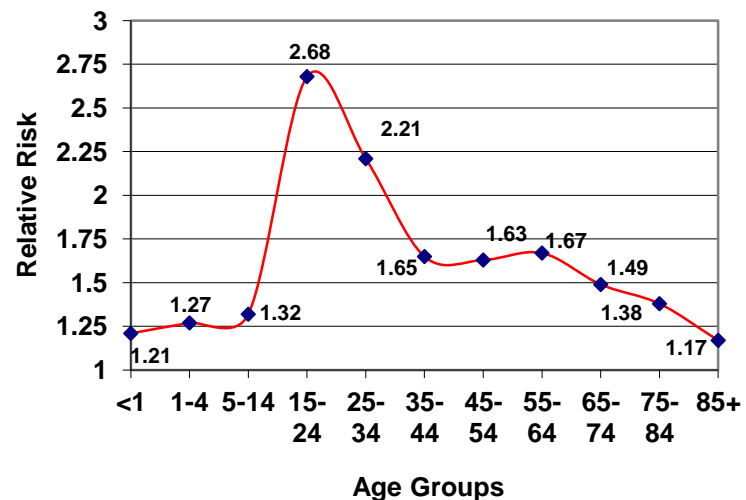
| | |
|----------------------------|----------------------------|
| 1 in 30 for black males | 1 in 179 for white males |
| 1 in 132 for black females | 1 in 495 for white females |

* BJS Data Report, 1989, page 20

6. Excess Mortality by Age Group

Men are at greater risk of death in every age group. Risk-taking and suicide account for much of the disparity in the 15-24 year age group:

Excess Mortality in Males by Age Group: 2014



Source: NCHS Health U.S. 2013. Age-adjusted rates per 100,000 U.S. population

7. Why Men are at High Risk

- A higher percentage of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention.
- Men are employed in the most dangerous occupations, such as mining, fire fighting, construction, and fishing.
- Society discourages healthy behaviors in men and boys.
- Research on male-specific diseases is underfunded.
- Men may have less healthy lifestyles including risk-taking at younger ages.

8. Effect on the Aging Population**

- More males than females are born (105 vs.100), but from age 35, women outnumber men.
- Of the 9 million+ older persons living alone, 80% are women.
- More than 1/2 the elderly widows living in poverty were not poor before the death of their husbands.
- At age 100, women outnumber men 8 – 1.

** U.S. Administration on Aging and The New York Times Magazine