

Men's Health Report Card™ – Nevada

Men's Health Network

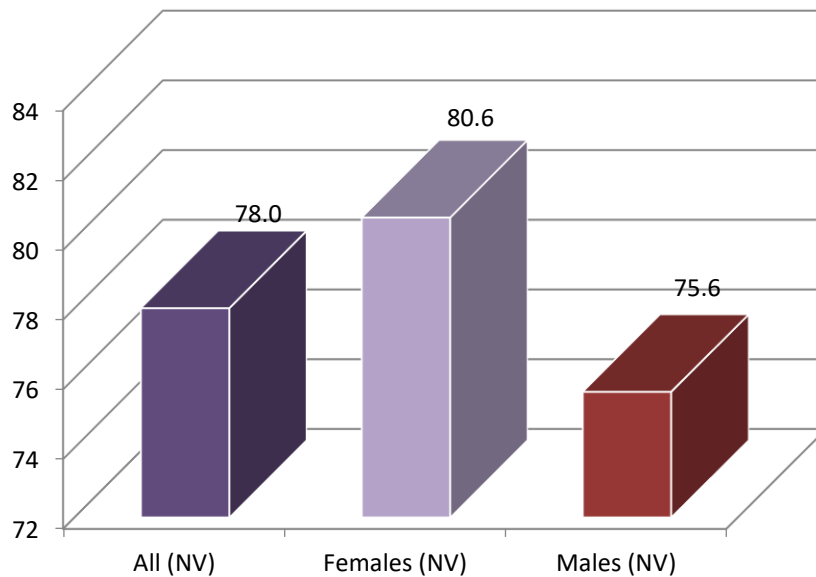
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Compiled by Chris Komst and Jacob Roy

- “There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” - *Dr. David Gremillion, Men's Health Network*

It has been called the “silent crisis” for good reason. It’s Men’s Health. Overall, men live “sicker” and shorter lives than women. It’s common knowledge that a woman the same age as her husband will most likely live longer than he will. But the true crisis lies in the popular acceptance of these statistics. Every year, in every state, the death rate for men is higher than the rate for women.

Nevada Life Expectancy at Birth: Most Recent Data



Nevada vs U.S. Life Expectancy at Birth¹

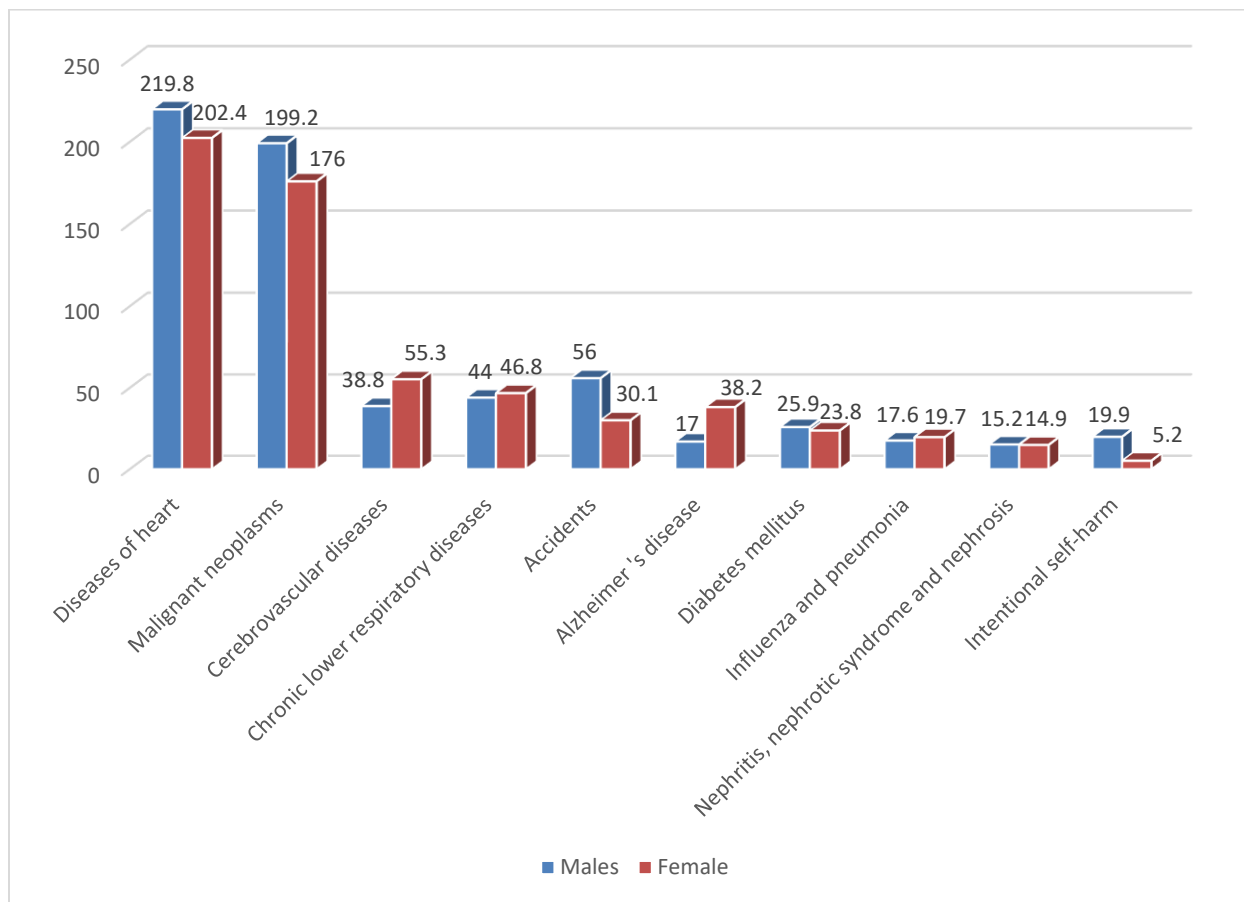
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (NV)	79.3	White (NV)	74.4
Black (US)	78.5	Black (US)	72.5
Black (NV)	78.9	Black (NV)	73.1
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (NV)	87.1	Hispanic (NV)	82.2
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (NV)	89.5	Asian/Pac. Islander (NV)	86.0
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (NV)	*	Amer. Indian/Alaskan Native (NV)	*

* No data available

¹ US Department of Health and Human Services, Centers for Disease Control and Prevention. National Vital Statistics Reports. United States Life Tables, 2014. < https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf >

Nevada: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)²



Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population

Cause of Death	National Rate (Male)	NV Rate (Male)	NV Rate (Female)
Diseases of heart	214.2	255.0	152.5
Malignant neoplasms	170.3	162.8	128.6
Covid-19	107.7	119.1	60.6
Accidents	80.5	71.3	35.8
Chronic lower respiratory diseases	40.2	45.8	44.1
Cerebrovascular diseases	39.8	38.9	40.9
Alzheimer's disease	25.3	21.6	34.0
Diabetes mellitus	31.2	30.8	18.1
Intentional self-harm	22.0	29.2	7.5
Chronic liver disease and cirrhosis	17.5	19.7	10.9

² Social Science Research Council. Measure of America. HD index and supplemental indicators by state: 2013-14 dataset. Life expectancy at birth. Measure of America A Project of the Social Science Research Council. Retrieved January 11, 2016. <www.measureofamerica.org>

State-Specific Leading Causes of Mortality, by Gender and Race

Nevada's 10 Leading Causes of Death by Gender³

Rank	Men	Women
1	Diseases of heart	Diseases of heart
2	Malignant neoplasms	Malignant neoplasms
3	Covid-19	Covid-19
4	Accidents	Chronic lower respiratory diseases
5	Chronic lower respiratory diseases	Cerebrovascular diseases
6	Cerebrovascular diseases	Alzheimer's disease
7	Diabetes mellitus	Diabetes mellitus
8	Intentional self-harm	Influenza and pneumonia
9	Chronic liver disease and cirrhosis	Chronic liver disease and cirrhosis
10	Alzheimer's disease	Essential hypertension and hypertensive renal disease

*Rankings only account for deaths due to singular cause of death and does not account for multiple causes of death

Nevada's 10 Leading Causes of Death by Race⁴

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Diseases of heart	Covid-19
2	Malignant neoplasms	Malignant neoplasms	Diseases of heart
3	Covid-19	Covid-19	Malignant neoplasms
4	Chronic lower respiratory diseases	Accidents	Accidents
5	Accidents	Cerebrovascular diseases	Cerebrovascular diseases
6	Cerebrovascular diseases	Diabetes mellitus	Diabetes mellitus
7	Alzheimer's disease	Chronic lower respiratory diseases	Chronic liver disease and cirrhosis
8	Diabetes mellitus	Assault (homicide)	Alzheimer's disease
9	Intentional self-harm	Alzheimer's disease	Intentional self-harm
10	Chronic liver disease and cirrhosis	Essential hypertension and hypertensive renal disease	Chronic lower respiratory diseases

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Diseases of heart	Diseases of heart	Diseases of heart
2	Covid-19	Malignant neoplasms	Malignant neoplasms
3	Malignant neoplasms	Covid-19	Covid-19
4	Cerebrovascular diseases	Chronic liver disease and cirrhosis	Accidents
5	Diabetes mellitus	Accidents	Chronic lower respiratory diseases
6	Alzheimer's disease	Diabetes mellitus	Cerebrovascular diseases
7	Accidents	Chronic lower respiratory diseases	Alzheimer's disease
8	Chronic lower respiratory diseases	*	Diabetes mellitus
9	Influenza and pneumonia	*	Intentional self-harm
10	Intentional self-harm	*	Chronic liver disease and cirrhosis

*Rankings only account for deaths due to singular cause of death and does not account for multiple causes of death

* = Data unavailable

³ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

⁴ Ibid.

Leading Causes of Death for Boys

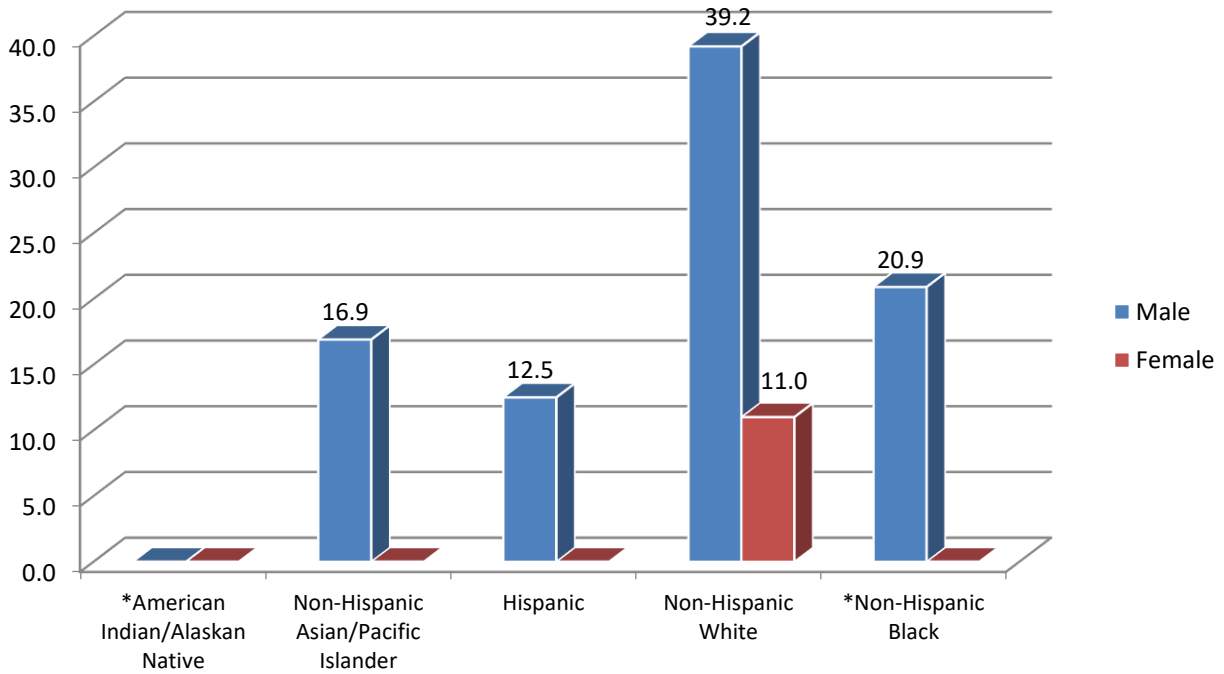
Many more boys die from accidents, birth defects, assault, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Nevada: Leading Causes of Death for Ages 0-19⁵
(Crude rates per 100,000; using 2018-2020 Standard Population)

Cause of Death	Boys					Girls				
	0-19	0-4	5-9	10-14	15-19	0-19	0-4	5-9	10-14	15-19
Accidents	13.7	20.4	*	*	27.6	7.6	12.5	*	*	14.7
Birth Defects	12.5	51.0	*	*	*	8.6	35.3	*	*	*
Intentional self-harm	7.2	*	*	*	22.3	2.1	*	*	*	7.5
Assault (homicide)	6.0	*	*	*	18.4	2.3	*	*	*	*

* = unavailable or negligible number

Nevada: Age-Adjusted Suicide Rates per 100,000 (2020):



*Sample size is too small to report findings

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 2,230 new cases of prostate cancer will be diagnosed among men in Nevada
- 410 men die of prostate cancer in Nevada

The National Cancer Institute provides the following age-adjusted incidence rates for prostate cancer for the years 2014-2018 (per 100,000):

Race/Ethnicity	Nevada	National
Overall	85.9	106.2
White (Includes Hispanic)	85.9	97.6
Black (Includes Hispanic)	111.9	168.6
Hispanic (Any Race)	68.3	83.9
Asian/Pacific Islander	48.7	54.7
American Indian/Alaskan Native	52.7	53.7

Aging in Nevada

➤ More than one-half the elderly widows now living in poverty were not poor before the death of their husbands.

Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, -U.S. Administration on Aging

In Nevada, the male-female ratio converges in the late 50s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Nevada Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	2,700,551	1,363,616	1,336,935	102.0
Under 5 years	187,478	95,772	91,706	104.4
5 to 9 years	183,077	93,773	89,304	105.0
10 to 14 years	183,173	93,672	89,501	104.7
15 to 19 years	182,600	94,073	88,527	106.3
20 to 24 years	177,509	91,148	86,361	105.5
25 to 29 years	196,644	100,301	96,343	104.1
30 to 34 years	190,642	97,802	92,840	105.3
35 to 39 years	191,652	97,965	93,687	104.6
40 to 44 years	191,391	99,225	92,166	107.7
45 to 49 years	193,790	99,524	94,266	105.6
50 to 54 years	182,737	92,136	90,601	101.7
55 to 59 years	164,575	80,947	83,628	96.8
60 to 64 years	150,924	74,291	76,633	96.9
65 to 69 years	115,501	56,638	58,863	96.2
70 to 74 years	82,280	40,470	41,810	96.8
75 to 79 years	57,503	27,623	29,880	92.4
80 to 84 years	38,888	17,239	21,649	79.6
85 years and over	30,187	11,017	19,170	57.5

⁶ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml