

Men's Health Report Card™ – Alaska

Men's Health Network

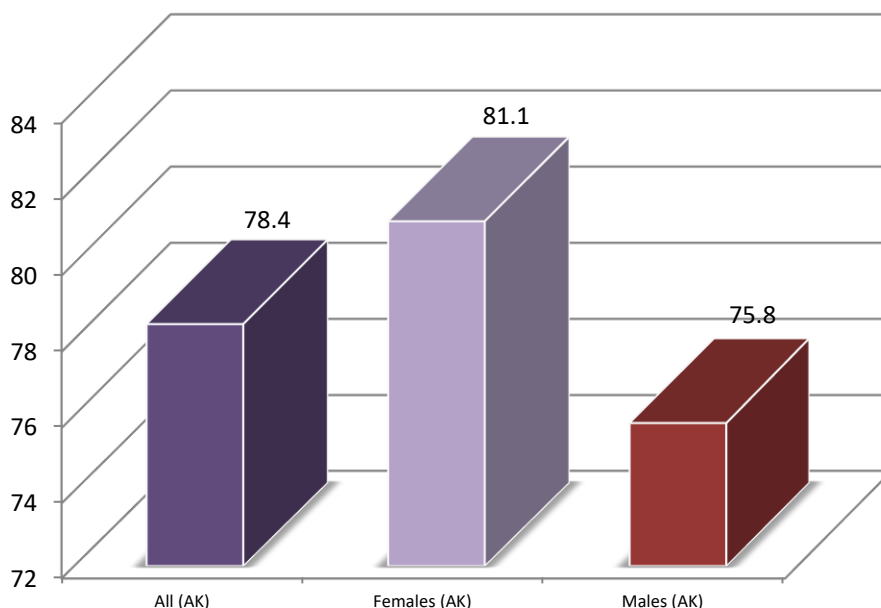
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Compiled by Chris Komst and Jacob Roy

- “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.

Alaska Life Expectancy at Birth: Most Recent Data



Alaska vs U.S. Life Expectancy at Birth¹

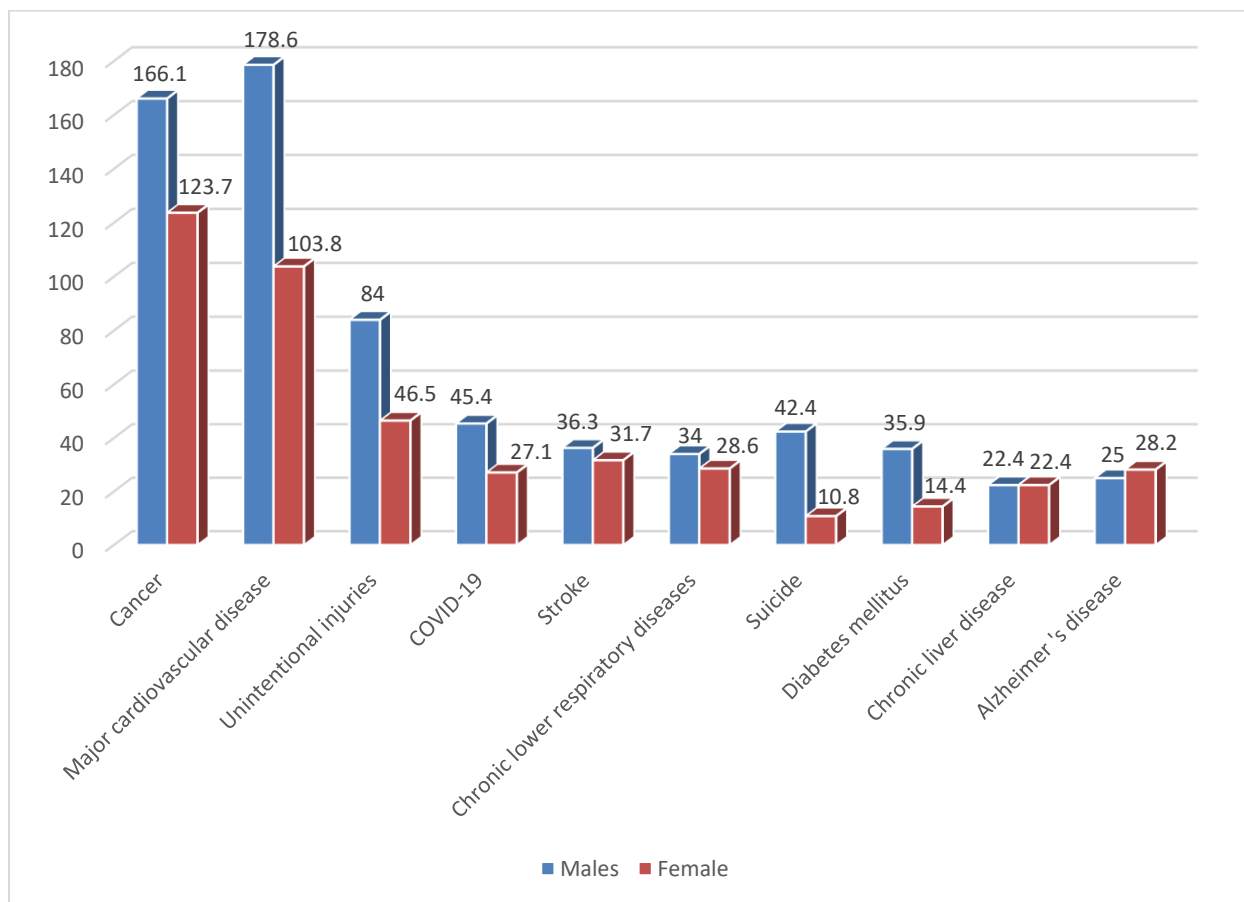
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (AK)	81.7	White (AK)	77.4
Black (US)	78.4	Black (US)	72.3
Black (AK)	*	Black (AK)	*
Hispanic (US)	85.4	Hispanic (US)	80.2
Hispanic (AK)	*	Hispanic (AK)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (AK)	*	Asian/Pac. Islander (AK)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (AK)	72.1	Amer. Indian/Alaskan Native (AK)	68.8

* 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>

Alaska: 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)	Male	Female
Cancer	170.3	166.1	123.7
Major cardiovascular disease	214.2	178.6	103.8
Unintentional injuries	80.5	84	46.5
COVID-19	107.7	45.4	27.1
Stroke	39.8	36.3	31.7
Chronic lower respiratory disease	40.2	34	28.6
Suicide	22.0	42.4	10.8
Diabetes mellitus	31.2	35.9	14.4
Chronic liver disease	17.5	22.4	22.4
Alzheimer's disease	25.3	25	28.2

² Underlying Cause of Death. Centers for Disease Control and Prevention.
<https://wonder.cdc.gov/controller/datarequest?stage=search&action=current>.

State-Specific Leading Causes of Mortality, by Gender and Race²

Alaska's 10 Leading Causes of Death by Gender

Rank	Men	Women
1	Cancer	Cancer
2	Major cardiovascular disease	Major cardiovascular disease
3	Unintentional injuries	Unintentional injuries
4	Suicide	Stroke
5	COVID-19	Chronic lower respiratory disease
6	Diabetes mellitus	COVID-19
7	Stroke	Alzheimer's disease
8	Chronic lower respiratory disease	Chronic liver disease
9	Chronic liver disease	Diabetes mellitus
10	Alzheimer's disease	Suicide

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

Alaska's 10 Leading Causes of Death by Race

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Malignant neoplasms	Malignant neoplasms	Malignant neoplasms
2	Cardiovascular diseases	Accidents	Cardiovascular disease
3	Accidents	Cardiovascular diseases	Accidents
4	Cerebrovascular diseases	Diabetes mellitus	Suicide
5	Chronic lower respiratory diseases	*	COVID-19
6	Suicide	*	*
7	Diabetes Mellitus	*	*
8	Alzheimer's disease	*	*
9	COVID-19	*	*
10	Chronic liver disease	*	*

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Malignant neoplasms	Malignant neoplasms	Malignant neoplasms
2	Cardiovascular disease	Cardiovascular disease	Cardiovascular disease
3	COVID-19	Accidents	Accidents
4	Accidents	COVID-19	COVID-19
5	Diabetes mellitus	Chronic liver disease	Cerebrovascular diseases
6	Cerebrovascular diseases	Suicide	Chronic lower respiratory diseases
7	Chronic lower respiratory diseases	Chronic lower respiratory diseases	Suicide
8	*	Cerebrovascular diseases	Diabetes Mellitus
9	*	Assault	Chronic liver disease
10	*	Influenza and pneumonia	Alzheimer's disease

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

Asterisks (*) indicate unavailable data

Leading Causes of Death for Boys²

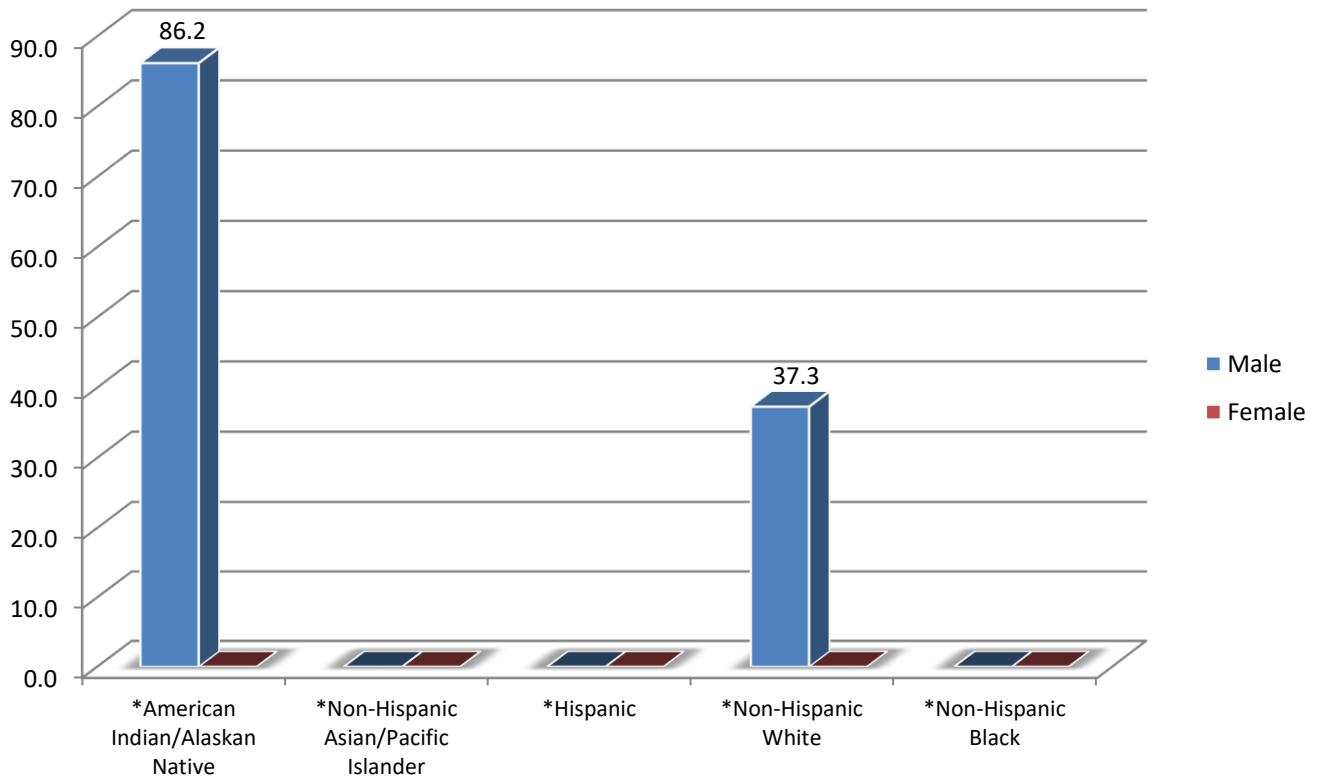
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable*

Alaska: Leading Causes of Death for Ages 0-19
(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	18.3	*	*	*	36.4	11.8	*	*	*	*
Suicide	19.3	*	*	*	67.3	*	*	*	*	*
Assault (Homicide)	*	*	*	*	*	*	*	*	*	*
Malignant Neoplasms	*	*	*	*	*	*	*	*	*	*
Influenza/Pneumonia	*	*	*	*	*	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = negligible or unavailable number

Alaska: Age-Adjusted Suicide Rates per 100,000 (2020)³



* = Sample size is too small to report part or all of the demographic

³ Age-Adjusted Suicide Rate of 86.2 per 100,000 is for Non-Hispanic American Indian/Alaskan Native Population.

Prostate Cancer Incidence and Mortality^{4,5}

In 2022, the American Cancer Society estimates:

- 460 new cases of prostate cancer will be diagnosed among men in Alaska
- 60 men die of prostate cancer in Alaska

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

Race/Ethnicity	Alaska	National
Overall (Includes Hispanic)	88.4	106.2
White (Includes Hispanic)	90.4	97.6
Black (Includes Hispanic)	138.3	168.6
Hispanic (Any Race)	83.3	83.9
Asian/Pacific Islander	49.1	54.7
American Indian/Alaskan Native	72.8	53.7

Aging in Alaska

- 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 Alaska, the male-female ratio is the highest in the nation, according to 2010 Census data. However, despite this, this ratio rapidly declines after age 75.

Alaska Resident Population: 2010 Census by Age and Sex⁶

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	710,231	369,628	340,603	108.5
Under 5 years	53,996	27,896	26,100	106.9
5 to 9 years	50,887	26,038	24,849	104.8
10 to 14 years	50,816	26,147	24,669	106.0
15 to 19 years	52,141	27,179	24,962	108.9
20 to 24 years	54,419	29,706	24,713	120.2
25 to 29 years	55,419	29,307	26,112	112.2
30 to 34 years	47,706	24,861	22,845	108.8
35 to 39 years	45,833	23,731	22,102	107.4
40 to 44 years	47,141	24,646	22,495	109.6
45 to 49 years	54,726	28,398	26,328	107.9
50 to 54 years	56,300	29,288	27,012	108.4
55 to 59 years	49,971	26,394	23,577	111.9
60 to 64 years	35,938	19,231	16,707	115.1
65 to 69 years	22,202	11,714	10,488	111.7
70 to 74 years	13,148	6,662	6,486	102.7
75 to 79 years	8,892	4,150	4,742	87.5
80 to 84 years	5,985	2,620	3,365	77.9
85 years and over	4,711	1,660	3,051	54.4

⁴ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics.

<https://cancerstatisticscenter.cancer.org/#!/cancer-site/Prostate>.

⁵ State Cancer Profiles. State Cancer Profiles > Incidence Rates Table.

<https://statecancerprofiles.cancer.gov/incidencerates/index.php?stateFIPS=00&areatype=state&cancer=066&race=02∓sex=1&age=001&stage=999&year=0&type=incd&sortVariableName=rate&sortOrder=default&output=0#results>.

⁶ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.

http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml Retrieved November 8, 2013.