

Men's Health Report Card™ - Alabama

Men's Health Network

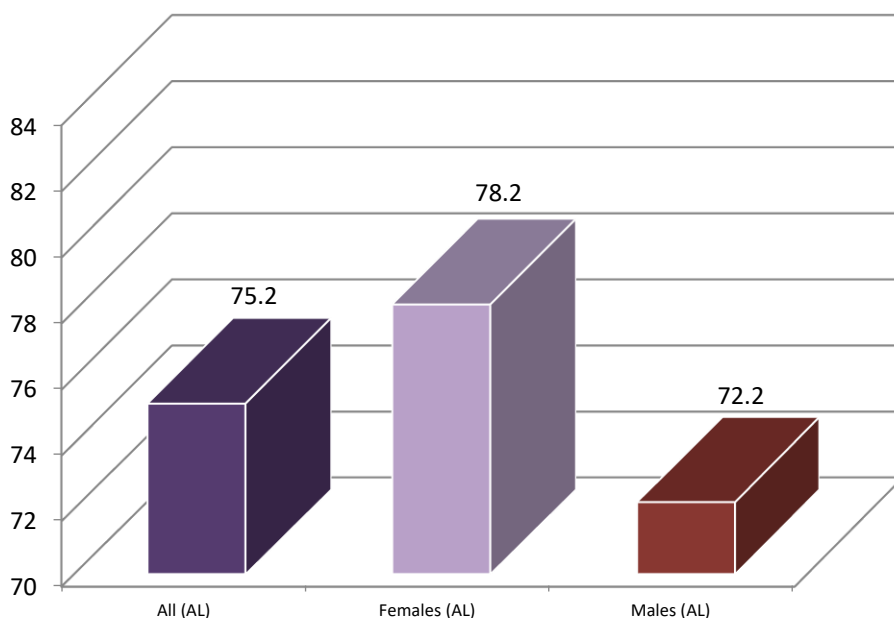
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Compiled by Chris Komst and Jacob Roy

- “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.

Alabama Life Expectancy at Birth: Most Recent Data



Alabama Life Expectancy at Birth¹

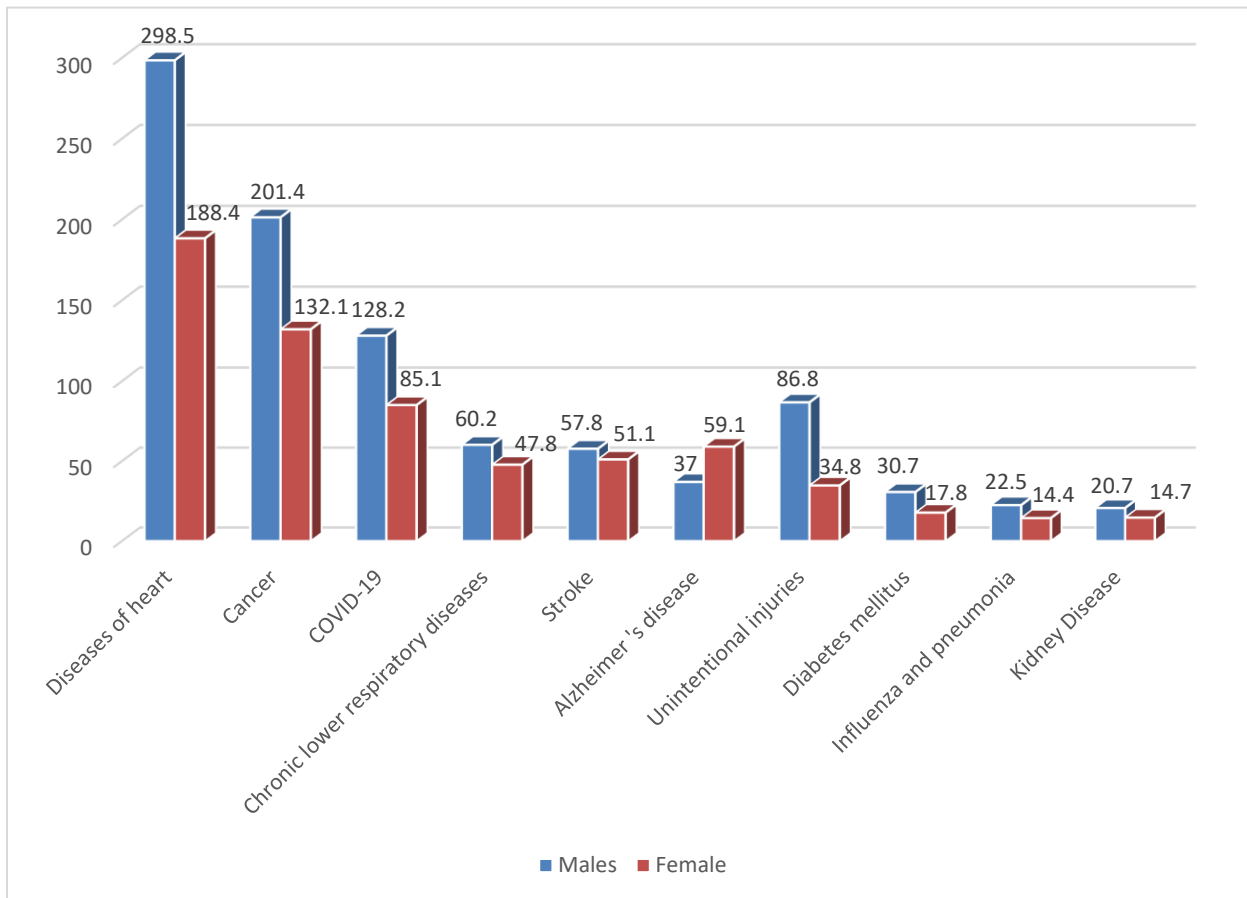
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (AL)	78.5	White (AL)	73.4
Black (US)	78.4	Black (US)	72.3
Black (AL)	76.5	Black (AL)	69.0
Hispanic (US)	85.4	Hispanic (US)	80.2
Hispanic (AL)	*	Hispanic (AL)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (AL)	*	Asian/Pac. Islander (AL)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (AL)	*	Amer. Indian/Alaskan Native (AL)	*

*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 >

Alabama: 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 Population³

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular disease	214.2	298.5	188.4
Cancer	170.3	201.4	132.1
COVID-19	107.7	128.2	85.1
Chronic lower respiratory disease	40.2	60.2	47.8
Stroke	39.8	57.8	51.1
Alzheimer's disease	25.3	37	59.1
Unintentional injuries	80.5	86.8	34.8
Diabetes mellitus	31.2	30.7	17.8
Influenza & pneumonia	15.8	22.5	14.4
Kidney disease	15.4	20.7	14.7

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 July 23, 2018. <www.measureofamerica.org>

³ Ibid.

State-Specific Leading Causes of Mortality, by Gender and Race³

Alabama's 10 Leading Causes of Death by Gender

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

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

Alabama's 10 Leading Causes of Death by Race

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Major cardiovascular diseases	Major cardiovascular disease	COVID-19
2	Cancer	Cancer	Unintentional injuries
3	COVID-19	COVID-19	Major cardiovascular disease
4	Unintentional injuries	Unintentional injuries	Cancer
5	Chronic lower respiratory disease	Stroke	Stroke
6	Stroke	Homicide	Suicide
7	Alzheimer's disease	Diabetes mellitus	Diabetes mellitus
8	Suicide	Chronic lower respiratory disease	Chronic liver disease
9	Diabetes mellitus	Kidney disease	Homicide
10	Chronic liver disease	Septicemia	**

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Cancer	Major cardiovascular disease	Major cardiovascular disease
2	Major cardiovascular disease	**	Cancer
3	COVID-19	**	COVID-19
4	**	**	Unintentional injuries
5	**	**	Chronic lower respiratory disease
6	**	**	Stroke
7	**	**	Alzheimer's disease
8	**	**	Diabetes mellitus
9	**	**	Suicide
10	**	**	Influenza & pneumonia

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

** = Data unavailable

Leading Causes of Death for Boys³

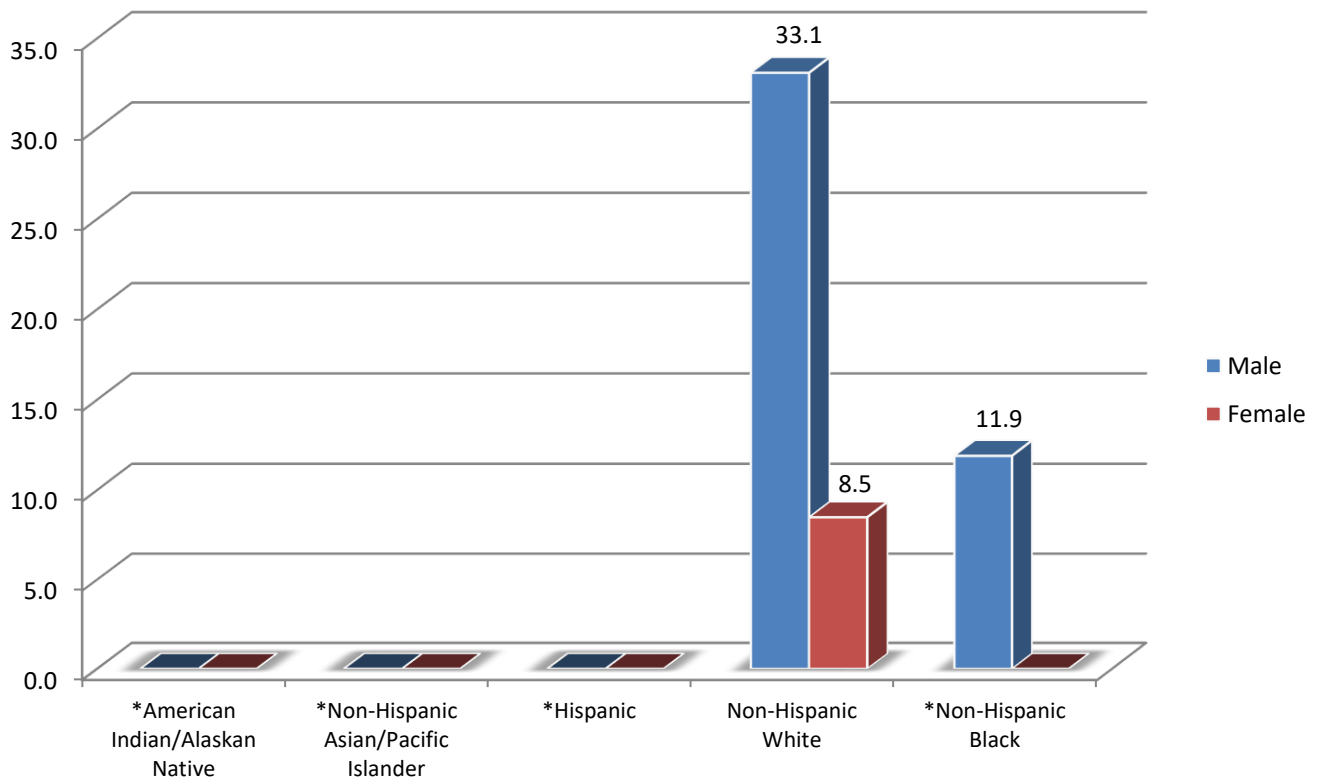
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Alabama: Leading Causes of Death for Ages 0-19⁴
(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
Birth defects	17.3	71.6	*	*	*	12.8	53.1	*	*	*
Accidents	19.9	21.6	8.1	6.5	42.8	10.9	16.9	6.2	*	17.5
Heart Disease	3.2	5.4	*	*	5.7	2.6	6.0	*	*	*
Homicide	10.0	6.9	*	*	28.6	2.6	4.9	*	*	4.8
Cancer	*	*	*	*	*	*	*	*	*	*
Suicide	5.4	*	*	*	17.2	1.7	*	*	*	5.6

* = negligible or unavailable number

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



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

⁴ Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database. <http://wonder.cdc.gov/ucd-icd10.html>

Prostate Cancer Incidence and Mortality^{5,6}

In 2022, the American Cancer Society estimates:

- 4,650 new cases of prostate cancer will be diagnosed among men in Alabama
- 480 men die of prostate cancer in Alabama

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

Race/Ethnicity	Alabama	National
Overall	121.9	106.2
White (Includes Hispanic)	97.6	97.6
Black (Includes Hispanic)	185.7	168.6
Hispanic (Any Race)	59.7	83.9
Asian/Pacific Islander (Includes Hispanic)	64.2	54.7
American Indian/Alaskan Native (Includes Hispanic)	27.7	53.7

Aging in Alabama

- 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 Alabama, the male-female ratio converges in the early 20s and then drops rapidly as shown in this chart developed from year 2010 Census data.

Alabama Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	4,779,736	2,320,188	52,825	94.3
Under 5 years	304,957	155,265	52,825	103.7
5 to 9 years	308,229	157,340	52,825	104.3
10 to 14 years	319,655	163,417	52,825	104.6
15 to 19 years	343,471	175,151	52,825	104.1
20 to 24 years	335,322	167,520	52,825	99.8
25 to 29 years	311,034	153,716	52,825	97.7
30 to 34 years	297,888	146,424	52,825	96.7
35 to 39 years	308,430	151,078	52,825	96.0
40 to 44 years	311,071	152,707	52,825	96.4
45 to 49 years	346,369	169,103	52,825	95.4
50 to 54 years	347,485	168,725	52,825	94.4
55 to 59 years	311,906	149,633	52,825	92.2
60 to 64 years	276,127	131,603	52,825	91.1
65 to 69 years	209,637	97,893	52,825	87.6
70 to 74 years	160,864	72,143	52,825	81.3
75 to 79 years	122,836	51,927	52,825	73.2
80 to 84 years	88,771	33,684	52,825	61.1
85 years and over	75,684	22,859	52,825	43.3

⁵ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics.
<https://cancerstatisticscenter.cancer.org/#!/cancer-site/Prostate>.

⁶ 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>.

⁷ 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.