

Men's Health Report Card™ – Arkansas

Men's Health Network

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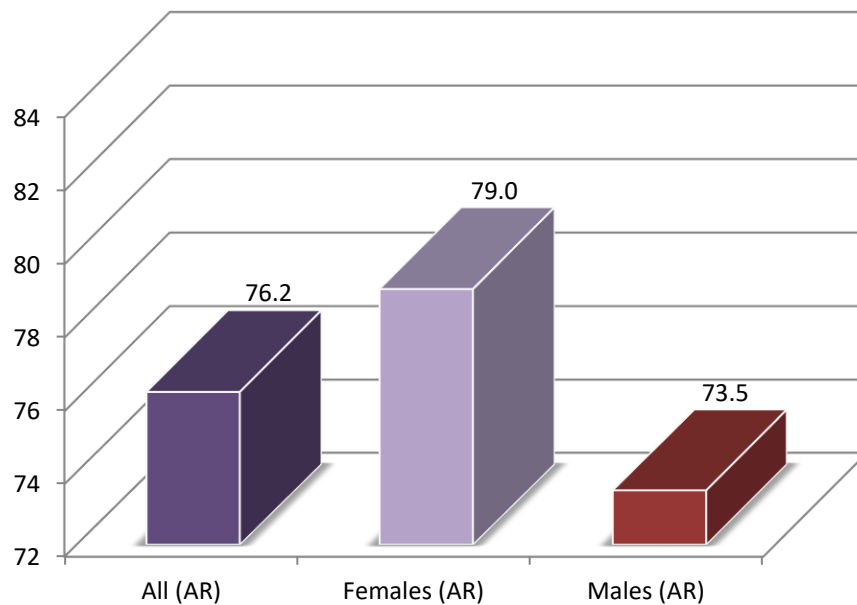
Compiled by Chris Komst and Jacob Roy

- “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.

Arkansas Life Expectancy at Birth: Most Recent Data



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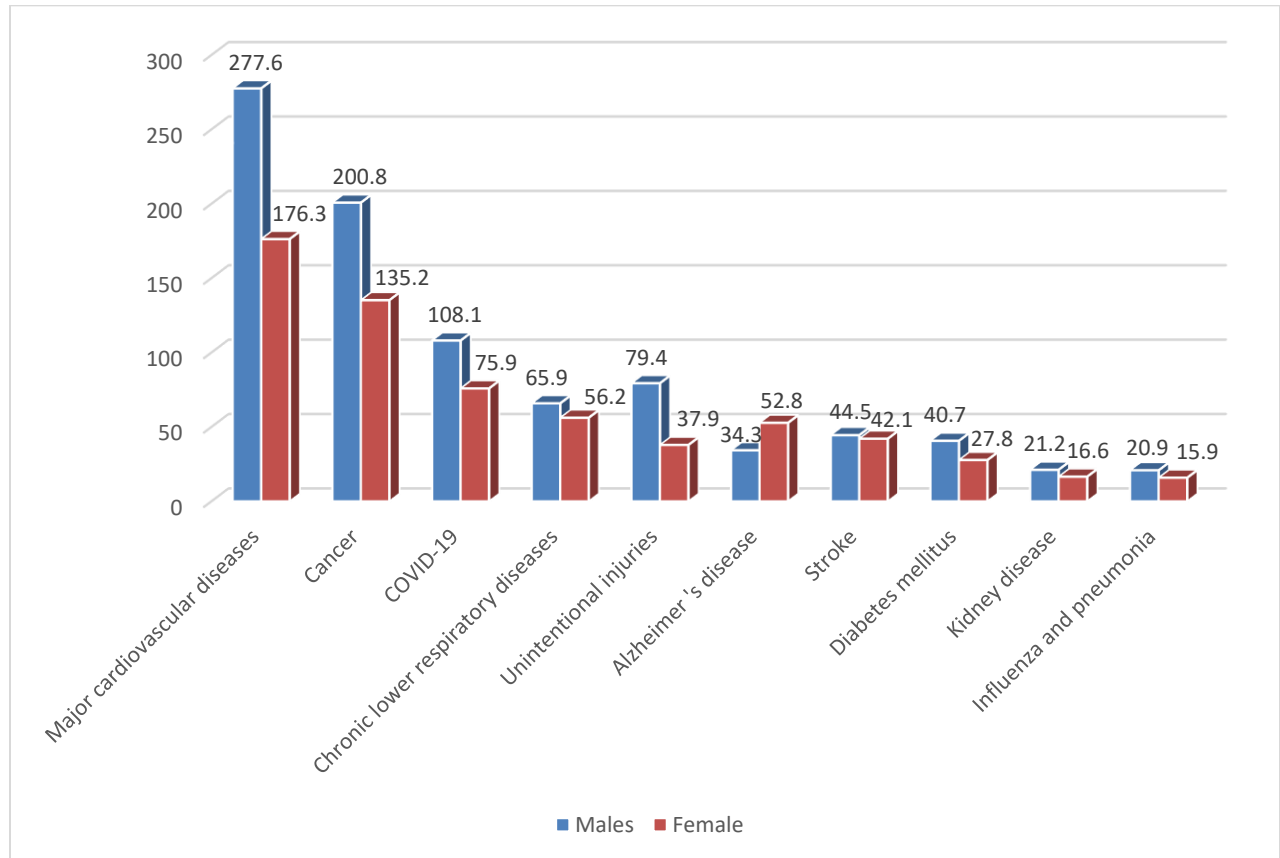
Arkansas Life Expectancy at Birth¹

(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 (AR)	79.1	White (AR)	73.5
Black (US)	78.4	Black (US)	72.3
Black (AR)	78.1	Black (AR)	68.7
Hispanic (US)	85.4	Hispanic (US)	80.2
Hispanic (AR)	*	Hispanic (AR)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (AR)	*	Asian/Pac. Islander (AR)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (AR)	*	Amer. Indian/Alaskan Native (AR)	*

¹ 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>

Arkansas: 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 diseases	214.2	277.6	176.3
Cancer	170.3	200.8	135.2
COVID-19	107.7	108.1	75.9
Chronic lower respiratory disease	40.2	65.9	56.2
Unintentional injuries	80.5	79.4	37.9
Alzheimer's disease	25.3	34.3	52.8
Stroke	39.8	44.5	42.1
Diabetes mellitus	31.2	40.7	27.8
Kidney disease	15.4	21.2	16.6
Influenza & pneumonia	15.8	20.9	15.9

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 July 23, 2018.

<www.measureofamerica.org>

³ Ibid.

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

Arkansas's 10 Leading Causes of Death by Gender⁴

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

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

Arkansas's 10 Leading Causes of Death by Race

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

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

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

** = Data unavailable or negligible

⁴ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

Leading Causes of Death for Boys⁵

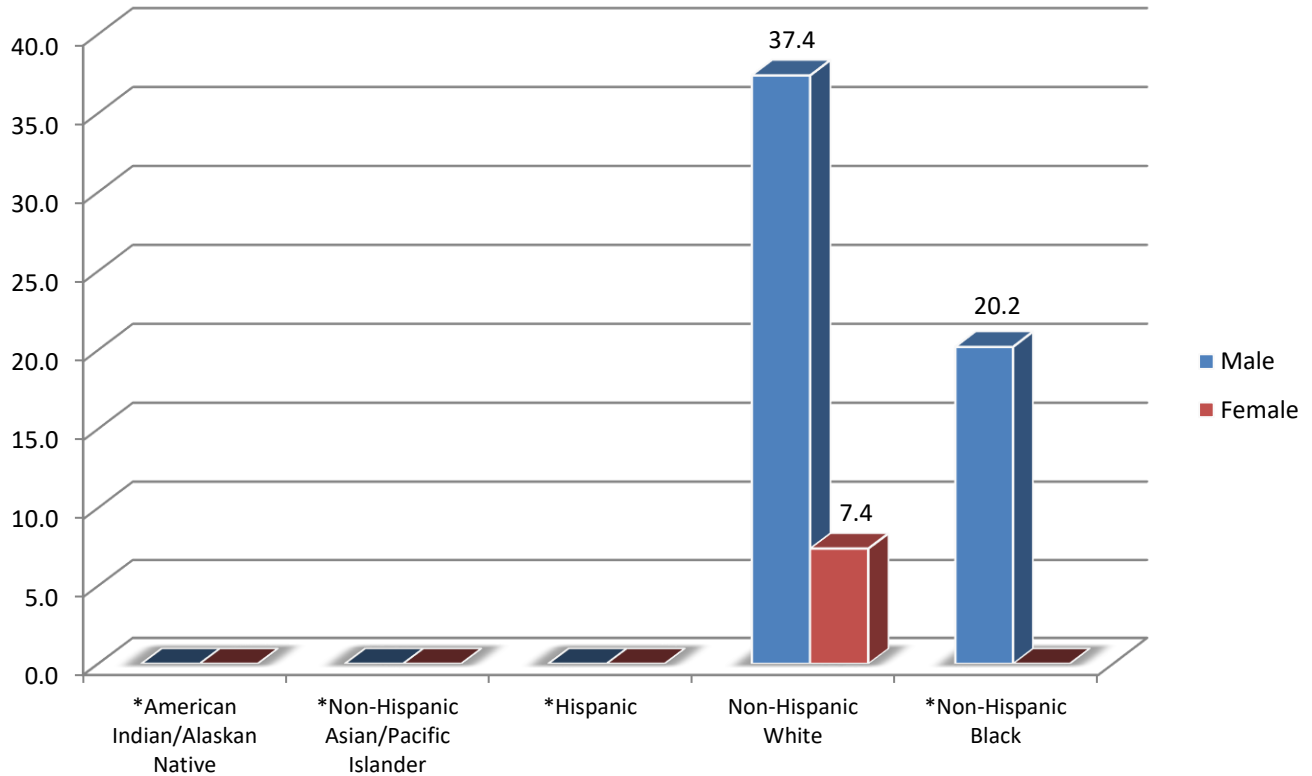
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Arkansas: 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
Unintentional injuries	17.4	16.9	7.4	8.5	36.6	10.3	14.2	*	*	18.4
Birth defects	16.1	66.6	*	*	*	14.0	58.1	*	*	*
Homicide	8.9	*	*	*	26.0	3.1	*	*	*	*
Cancer	1.9	*	*	*	*	2.1	*	*	*	*
Suicide	6.7	*	*	*	21.8	2.1	*	*	*	*
Heart Disease	2.1	*	*	*	*	*	*	*	*	*

* = negligible or unavailable number

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



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

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 2,510 new cases of prostate cancer will be diagnosed among men in Arkansas
- 430 men die of prostate cancer in Arkansas

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

Race/Ethnicity	Arkansas	National
Overall	117.1	106.2
White (Includes Hispanic)	104.1	97.6
Black (Includes Hispanic)	195.0	168.6
Hispanic (Any Race)	89.1	83.9
Asian/Pacific Islander (Includes Hispanic)	76.1	54.7
American Indian/Alaskan Native	52.4	53.7

Aging in Arkansas

- 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 Arkansas, the male-female ratio converges in the mid 30s and then drops rapidly as shown in this chart developed from year 2010 Census data.

Arkansas Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	2,915,918	1,431,637	1,484,281	96.5
Under 5 years	197,689	100,950	96,739	104.4
5 to 9 years	196,877	100,871	96,006	105.1
10 to 14 years	197,559	100,896	96,663	104.4
15 to 19 years	203,805	104,178	99,627	104.6
20 to 24 years	199,650	100,801	98,849	102.0
25 to 29 years	192,153	96,155	95,998	100.2
30 to 34 years	183,739	92,277	91,462	100.9
35 to 39 years	183,614	91,484	92,130	99.3
40 to 44 years	182,594	91,214	91,380	99.8
45 to 49 years	205,544	101,382	104,162	97.3
50 to 54 years	201,722	99,146	102,576	96.7
55 to 59 years	183,960	88,935	95,025	93.6
60 to 64 years	167,031	80,356	86,675	92.7
65 to 69 years	133,367	62,929	70,438	89.3
70 to 74 years	101,235	47,209	54,026	87.4
75 to 79 years	77,741	33,929	43,812	77.4
80 to 84 years	56,236	22,391	33,845	66.2
85 years and over	51,402	16,534	34,868	47.4

⁶ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>>

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