

Men's Health Report Card™ – Arizona

Men's Health Network

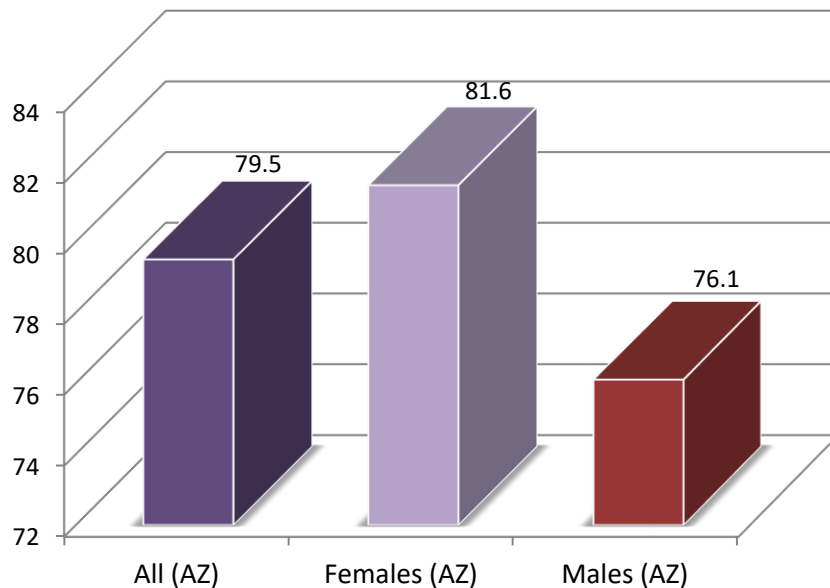
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Compiled by Chris Komst and Jacob Roy

- “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.

Arizona Life Expectancy at Birth



Arizona Life Expectancy at Birth¹

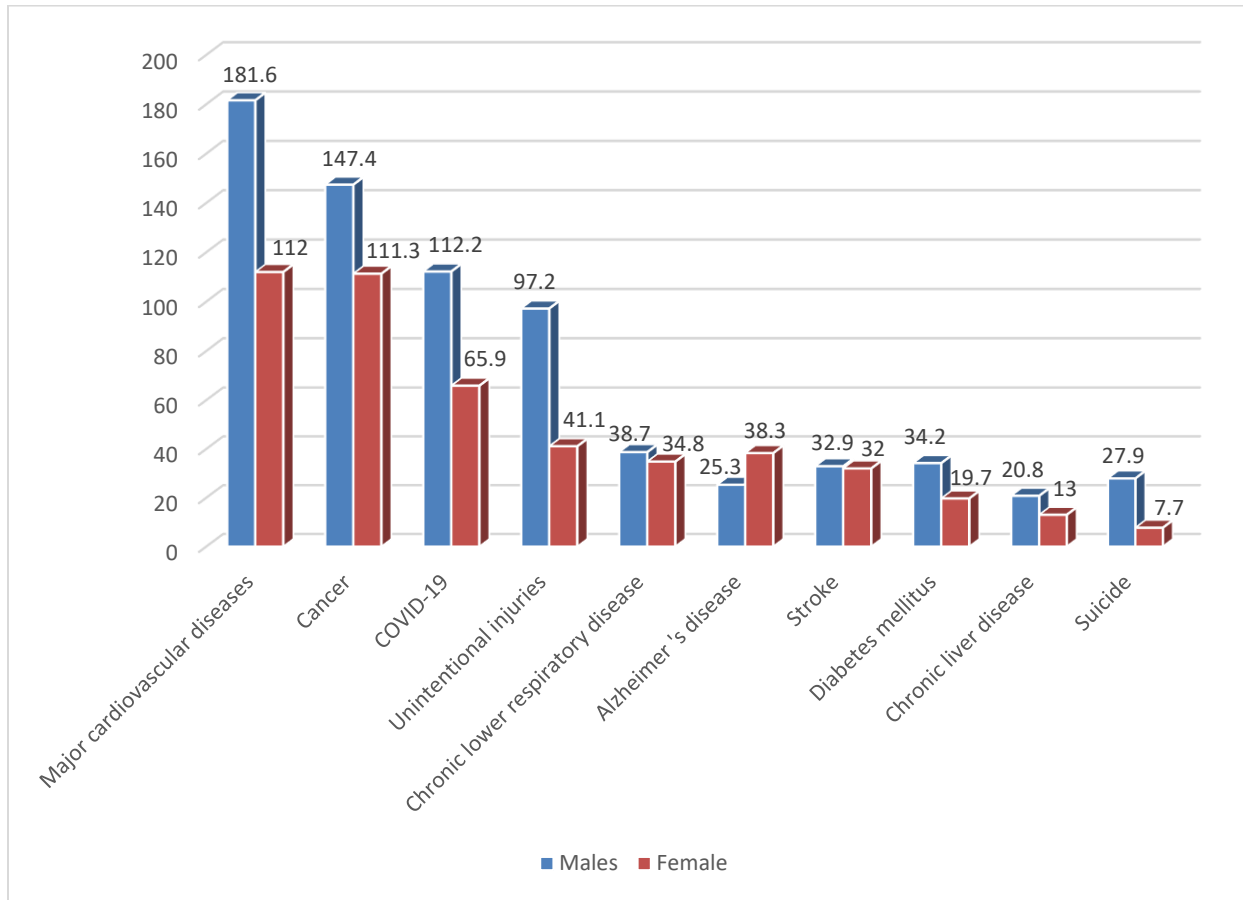
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (AZ)	82.3	White (AZ)	77.3
Black (US)	78.4	Black (US)	72.3
Black (AZ)	78.1	Black (AZ)	74.8
Hispanic (US)	85.4	Hispanic (US)	80.2
Hispanic (AZ)	83.3	Hispanic (AZ)	78.4
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (AZ)	88.8	Asian/Pac. Islander (AZ)	84.1
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (AZ)	76.2	Amer. Indian/Alaskan Native (AZ)	69.2

*No data availab

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>

Arizona: 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	181.6	112.0
Cancer	170.3	147.4	111.3
COVID-19	107.7	112.2	65.9
Unintentional injuries	80.5	97.2	41.1
Chronic lower respiratory disease	40.2	38.7	34.8
Alzheimer's disease	25.3	25.3	38.3
Stroke	39.8	32.9	32
Diabetes mellitus	31.2	34.2	19.7
Chronic liver disease	17.5	20.8	13
Suicide	22.0	27.9	7.7

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

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.

Arizona's 10 Leading Causes of Death by Gender⁴

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	Chronic lower respiratory disease
6	Diabetes mellitus	Stroke
7	Stroke	Unintentional injuries
8	Alzheimer's disease	Diabetes mellitus
9	Suicide	Essential hypertension
10	Chronic liver disease	Chronic liver disease

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

Arizona'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	Unintentional injuries
3	COVID-19	Unintentional injuries	Major cardiovascular disease
4	Unintentional injuries	COVID-19	Cancer
5	Chronic lower respiratory disease	Homicide	Diabetes mellitus
6	Stroke	Diabetes mellitus	Stroke
7	Alzheimer's disease	Stroke	Chronic liver disease
8	Diabetes mellitus	Suicide	Suicide
9	Suicide	Chronic lower respiratory disease	Homicide
10	Parkinson's disease	Essential hypertension	Chronic lower respiratory disease

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

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

⁴ Ibid.

Leading Causes of Death for Boys⁵

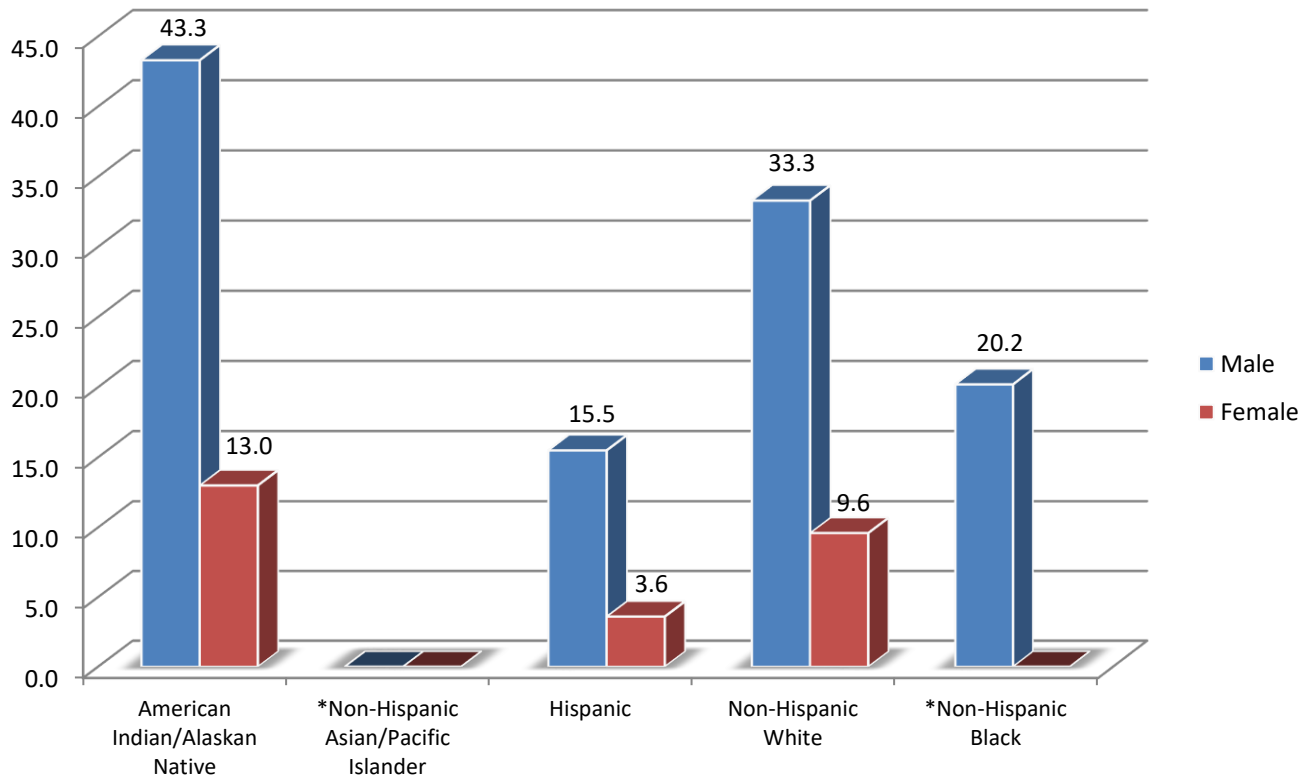
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Arizona: 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	17.2	14.6	4.6	4.8	43.9	8.7	8.9	*	4.0	19.1
Birth defects	12.6	53.8	*	*	*	9.0	38.0	*	*	*
Homicide	4.9	*	*	*	13.5	1.7	*	*	*	3.0
Cancer	2.7	*	*	2.9	3.4	2.1	*	*	*	*
Suicide	6.7	*	*	4.7	21.1	2.3	*	*	*	6.6
Heart Disease	0.9	*	*	*	*	1.0	*	*	*	*

* = negligible or unavailable number

Arizona: 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:

- 4,680 new cases of prostate cancer will be diagnosed among men in Arizona
- 820 men die of prostate cancer in Arizona

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

Race/Ethnicity	Arizona	National
Overall	79.6	106.2
White (Includes Hispanic)	78.0	97.6
Black (Includes Hispanic)	115.2	168.6
Hispanic (Any Race)	67.5	83.9
Asian/Pacific Islander	36.7	54.7
American Indian/Alaskan Native	44.4	53.7

Aging in Arizona

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

Arizona 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	2,459,548	94.3
Under 5 years	304,957	155,265	149,692	103.7
5 to 9 years	308,229	157,340	150,889	104.3
10 to 14 years	319,655	163,417	156,238	104.6
15 to 19 years	343,471	175,151	168,320	104.1
20 to 24 years	335,322	167,520	167,802	99.8
25 to 29 years	311,034	153,716	157,318	97.7
30 to 34 years	297,888	146,424	151,464	96.7
35 to 39 years	308,430	151,078	157,352	96.0
40 to 44 years	311,071	152,707	158,364	96.4
45 to 49 years	346,369	169,103	177,266	95.4
50 to 54 years	347,485	168,725	178,760	94.4
55 to 59 years	311,906	149,633	162,273	92.2
60 to 64 years	276,127	131,603	144,524	91.1
65 to 69 years	209,637	97,893	111,744	87.6
70 to 74 years	160,864	72,143	88,721	81.3
75 to 79 years	122,836	51,927	70,909	73.2
80 to 84 years	88,771	33,684	55,087	61.1
85 years and over	75,684	22,859	52,825	43.3

⁶ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018.

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. <http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml> Retrieved July 23, 2018