

Men's Health Report Card™ – California

Men's Health Network

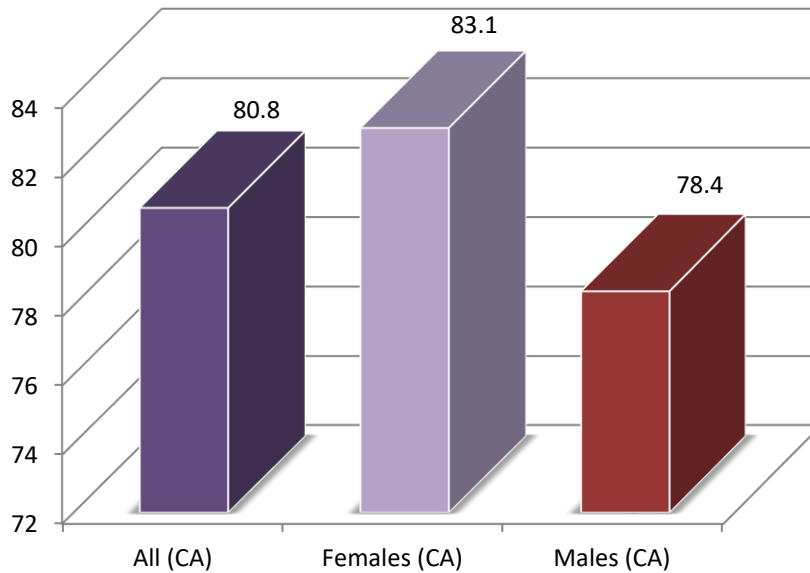
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

California Life Expectancy at Birth: Most Recent Data



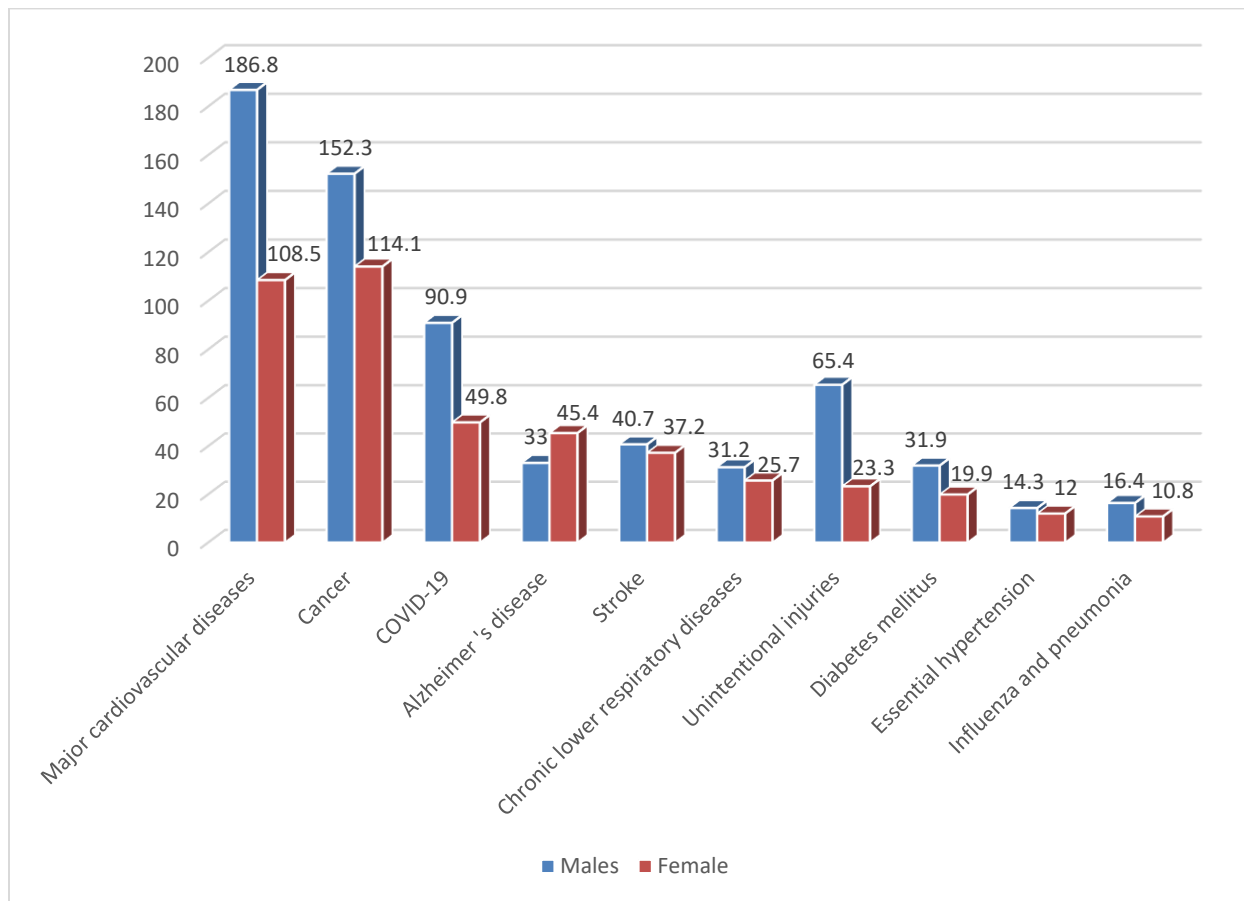
California vs U.S. Life Expectancy at Birth¹

(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 (CA)	82.1	White (CA)	77.5
Black (US)	78.5	Black (US)	72.5
Black (CA)	78.0	Black (CA)	72.1
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (CA)	85.8	Hispanic (CA)	80.4
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (CA)	88.6	Asian/Pac. Islander (CA)	83.7
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (CA)	83.5	Amer. Indian/Alaskan Native (CA)	76.9

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>

California: 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	186.8	108.5
Cancer	170.3	152.3	114.1
COVID-19	107.7	90.9	49.8
Alzheimer's disease	25.3	33	45.4
Stroke	39.8	40.7	37.2
Chronic lower respiratory diseases	40.2	31.2	25.7
Unintentional injuries	80.5	65.4	23.3
Diabetes mellitus	31.2	31.9	19.9
Essential hypertension	*	14.3	12
Influenza & pneumonia	15.8	16.4	10.8

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>

³ Ibid.

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

California'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	Intentional injuries	Alzheimer's disease
5	Stroke	Stroke
6	Diabetes mellitus	Chronic lower respiratory diseases
7	Chronic lower respiratory diseases	Unintentional injuries
8	Alzheimer's disease	Diabetes mellitus
9	Chronic liver disease	Essential hypertension
10	Influenza & Pneumonia	Influenza & pneumonia

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

California's 10 Leading Causes of Death by Race

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

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

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

⁴ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2018.

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.*

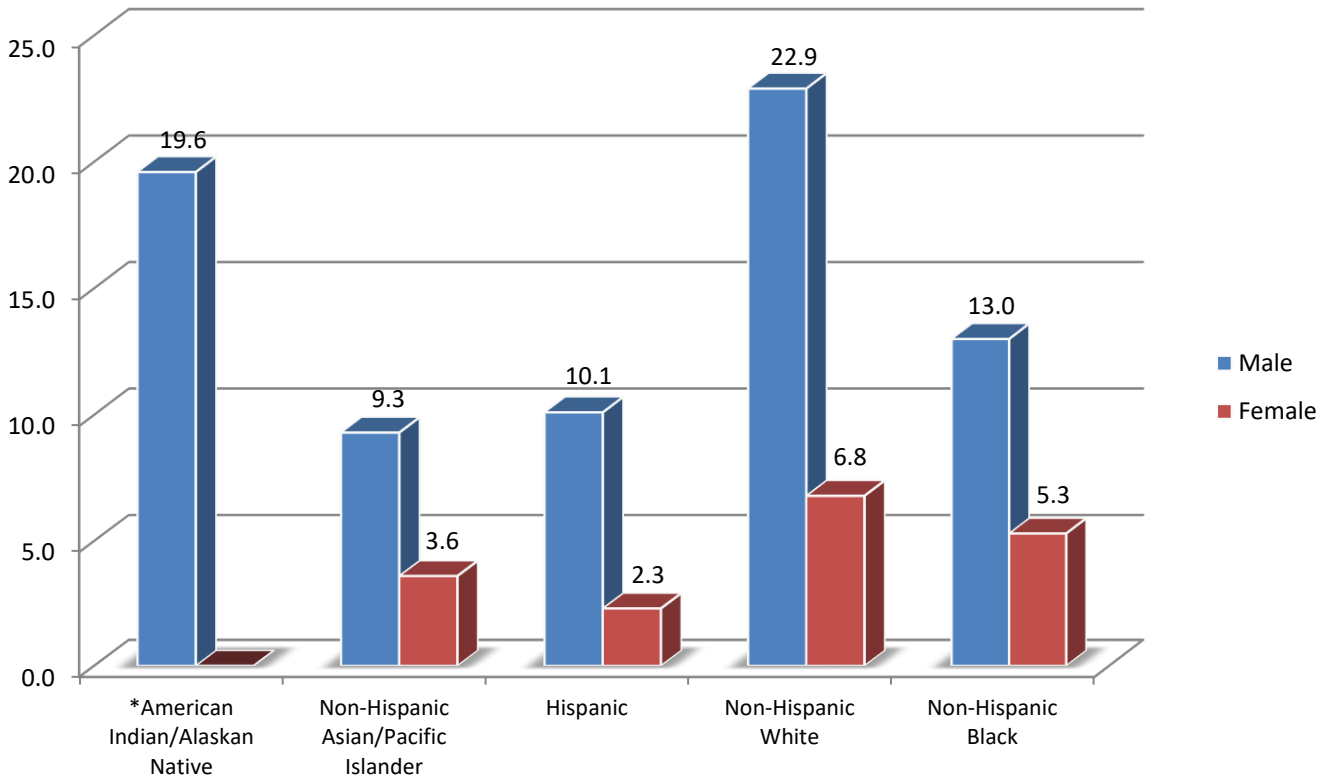
California: Leading Causes of Death for Ages 0-19

(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	9.5	8.0	2.3	3.7	23.8	4.9	5.4	2.0	2.4	9.9
Birth defects	10.4	43.1	*	*	*	8.5	35.4	*	*	*
Homicide	3.8	1.9	*	0.9	11.8	1.0	1.1	*	*	2.0
Suicide	2.9	*	*	1.6	9.7	1.2	*	*	1.1	3.4
Cancer	2.4	1.9	2.1	1.9	3.8	2.0	1.7	2.1	1.7	2.4
Heart Disease	0.6	1.2	*	*	1.0	0.6	1.2	*	*	*

* = unavailable or negligible number

California: 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:

- 26,890 new cases of prostate cancer will be diagnosed among men in California
- 4,130 men die of prostate cancer in California

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

Race/Ethnicity	California	National
Overall	92.3	106.2
White (Includes Hispanic)	89.1	97.6
Black (Includes Hispanic)	133.9	168.6
Hispanic (Any Race)	79.6	83.9
Asian/Pacific Islander	49.4	54.7
American Indian/Alaskan Native	31.3	53.7

Aging in California

- 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 California, the male-female ratio converges around 45 years old and then drops rapidly as shown in this chart developed from year 2010 Census data.

California Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	37,253,956	18,517,830	18,736,126	98.8
Under 5 years	2,531,333	1,294,056	1,237,277	104.6
5 to 9 years	2,505,839	1,279,563	1,226,276	104.3
10 to 14 years	2,590,930	1,325,915	1,265,015	104.8
15 to 19 years	2,823,940	1,455,082	1,368,858	106.3
20 to 24 years	2,765,949	1,440,785	1,325,164	108.7
25 to 29 years	2,744,409	1,408,698	1,335,711	105.5
30 to 34 years	2,573,468	1,304,347	1,269,121	102.8
35 to 39 years	2,573,579	1,291,370	1,282,209	100.7
40 to 44 years	2,609,131	1,313,323	1,295,808	101.4
45 to 49 years	2,689,819	1,341,984	1,347,835	99.6
50 to 54 years	2,562,552	1,266,543	1,296,009	97.7
55 to 59 years	2,204,296	1,069,976	1,134,320	94.3
60 to 64 years	1,832,197	879,171	953,026	92.3
65 to 69 years	1,303,558	610,224	693,334	88.0
70 to 74 years	971,778	443,402	528,376	83.9
75 to 79 years	766,971	337,174	429,797	78.4
80 to 84 years	603,239	245,402	357,837	68.6
85 years and over	600,968	210,815	390,153	54.0

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