

# Men's Health Report Card™ – Colorado

Men's Health Network

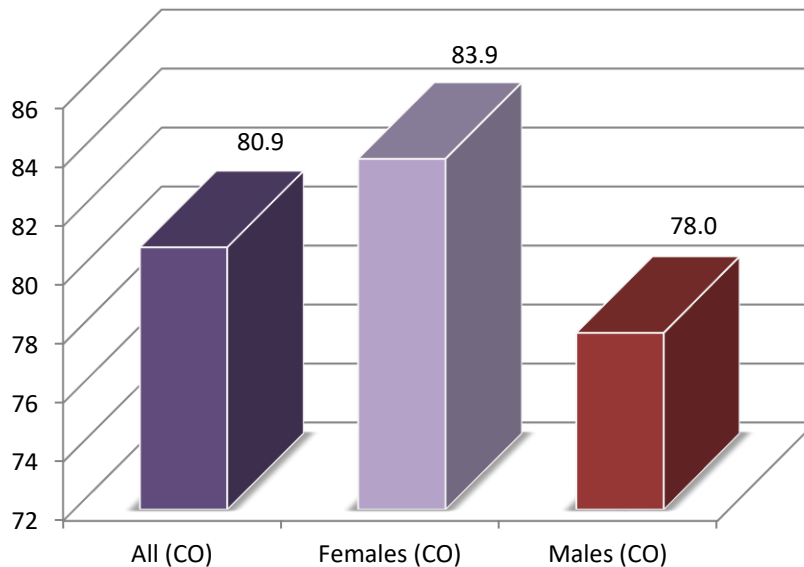
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Compiled by Chris Komst and Jacob Roy

- “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.

## Colorado Life Expectancy at Birth: Most Recent Data



## Colorado Life Expectancy at Birth<sup>1</sup>

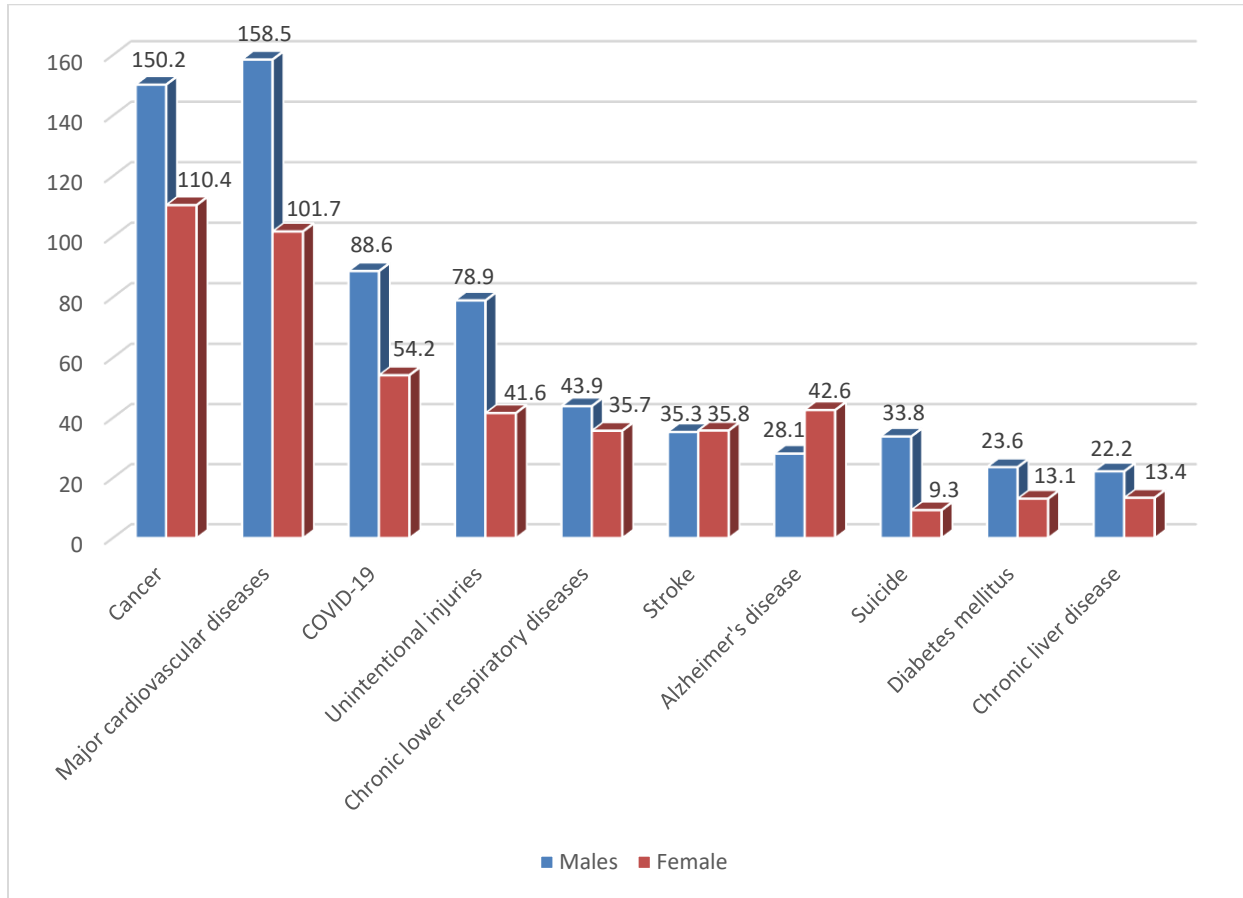
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (CO)</b>	<b>82.3</b>	<b>White (CO)</b>	<b>78.1</b>
Black (US)	78.4	Black (US)	72.3
<b>Black (CO)</b>	<b>79.8</b>	<b>Black (CO)</b>	<b>73.6</b>
Hispanic (US)	85.4	Hispanic (US)	80.2
<b>Hispanic (CO)</b>	<b>82.2</b>	<b>Hispanic (CO)</b>	<b>76.7</b>
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (CO)</b>	<b>79.8</b>	<b>Asian/Pac. Islander (CO)</b>	<b>84.0</b>
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
<b>Amer. Indian/Alaskan Native (CO)</b>	*	<b>Amer. Indian/Alaskan Native (CO)</b>	*

\*No data available

<sup>1</sup> 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](https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf) >

## Colorado: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)<sup>2</sup>



### Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population<sup>3</sup>

Cause of Death	National Rate (Male)	Male	Female
Cancer	170.3	150.2	110.4
Major cardiovascular diseases	214.2	158.5	101.7
COVID-19	107.7	88.6	54.2
Unintentional injuries	80.5	78.9	41.6
Chronic lower respiratory diseases	40.2	43.9	35.7
Stroke	39.8	35.3	35.8
Alzheimer's disease	25.3	28.1	42.6
Suicide	22.0	33.8	9.3
Diabetes mellitus	31.2	23.6	13.1
Chronic liver disease	17.5	22.2	13.4

<sup>2</sup> 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](http://www.measureofamerica.org)>

<sup>3</sup> Ibid.

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

### Colorado's 10 Leading Causes of Death by Gender<sup>4</sup>

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

### Colorado'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	Unintentional injuries
4	COVID-19	COVID-19	Cancer
5	Chronic lower respiratory diseases	Diabetes mellitus	Chronic liver disease
6	Suicide	Homicide	Suicide
7	Stroke	Stroke	Diabetes mellitus
8	Alzheimer's disease	Chronic lower respiratory diseases	Stroke
9	Chronic liver disease	Suicide	Chronic lower respiratory diseases
10	Diabetes mellitus	Alzheimer's disease	Homicide

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

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

\* = unavailable number

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

## Leading Causes of Death for Boys<sup>5</sup>

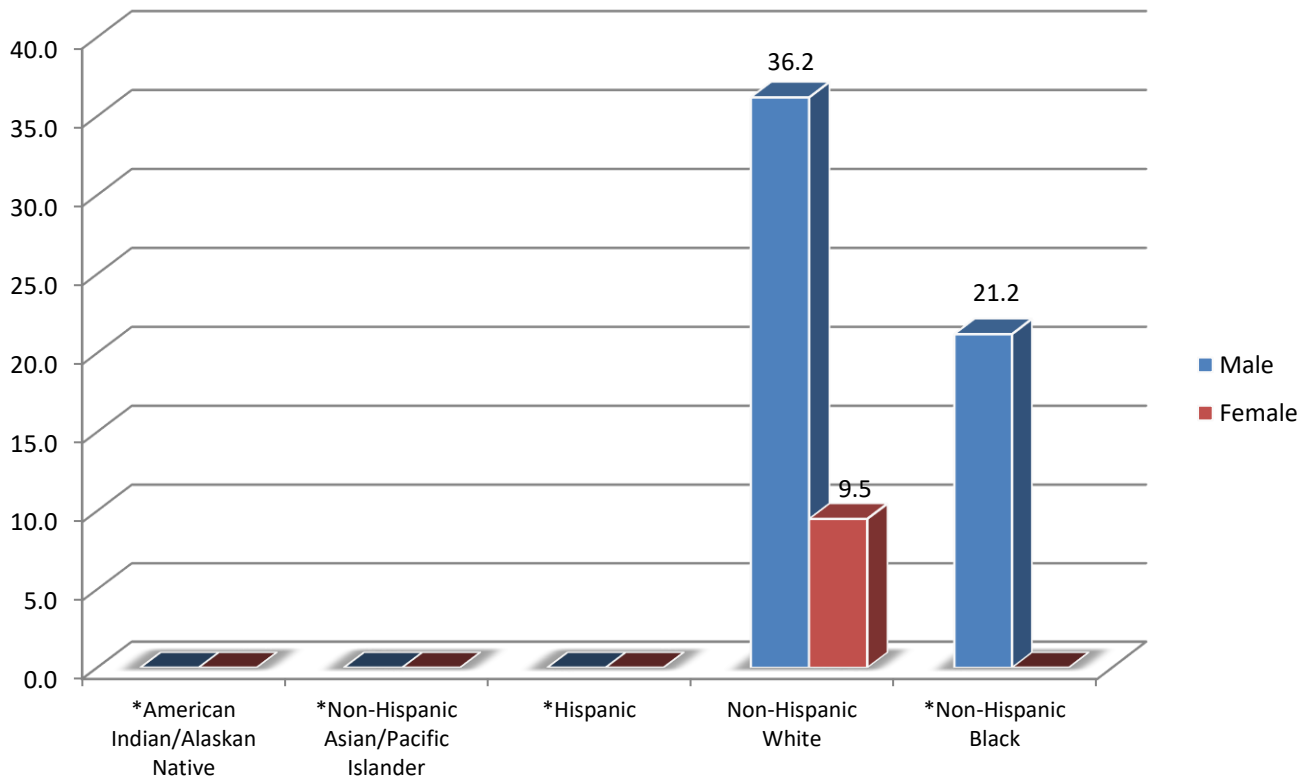
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

**Colorado: 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
Birth defects	11.5	49.0	*	*	*	11.2	47.0	*	*	*
Unintentional injuries	12.6	13.2	3.9	3.9	28.9	7.9	11.3	*	*	15.2
Suicide	10.0	*	*	6.5	31.7	4.1	*	*	5.1	10.7
Homicide	4.9	*	*	*	14.0	*	*	*	*	*
Cancer	1.8	*	*	*	*	1.7	*	*	*	*
Major cardiovascular disease	*	*	*	*	*	*	*	*	*	*

\* = unavailable or negligible number

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



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

<sup>5</sup> Ibid.

## Prostate Cancer Incidence and Mortality<sup>6</sup>

In 2022, the American Cancer Society estimates:

- 4,030 new cases of prostate cancer will be diagnosed among men in Colorado
- 580 men die of prostate cancer in Colorado

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

Race/Ethnicity	Colorado	National
Overall	92.2	106.2
White (Includes Hispanic)	87.0	97.6
Black (Includes Hispanic)	136.8	168.6
Hispanic (Any Race)	69.3	83.9
Asian/Pacific Islander	49.3	54.7
American Indian/Alaskan Native	29.7	53.7

### Aging in Colorado

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

### Colorado Resident Population: 2010 Census by Age and Sex<sup>7</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	5,029,196	2,520,662	2,508,534	100.5
Under 5 years	343,960	176,361	167,599	105.2
5 to 9 years	348,603	177,782	170,821	104.1
10 to 14 years	332,654	170,192	162,462	104.8
15 to 19 years	339,475	175,730	163,745	107.3
20 to 24 years	348,615	181,765	166,850	108.9
25 to 29 years	372,459	192,007	180,452	106.4
30 to 34 years	353,819	181,317	172,502	105.1
35 to 39 years	353,605	182,350	171,255	106.5
40 to 44 years	346,039	175,758	170,281	103.2
45 to 49 years	371,635	185,148	186,487	99.3
50 to 54 years	371,063	184,243	186,820	98.6
55 to 59 years	328,364	161,766	166,598	97.1
60 to 64 years	269,280	132,389	136,891	96.7
<b>65 to 69 years</b>	<b>182,492</b>	<b>87,734</b>	<b>94,758</b>	<b>92.6</b>
70 to 74 years	127,468	59,773	67,695	88.3
75 to 79 years	96,908	43,456	53,452	81.3
80 to 84 years	73,144	29,773	43,371	68.6
85 years and over	69,613	23,118	46,495	49.7

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

<sup>7</sup> American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. <[http://factfinder2.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml)> Retrieved November 8, 2013