

Men's Health Report Card™ – Connecticut

Men's Health Network

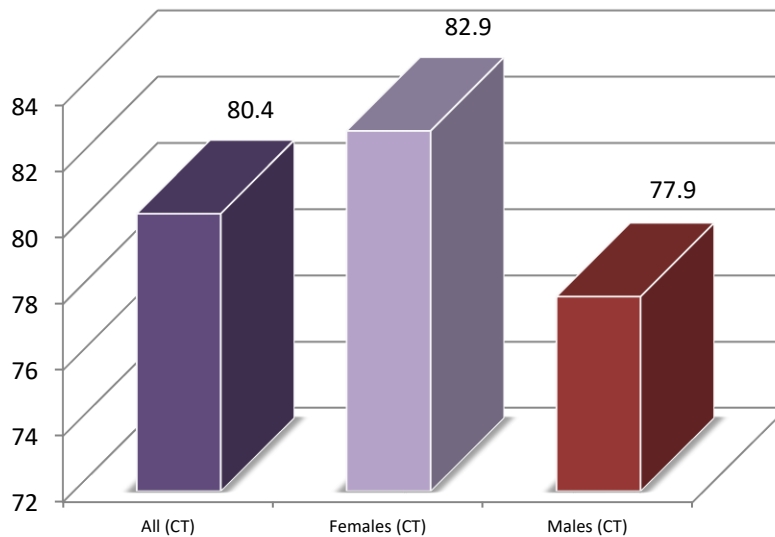
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Compiled by Chris Komst and Jacob Roy

- “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.

Connecticut Life Expectancy at Birth: Most Recent Data



Connecticut vs U.S. Life Expectancy at Birth¹

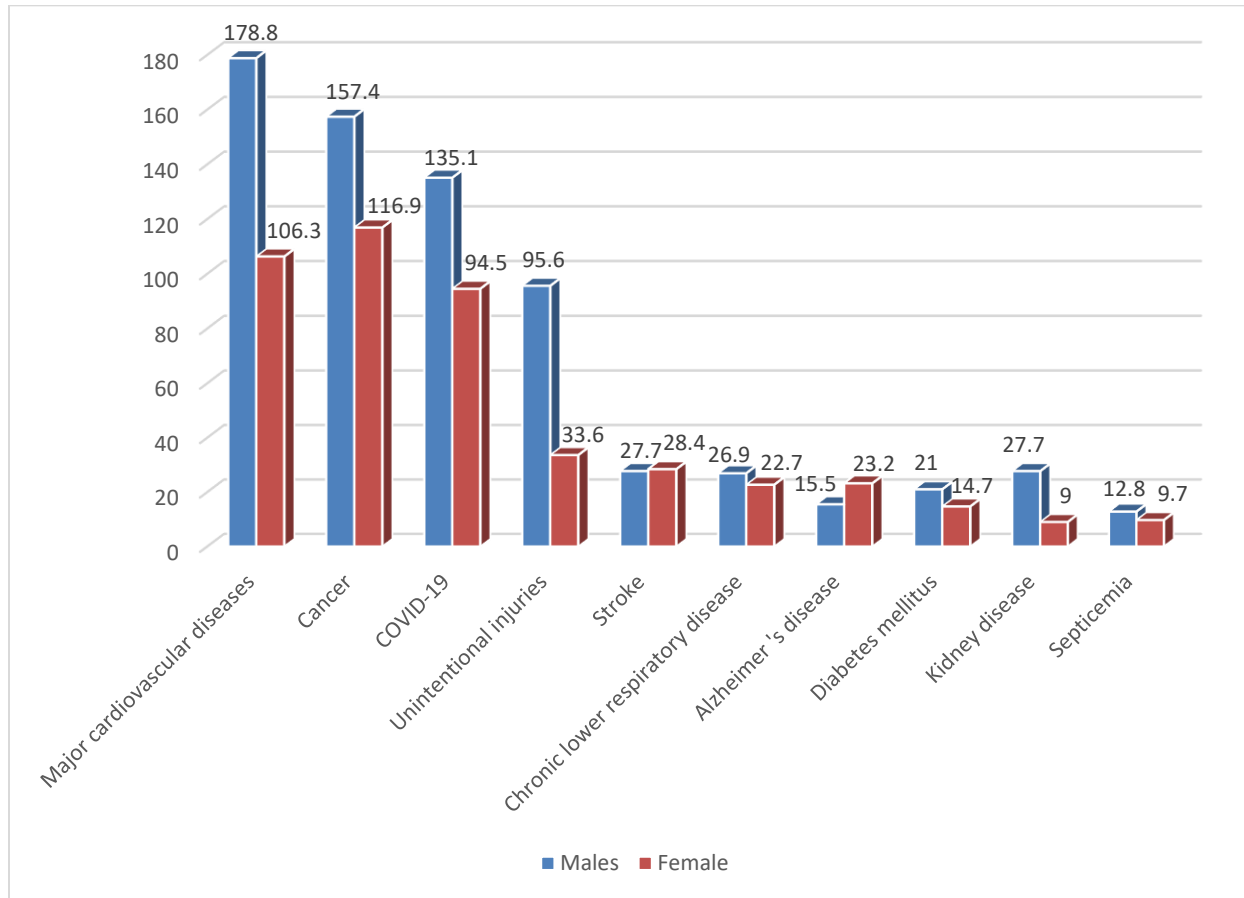
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (CT)	83.0	White (CT)	78.9
Black (US)	78.5	Black (US)	72.5
Black (CT)	80.4	Black (CT)	74.7
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (CT)	86.4	Hispanic (CT)	79.5
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (CT)	*	Asian/Pac. Islander (CT)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (CT)	*	Amer. Indian/Alaskan Native (CT)	*

* No significant 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 >

Connecticut: 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	178.8	106.3
Cancer	170.3	157.4	116.9
COVID-19	107.7	135.1	94.5
Unintentional injuries	80.5	95.6	33.6
Stroke	39.8	27.7	28.4
Chronic lower respiratory disease	40.2	26.9	22.7
Alzheimer's disease	25.3	15.5	23.2
Diabetes mellitus	31.2	21	14.7
Kidney disease	15.4	27.7	9
Septicemia	10.8	12.8	9.7

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.. <www.measureofamerica.org>

³ Ibid.

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

Connecticut'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	Stroke
5	Stroke	Alzheimer's disease
6	Chronic lower respiratory disease	Unintentional injuries
7	Diabetes mellitus	Chronic lower respiratory disease
8	Chronic liver disease	Diabetes mellitus
9	Alzheimer's disease	Septicemia
10	Kidney disease	Kidney disease

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

Connecticut's 10 Leading Causes of Death by Race⁵

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

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

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

* = unavailable

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

⁵ Ibid.

Leading Causes of Death for Boys

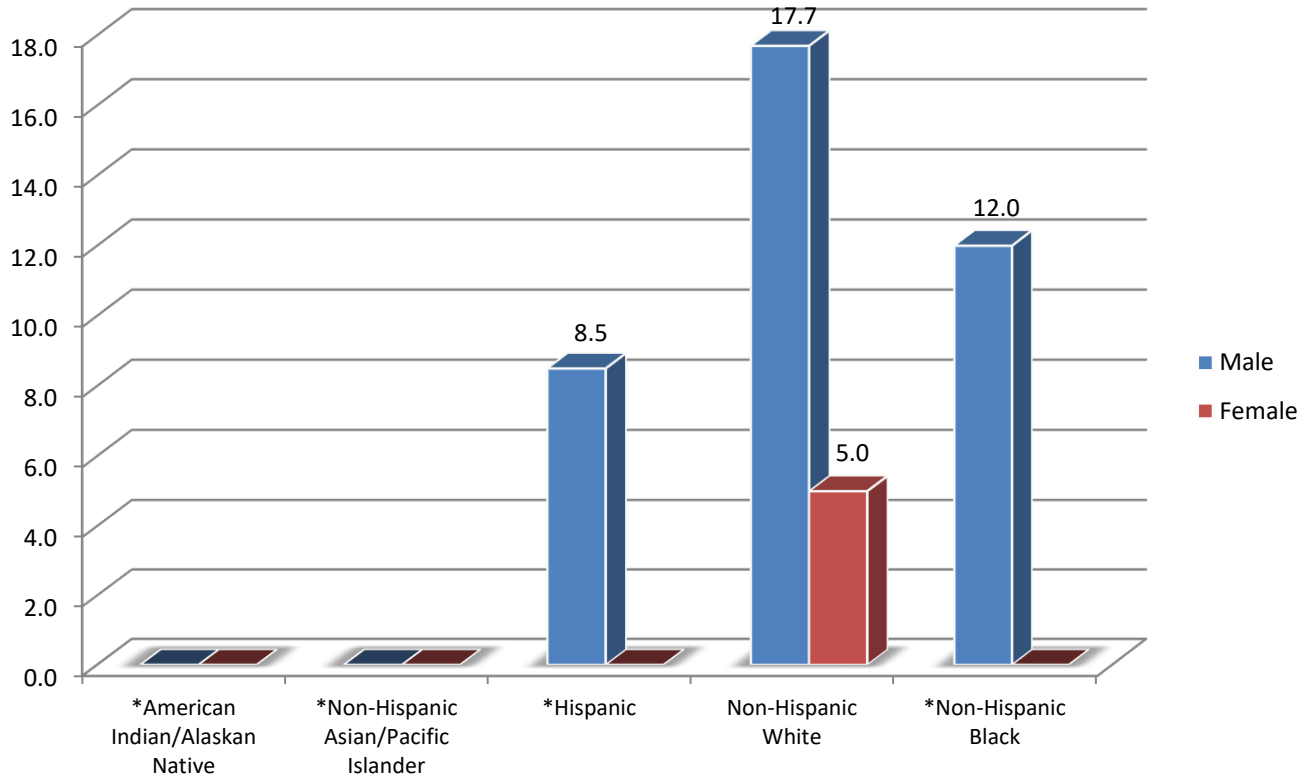
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Connecticut: Leading Causes of Death for Ages 0-19⁶
(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	11.4	51.7	*	*	*	8.2	37.2	*	*	*
Unintentional injuries	7.7	*	*	*	19.5	3.0	*	*	*	7.7
Homicide	2.4	*	*	*	6.0	*	*	*	*	*
Suicide	2.9	*	*	*	9.6	*	*	*	*	*
Cancer	2.4	*	*	*	*	2.2	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

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



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

⁶ Ibid.

Prostate Cancer Incidence and Mortality⁷

In 2022, the American Cancer Society estimates:

- 3,310 new cases of prostate cancer will be diagnosed among men in Connecticut
- 420 men die of prostate cancer in Connecticut

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

Race/Ethnicity	Connecticut	National
Overall	114.4	106.2
White (Includes Hispanic)	107.2	97.6
Black (Includes Hispanic)	165.7	168.6
Hispanic (Any Race)	106.1	83.9
Asian/Pacific Islander	44.9	54.7
American Indian/Alaskan Native	**	53.7

** Data has been suppressed to ensure confidentiality and stability of rate estimates

Aging in Connecticut

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

Connecticut Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	3,574,097	1,739,614	1,834,483	94.8
Under 5 years	202,106	103,475	98,631	104.9
5 to 9 years	222,571	113,763	108,808	104.6
10 to 14 years	240,265	122,924	117,341	104.8
15 to 19 years	250,834	128,949	121,885	105.8
20 to 24 years	227,898	117,117	110,781	105.7
25 to 29 years	214,145	107,986	106,159	101.7
30 to 34 years	206,232	102,038	104,194	97.9
35 to 39 years	222,401	108,637	113,764	95.5
40 to 44 years	262,037	127,555	134,482	94.8
45 to 49 years	291,272	141,757	149,515	94.8
50 to 54 years	284,325	138,961	145,364	95.6
55 to 59 years	240,157	116,699	123,458	94.5
60 to 64 years	203,295	96,939	106,356	91.1
65 to 69 years	149,281	70,258	79,023	88.9
70 to 74 years	105,663	47,331	58,332	81.1
75 to 79 years	89,252	37,908	51,344	73.8
80 to 84 years	77,465	30,369	47,096	64.5
85 years and over	84,898	26,948	57,950	46.5

⁷ American Cancer Society. Cancer Facts and Figures 2016 < <http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-047079.pdf>>.

⁸ 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