

Men's Health Report Card™ - Washington, D.C.

Men's Health Network

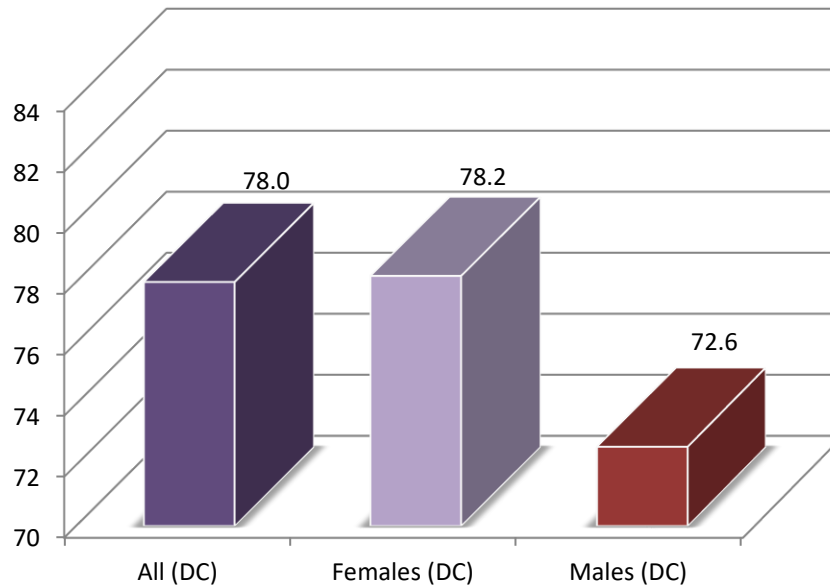
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Washington, D.C. Life Expectancy at Birth: Most Recent Data



District of Columbia vs U.S. Life Expectancy at Birth¹

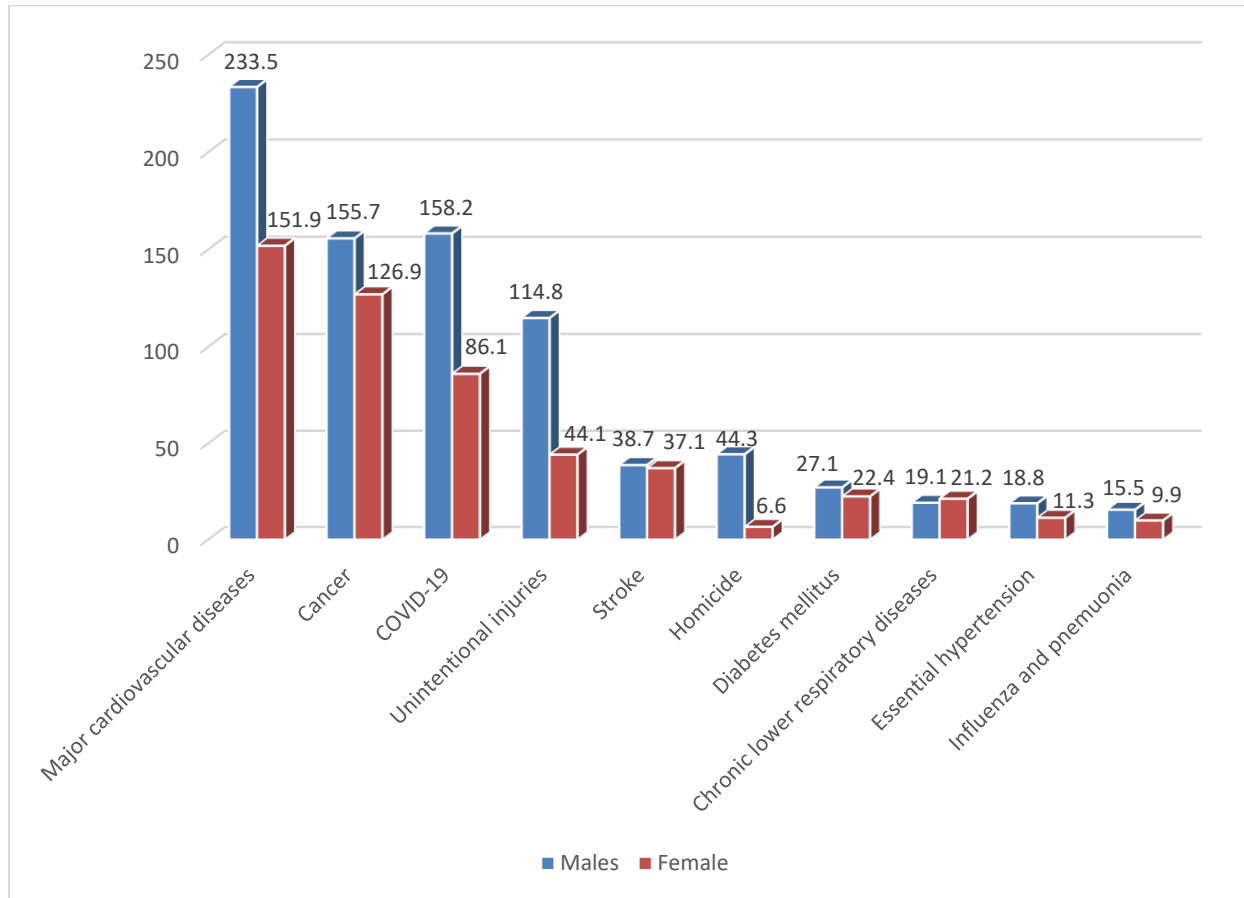
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (DC)	86.6	White (DC)	82.1
Black (US)	78.5	Black (US)	72.5
Black (DC)	76.4	Black (DC)	66.5
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (DC)	*	Hispanic (DC)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (DC)	*	Asian/Pac. Islander (DC)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (DC)	*	Amer. Indian/Alaskan Native (DC)	*

* No 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>

Washington, D.C.: 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	233.5	151.9
Cancer	170.3	155.7	126.9
COVID-19	107.7	158.2	86.1
Unintentional injuries	80.5	114.8	44.1
Stroke	39.8	38.7	37.1
Homicide	12.6	44.3	6.6
Diabetes mellitus	31.2	27.1	22.4
Chronic lower respiratory diseases	40.2	19.1	21.2
Essential hypertension	*	18.8	11.3
Influenza & pneumonia	15.8	15.5	9.9

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 January 11, 2016. <www.measureofamerica.org>

³ Ibid.

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

Washington, D.C.'s 10 Leading Causes of Death by Gender⁴

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

Washington, D.C. '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 disease
3	COVID-19	COVID-19	Unintentional injuries
4	Unintentional injuries	Unintentional injuries	Cancer
5	Stroke	Homicide	*
6	Parkinson's disease	Stroke	*
7	Suicide	Diabetes mellitus	*
8	Chronic liver disease	Chronic lower respiratory disease	*
9	*	Essential hypertension	*
10	*	Influenza & pneumonia	*

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

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

* = unavailable or negligible data

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

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.*

Washington, D.C.: Leading Causes of Death for Ages 0-19⁵ (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	13.9	*	*	*	*	*	*	*	*	*
Birth defects	17.0	55.1	*	*	*	15.1	51.3	*	*	*
Homicide	27.7	*	*	*	98.1	*	*	*	*	*
Cancer	*	*	*	*	*	*	*	*	*	*
Suicide	*	*	*	*	*	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

Washington, D.C.: Age-Adjusted Suicide Rates per 100,000 (2020)³:

GENDER

Suicide - Male



Deaths per 100,000 population

Data suppression rules are as defined by the original source.

Race and ethnicity populations are as defined by the original source.

Source:

- CDC WONDER, Multiple Cause of Death Files, 2019

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 580 new cases of prostate cancer will be diagnosed among men in Washington, D.C.
- 70 men die of prostate cancer in Washington, D.C.

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

Race/Ethnicity	Washington, D.C.	National
Overall	130.3	106.2
White (Includes Hispanic)	94.0	97.6
Black (Includes Hispanic)	146.7	168.6
Hispanic (Any Race)	71.0	83.9
Asian/Pacific Islander	63.6	54.7
American Indian/Alaskan Native	**	53.7

** Data has been suppressed to ensure confidentiality and stability of rate estimates. (less than 15 deaths per year)

Aging in District of Columbia

- 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 District of Columbia, the male-female ratio converges in the teens and then drops rapidly, rising again in the 40s, as shown in this chart developed from year 2010 Census data.

District of Columbia Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	601,723	284,222	317,51	89.5
Under 5 years	32,613	16,533	16,080	102.8
5 to 9 years	26,147	13,198	12,949	101.9
10 to 14 years	25,041	12,641	12,400	101.9
15 to 19 years	39,919	18,951	20,968	90.4
20 to 24 years	64,110	28,801	35,309	81.6
25 to 29 years	69,649	32,167	37,482	85.8
30 to 34 years	55,096	26,617	28,479	93.5
35 to 39 years	42,925	21,447	21,478	99.9
40 to 44 years	37,734	19,136	18,598	102.
45 to 49 years	38,539	19,534	19,005	102.8
50 to 54 years	37,164	18,114	19,050	95.1
55 to 59 years	34,274	15,94	18,280	8735
60 to 64 years	29,703	13,398	16,305	82.2
65 to 69 years	21,488	9,605	11,883	80.8
70 to 74 years	15,481	6,671	8,810	75.7
75 to 79 years	11,820	4,782	7,038	67.9
80 to 84 years	9,705	3,516	6,189	56.8
85 years and over	10,315	3,117	7,198	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>