

Men's Health Report Card™ – Delaware

Men's Health Network

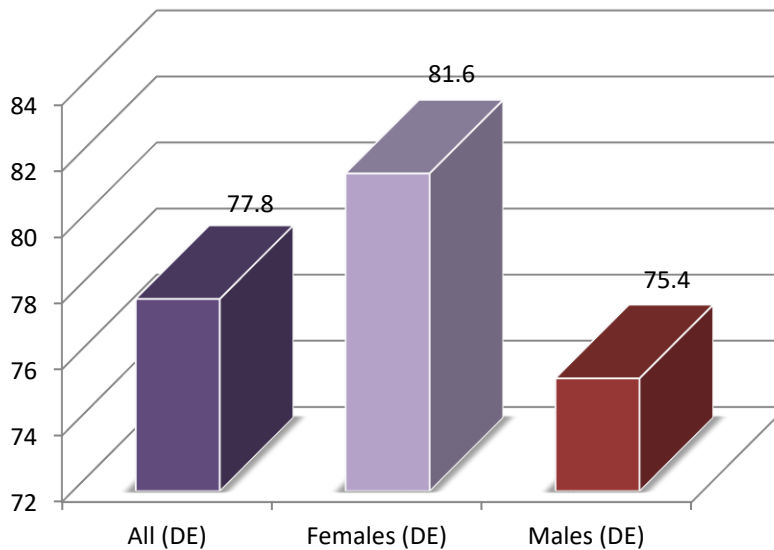
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Compiled by Chris Komst and Jacob Roy

- “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.

Delaware Life Expectancy at Birth: Most Recent Data



Delaware vs U.S. Life Expectancy at Birth, 2013-2014¹

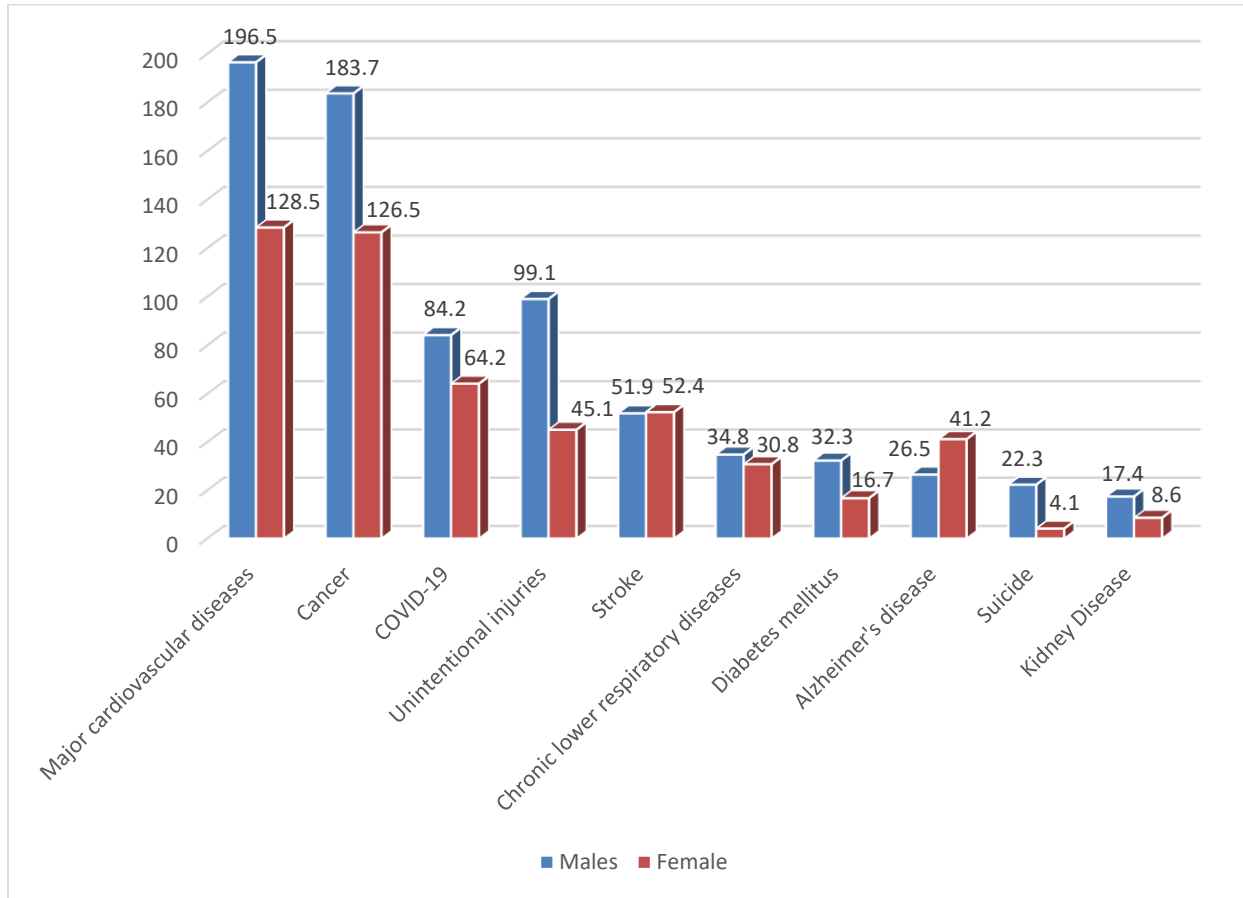
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (DE)	80.9	White (DE)	76.2
Black (US)	78.5	Black (US)	72.5
Black (DE)	78.2	Black (DE)	72.5
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (DE)	*	Hispanic (DE)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (DE)	*	Asian/Pac. Islander (DE)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (DE)	*	Amer. Indian/Alaskan Native (DE)	*

* 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 >

Delaware: 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	235.9	242.9	198.6
Cancer	195.8	241.4	194.1
COVID-19	118.6	106.1	98.4
Unintentional injuries	82.1	99.6	48.4
Stroke	42.9	63.1	81.4
Chronic lower respiratory diseases	45.0	46.4	48.4
Diabetes mellitus	35.5	41.5	25.1
Alzheimer's disease	25.4	30.2	64.7
Suicide	22.5	22.9	*
Kidney disease	16.8	22.2	13.5

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

Delaware'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	Chronic lower respiratory disease
7	Diabetes mellitus	Unintentional injuries
8	Alzheimer's disease	Diabetes mellitus
9	Suicide	Influenza & pneumonia
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

Delaware's 10 Leading Causes of Death by Race⁵

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

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

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

* = unavailable data

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

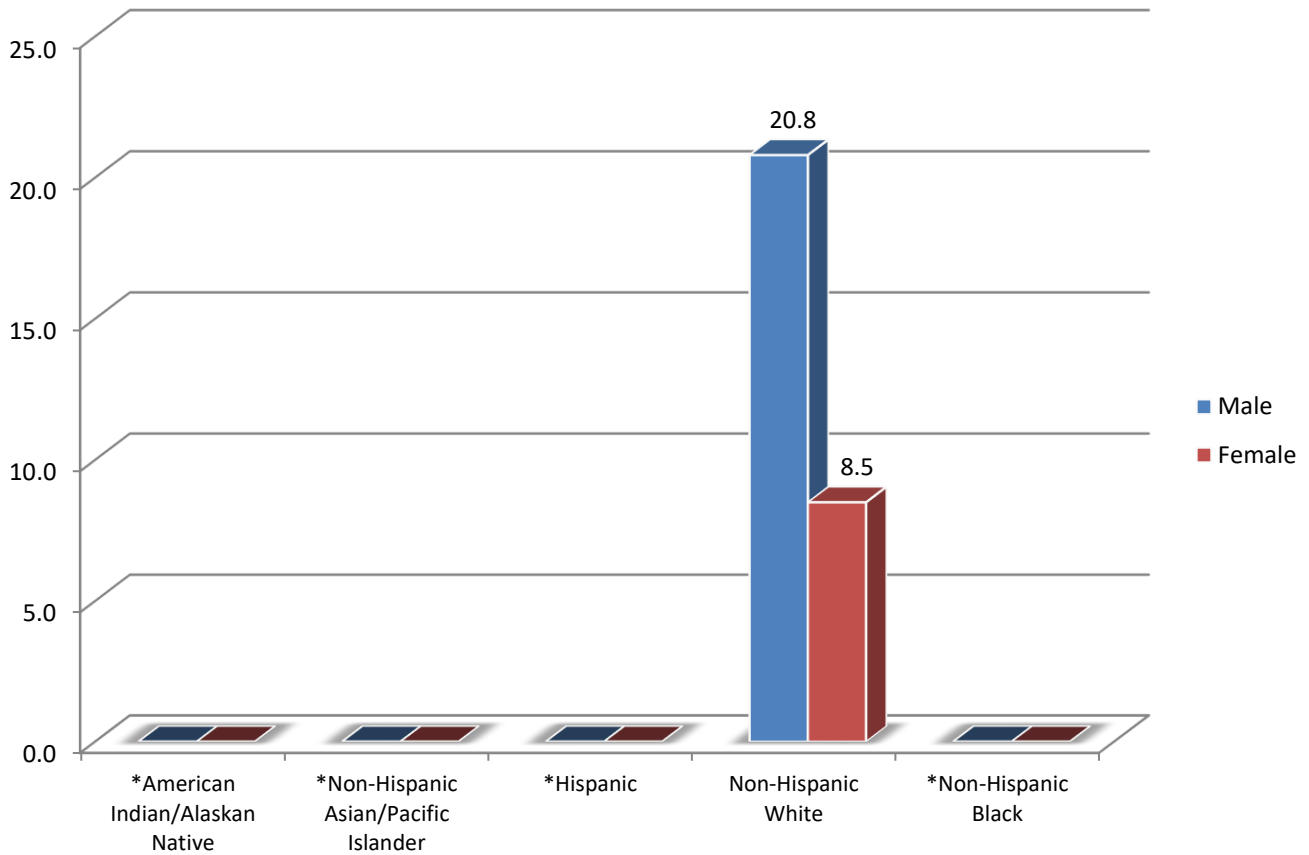
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Delaware: 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
Unintentional injuries	10.6	*	*	*	*	7.1	*	*	*	*
Birth defects	16.1	66.3	*	*	*	11.8	49.4	*	*	*
Homicide	9.5	*	*	*	*	*	*	*	*	*
Cancer	*	*	*	*	*	*	*	*	*	*
Suicide	*	*	*	*	*	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

Delaware: Age-Adjusted Suicide Rates per 100,000 (2019):



* = 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:

- 940 new cases of prostate cancer will be diagnosed among men in Delaware
- 100 men die of prostate cancer in Delaware

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

Race/Ethnicity	Delaware	National
Overall	122.8	106.2
White (Includes Hispanic)	104.5	97.6
Black (Includes Hispanic)	195.9	168.6
Hispanic (Any Race)	**	83.9
Asian/Pacific Islander	**	54.7
American Indian/Alaskan Native	**	53.7

** Data has been suppressed to ensure confidentiality and stability of rate estimates/data unavailable.

Aging in Delaware

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

Delaware Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	897,934	434,939	462,995	93.9
Under 5 years	55,886	28,415	27,471	103.4
5 to 9 years	56,486	28,777	27,709	103.9
10 to 14 years	56,848	28,953	27,895	103.8
15 to 19 years	64,583	32,652	31,931	102.3
20 to 24 years	62,867	31,493	31,374	100.4
25 to 29 years	57,603	258,719	28,884	99.4
30 to 34 years	53,914	26,409	27,405	96.4
35 to 39 years	55,329	27,059	28,270	95.7
40 to 44 years	60,758	29,390	31,368	93.7
45 to 49 years	67,556	32,764	34,792	94.2
50 to 54 years	65,998	31,713	34,285	92.5
55 to 59 years	57,816	27,147	30,669	88.5
60 to 64 years	53,113	24,916	28,197	88.4
65 to 69 years	41,809	19,446	22,363	87.0
70 to 74 years	30,644	14,139	16,505	85.7
75 to 79 years	23,885	10,656	13,229	80.6
80 to 84 years	17,195	7,177	10,018	71.6
85 years and over	15,744	5,114	10,630	48.1

⁷ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018.

⁸ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. <http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>