

# Men's Health Report Card™ – Florida

## Men's Health Network

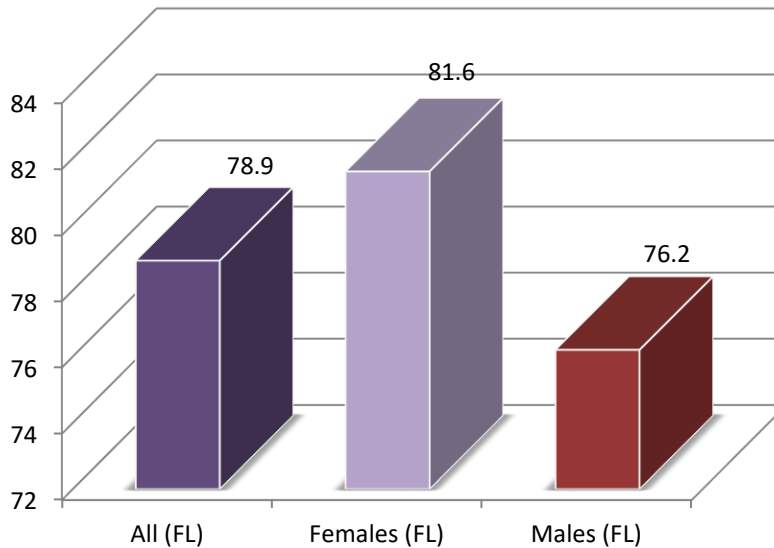
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Compiled by Chris Komst and Jacob Roy

- “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.

### Florida Life Expectancy at Birth: Most Recent Data



### Florida vs U.S. Life Expectancy at Birth<sup>1</sup>

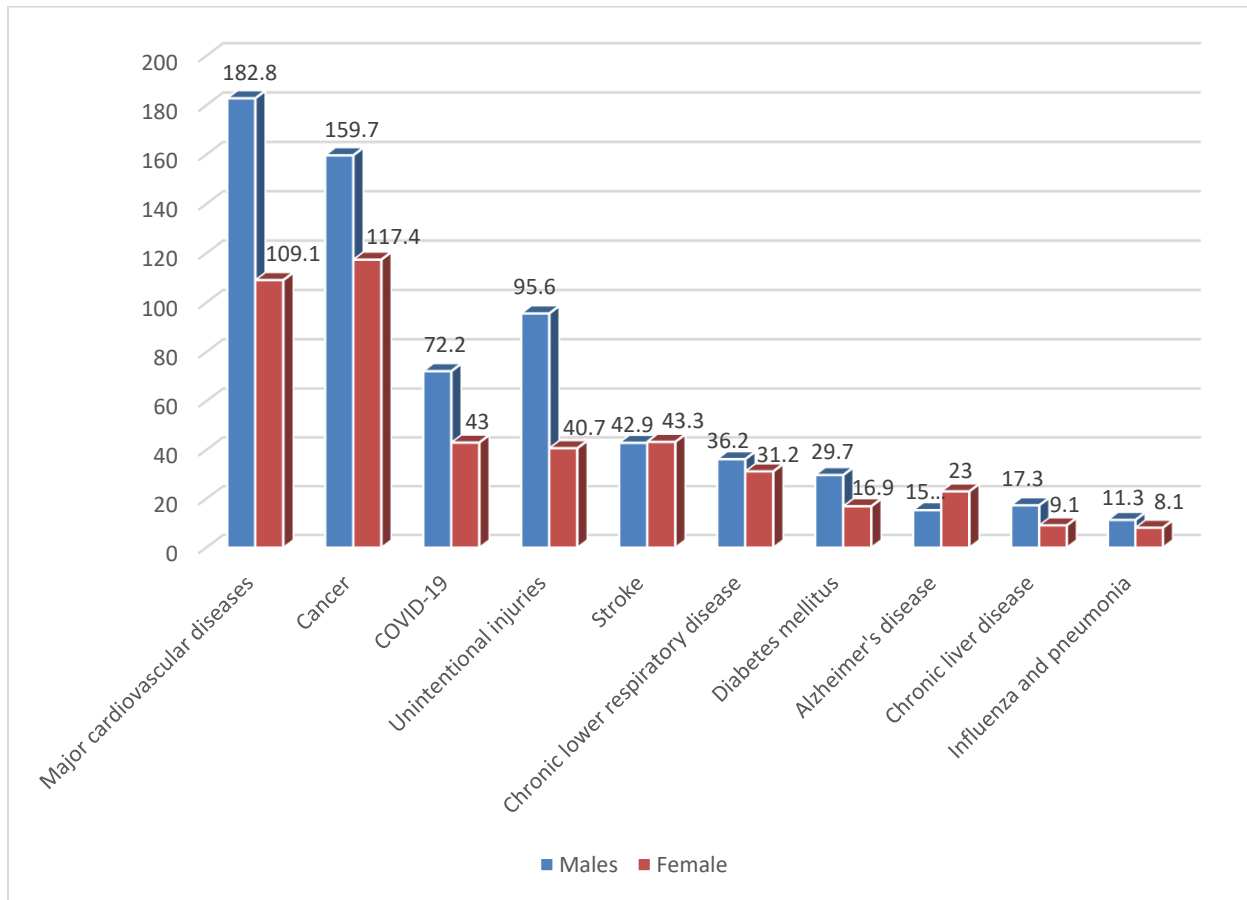
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (FL)</b>	<b>82.0</b>	<b>White (FL)</b>	<b>76.3</b>
Black (US)	78.5	Black (US)	72.5
<b>Black (FL)</b>	<b>78.7</b>	<b>Black (FL)</b>	<b>72.7</b>
Hispanic (US)	84.5	Hispanic (US)	79.4
<b>Hispanic (FL)</b>	<b>85.9</b>	<b>Hispanic (FL)</b>	<b>80.0</b>
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (FL)</b>	<b>89.9</b>	<b>Asian/Pac. Islander (FL)</b>	<b>87.8</b>
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	79.7
<b>Amer. Indian/Alaskan Native (FL)</b>	*	<b>Amer. Indian/Alaskan Native (FL)</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) >

## Florida: 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
Major cardiovascular diseases	214.2	182.5	109.1
Cancer	170.3	159.7	117.4
COVID-19	107.7	72.2	43
Unintentional injuries	80.5	95.6	40.7
Stroke	39.8	42.9	43.4
Chronic lower respiratory diseases	40.2	36.2	31.2
Diabetes mellitus	31.2	29.7	16.9
Alzheimer's disease	25.3	15.3	23
Chronic liver disease	17.5	17.3	9.1
Influenza & pneumonia	15.8	11.3	8.1

<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 January 11, 2016. [www.measureofamerica.org](http://www.measureofamerica.org)

<sup>3</sup> Ibid.

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

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

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

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

### Florida's 10 Leading Causes of Death by Race<sup>5</sup>

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

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

\* = unavailable or negligible number

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

<sup>5</sup> Ibid.

## Leading Causes of Death for Boys

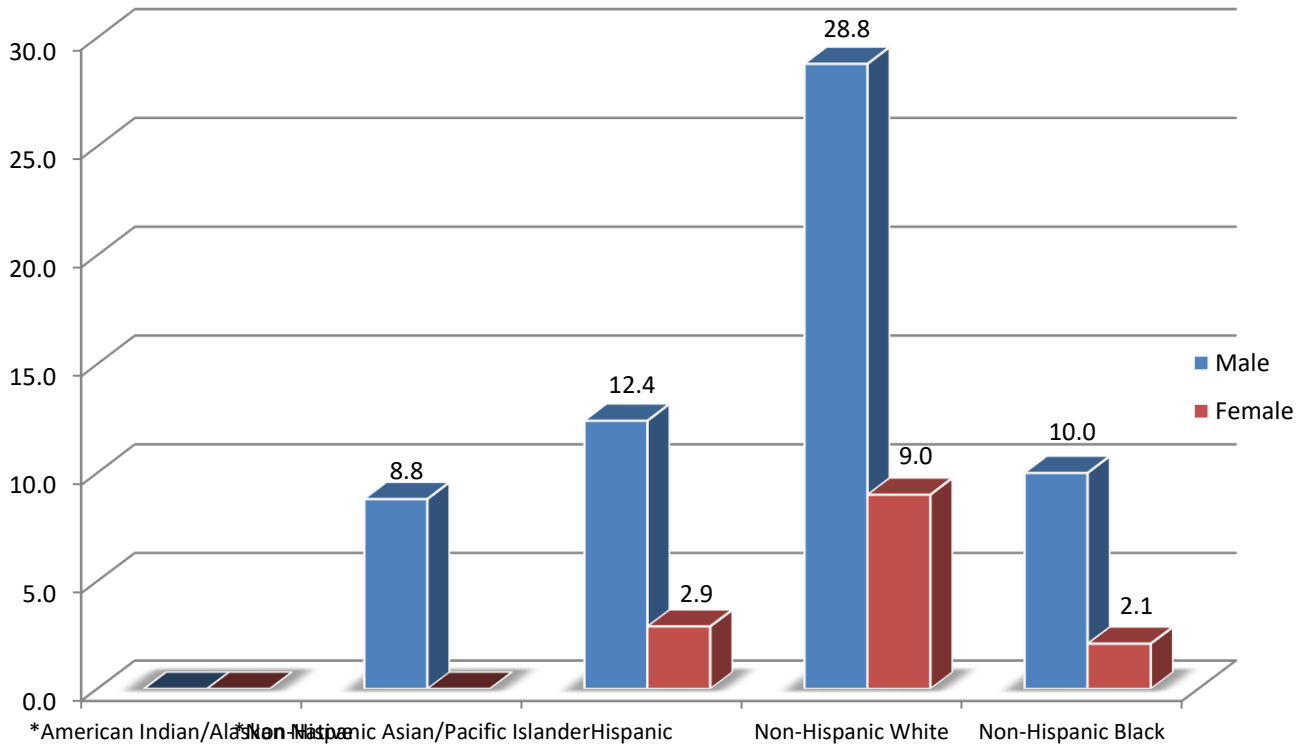
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

**Florida: Age-Adjusted Leading Causes of Death for Ages 0-19<sup>6</sup>**  
*(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	14.9	20.0	4.6	5.3	29.5	7.9	13.5	3.6	2.5	12.2
Birth defects	16.0	66.1	*	*	*	12.8	52.8	*	*	*
Homicide	5.8	2.9	*	1.6	17.3	1.6	1.7	*	*	2.8
Cancer	2.4	2.3	2.0	2.4	3.1	1.8	1.3	2.0	1.5	3.4
Suicide	4.1	*	*	2.7	13.3	1.7	*	*	1.7	5.0
Heart Disease	1.1	2.8	*	*	*	1.0	2.0	*	*	*

\* = unavailable or negligible number

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



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

<sup>6</sup> Ibid.

## Prostate Cancer Incidence and Mortality<sup>7</sup>

In 2022, the American Cancer Society estimates:

- 20,680 new cases of prostate cancer will be diagnosed among men in Florida
- 2,720 men die of prostate cancer in Florida

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

Race/Ethnicity	Florida	National
Overall	95.2	106.2
White (Includes Hispanic)	83.9	97.6
Black (Includes Hispanic)	143.7	168.6
Hispanic (Any Race)	96.1	83.9
Asian/Pacific Islander	38.8	54.7
American Indian/Alaskan Native	25.4	53.7

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

## Aging in Florida

- 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 Florida, the male-female ratio converges in the early 30s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

### Florida Resident Population: 2010 Census by Age and Sex<sup>8</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	18,801,310	9,189,355	9,611,955	95.6
Under 5 years	1,073,506	547,985	525,521	104.3
5 to 9 years	1,080,255	551,053	579,202	104.1
10 to 14 years	1,130,847	789,689	552,158	104.8
15 to 19 years	1,228,382	631,287	597,095	105.7
20 to 24 years	1,228,758	627,063	601,695	104.2
25 to 29 years	1,179,122	594,897	584,330	101.8
30 to 34 years	1,110,318	555,239	555,079	100.0
35 to 39 years	1,178,467	585,141	593,326	98.6
40 to 44 years	1,252,787	326,330	629,457	99.0
45 to 49 years	1,401,202	691,335	709,867	97.4
50 to 54 years	1,340,291	650,033	690,258	94.2
55 to 59 years	1,202,418	569,009	633,409	89.8
60 to 64 years	1,135,250	533,868	601,382	88.8
<b>65 to 69 years</b>	<b>959,233</b>	<b>448,193</b>	<b>511,040</b>	<b>87.7</b>
70 to 74 years	798,707	357,908	410,799	87.1
75 to 79 years	615,514	280,087	355,427	83.5
80 to 84 years	482,023	205,925	276,098	74.6
85 years and over	434,125	158,313	275,912	57.4

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

<sup>8</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)>