

Men's Health Report Card™ – Georgia

Men's Health Network

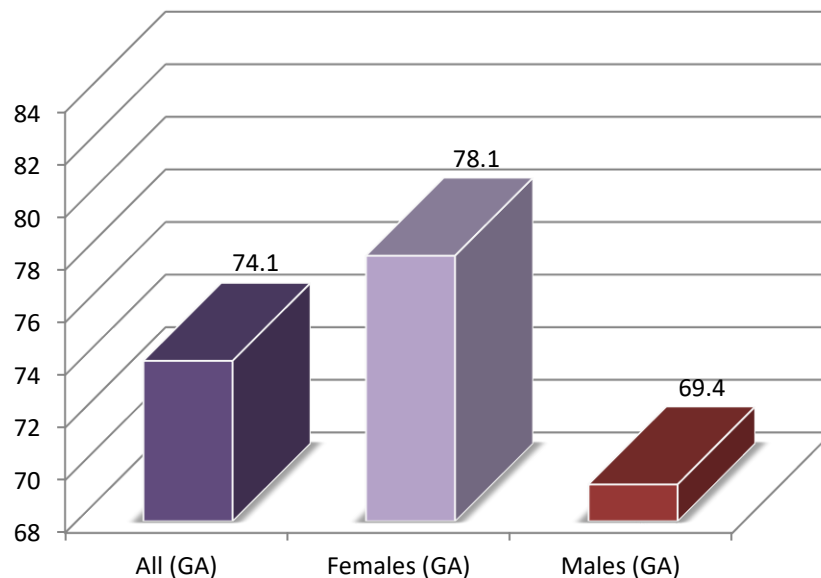
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Compiled by Chris Komst and Jacob Roy

- “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.

Georgia Life Expectancy at Birth: Most Recent Data



Georgia vs U.S. Life Expectancy at Birth¹

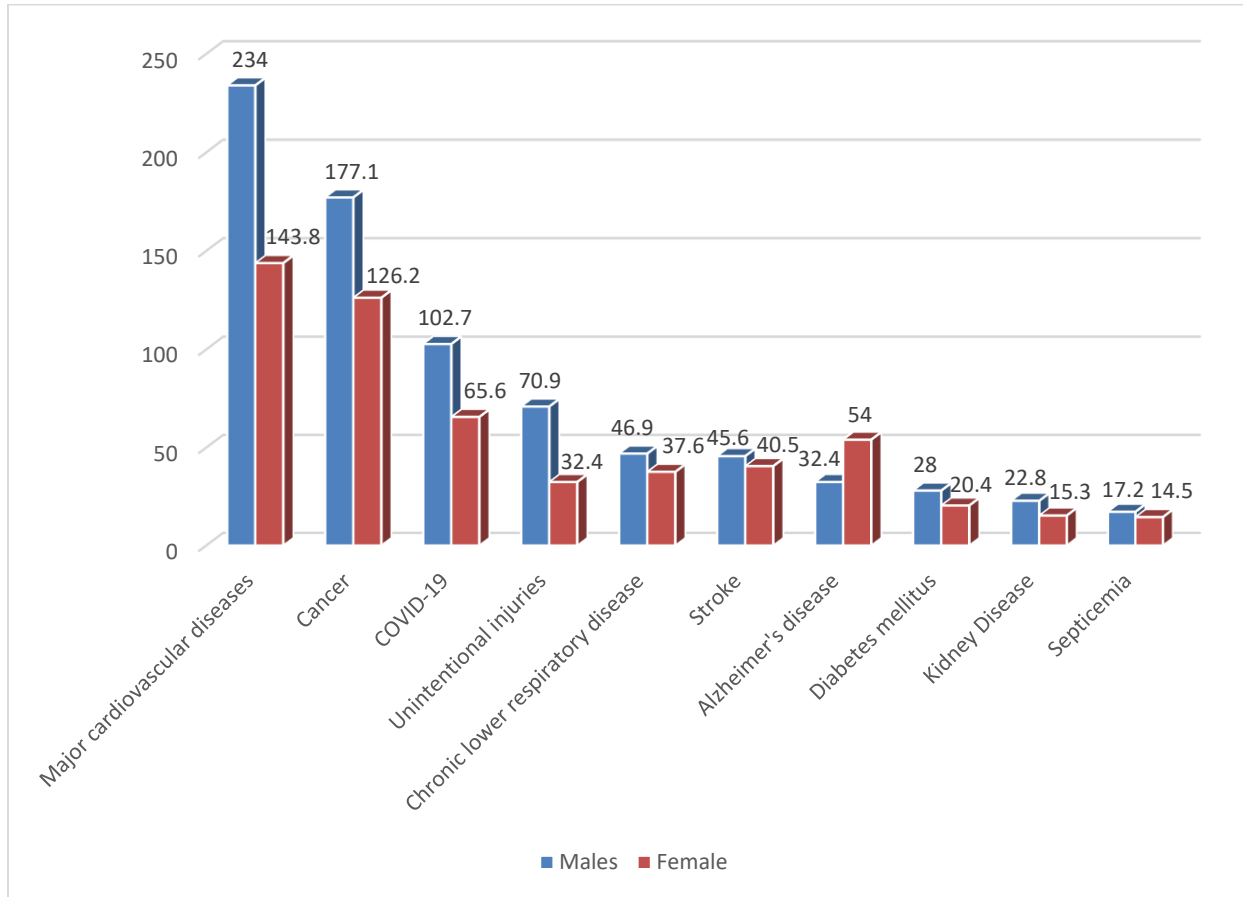
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (GA)	80.0	White (GA)	75.1
Black (US)	78.5	Black (US)	72.5
Black (GA)	77.5	Black (GA)	71.3
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (GA)	*	Hispanic (GA)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (GA)	89.5	Asian/Pac. Islander (GA)	86.3
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (GA)	*	Amer. Indian/Alaskan Native (GA)	*

* No data availab

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>

Georgia: 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 Population

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	234.0	143.8
Cancer	170.3	177.1	126.2
COVID-19	107.7	102.7	65.6
Unintentional injuries	80.5	70.9	32.4
Chronic lower respiratory disease	40.2	46.9	37.6
Stroke	39.8	45.6	40.5
Alzheimer's disease	25.3	32.4	54
Diabetes mellitus	31.2	28.0	20.4
Kidney disease	15.4	22.8	15.3
Septicemia	12.4	17.2	14.5

² Ibid.

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

Georgia's 10 Leading Causes of Death by Gender³

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

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

Georgia'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	Cancer
3	COVID-19	COVID-19	Unintentional injuries
4	Unintentional injuries	Unintentional injuries	Major cardiovascular disease
5	Chronic lower respiratory disease	Homicide	Suicide
6	Stroke	Stroke	Diabetes mellitus
7	Alzheimer's disease	Diabetes mellitus	Stroke
8	Suicide	Kidney disease	Chronic liver disease
9	Diabetes mellitus	Chronic lower respiratory disease	Homicide
10	Chronic liver disease	Essential hypertension	Kidney disease

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

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

* = unavailable or negligible data

³ Wonder. Centers for Disease Control and Prevention (CDC). Mortality by underlying cause: US/State, 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.*

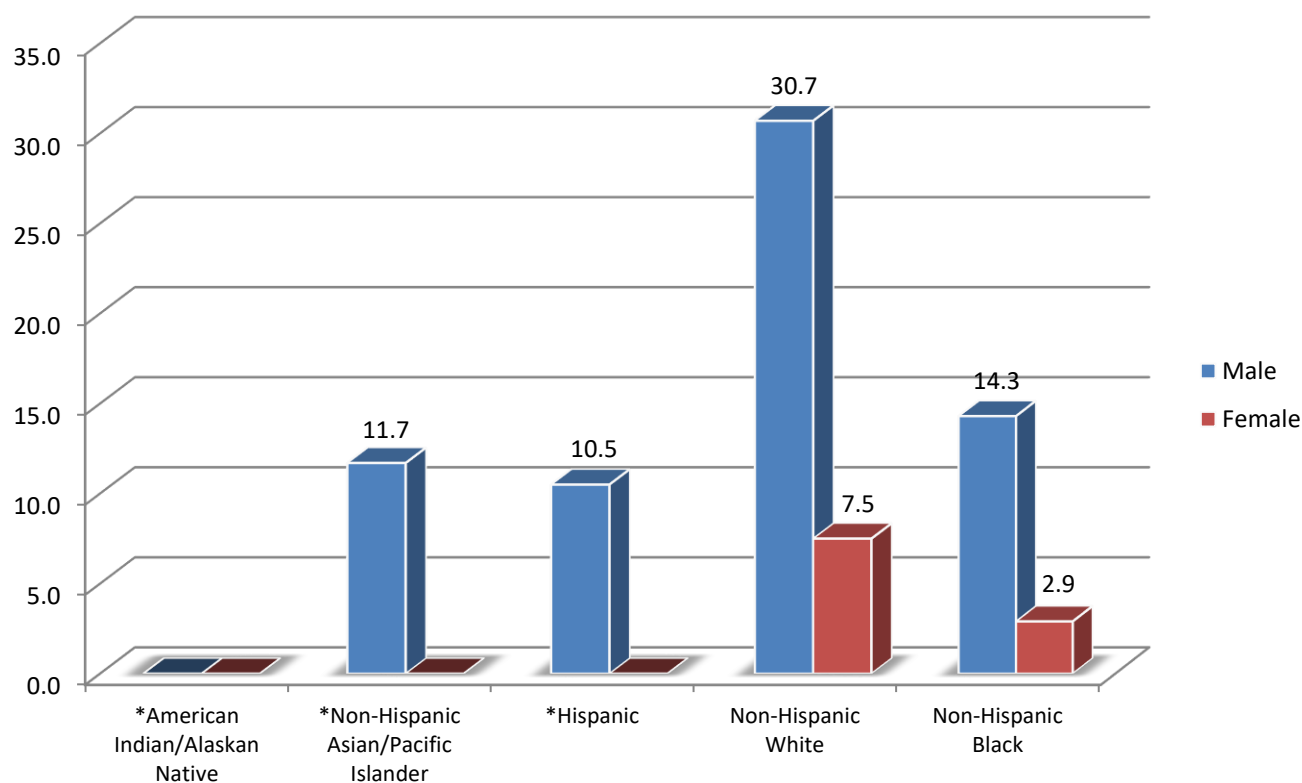
Georgia: Leading Causes of Death for Ages 0-19⁴

(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	12.8	14.8	5.1	6.4	24.8	7.6	12.8	3.3	3.2	11.3
Birth defects	17.1	72.8	*	*	*	14.2	60.8	*	*	*
Homicide	7.6	3.4	*	1.9	23.3	3.3	3.5	*	*	3.8
Cancer	2.3	*	2.1	2.3	3.1	2.3	*	*	1.9	3.7
Suicide	5.0	*	*	3.8	15.3	1.9	*	*	2.4	4.9
Heart Disease	1.4	2.3	*	*	2.3	1.3	3.2	*	*	*

* = unavailable or negligible number

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



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

⁴ Ibid.

Prostate Cancer Incidence and Mortality⁵

In 2022, the American Cancer Society estimates:

- 9,150 new cases of prostate cancer will be diagnosed among men in Georgia
- 1,070 men die of prostate cancer in Georgia

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

Race/Ethnicity	Georgia	National
Overall	126.6	106.2
White (Includes Hispanic)	105.4	97.6
Black (Includes Hispanic)	195.4	168.6
Hispanic (Any Race)	105.4	83.9
Asian/Pacific Islander	55.6	54.7
American Indian/Alaskan Native	35.8	53.7

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

Aging in Georgia

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

Georgia Resident Population: 2010 Census by Age and Sex⁶

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	9,687,653	4,729,171	4,958,482	95.4
Under 5 years	686,785	350,673	336,112	104.3
5 to 9 years	695,161	353,909	341,252	103.7
10 to 14 years	689,684	352,577	337,107	104.6
15 to 19 years	709,999	362,934	347,065	104.6
20 to 24 years	680,080	344,477	335,603	102.6
25 to 29 years	673,935	333,831	340,104	98.2
30 to 34 years	661,625	324,379	337,246	96.2
35 to 39 years	698,059	340,454	357,605	95.2
40 to 44 years	699,481	344,098	355,383	96.8
45 to 49 years	722,661	353,137	369,524	95.6
50 to 54 years	668,591	324,343	344,248	94.2
55 to 59 years	573,551	271,779	301,772	90.1
60 to 64 years	496,006	234,550	261,456	89.7
65 to 69 years	356,007	166,350	189,657	87.7
70 to 74 years	250,422	112,713	137,709	81.8
75 to 79 years	182,735	77,156	105,579	73.1
80 to 84 years	129,048	48,500	80,548	60.2
85 years and over	113,823	33,311	80,512	41.4

⁵ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018

⁶ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. <http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>