

Men's Health Report Card™ – Hawaii

Men's Health Network

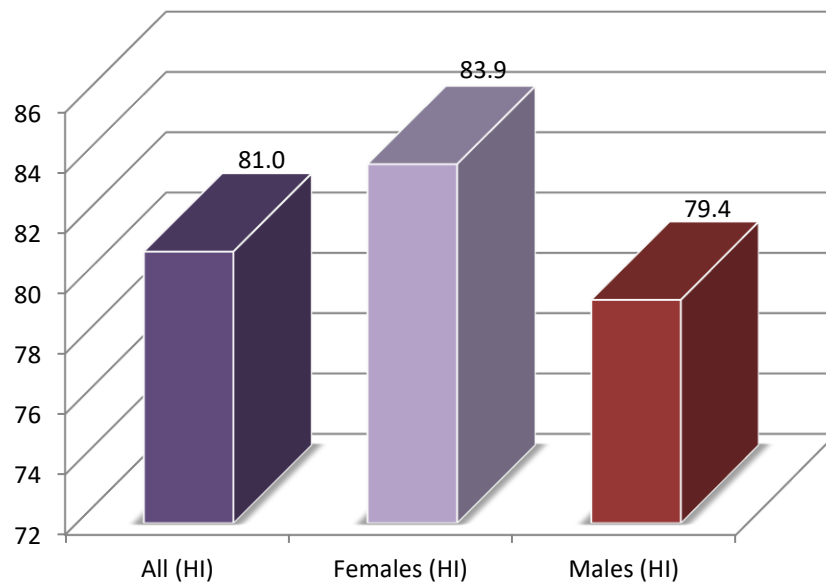
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Compiled by Chris Komst and Jacob Roy

- “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.

Hawaii Life Expectancy at Birth: Most Recent Data



Hawaii vs U.S. Life Expectancy at Birth¹

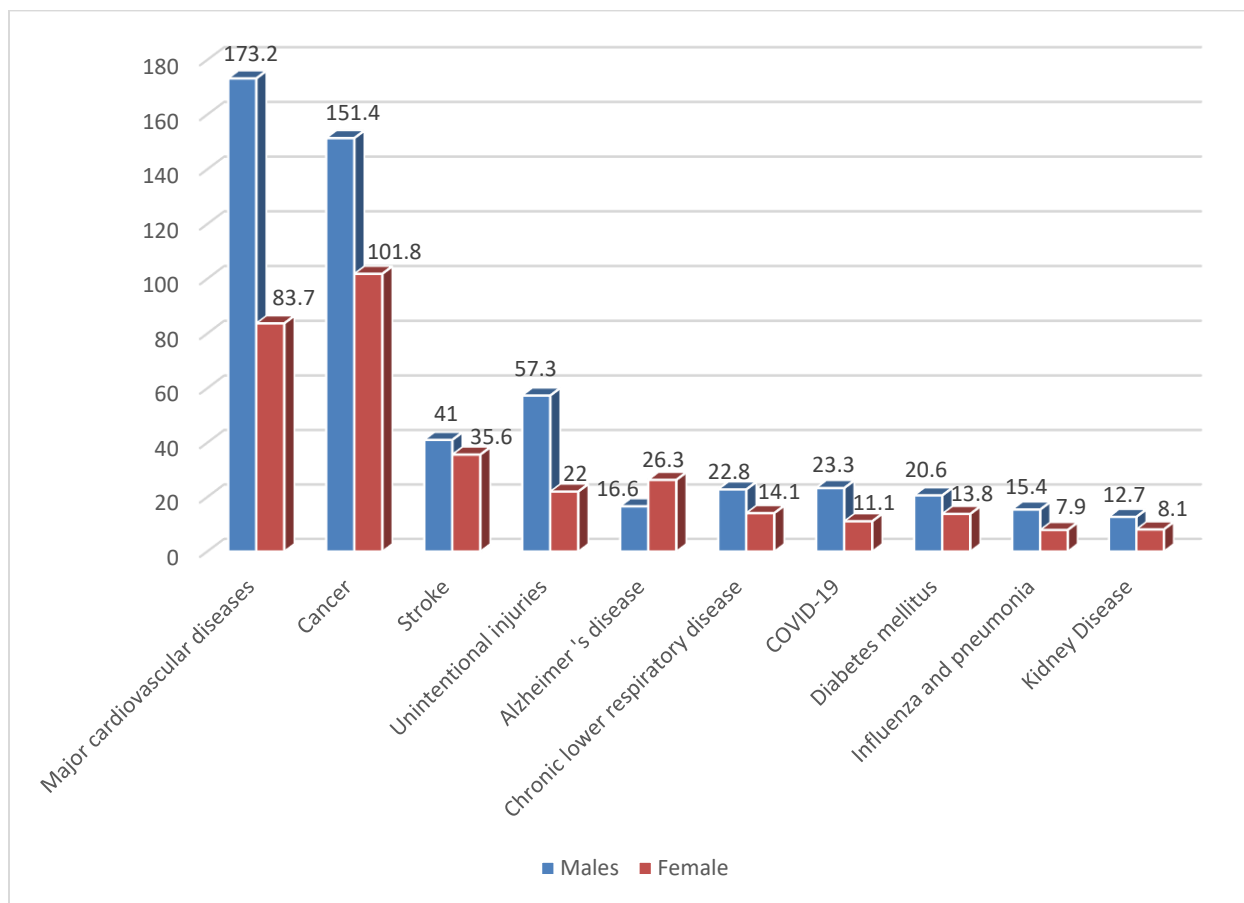
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (HI)	83.6	White (HI)	77.7
Black (US)	78.5	Black (US)	72.5
Black (HI)	*	Black (HI)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (HI)	*	Hispanic (HI)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (HI)	85.5	Asian/Pac. Islander (HI)	78.5
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (HI)	*	Amer. Indian/Alaskan Native (HI)	*

* 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. Retrieved January 2019. < https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf >

Hawaii: 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	173.2	83.7
Cancer	170.3	151.4	101.8
Stroke	39.8	41.0	35.6
Unintentional injuries	80.5	57.3	22.0
Alzheimer's disease	25.3	16.6	26.3
Chronic lower respiratory disease	40.2	22.8	14.1
COVID-19	107.7	23.3	11.1
Diabetes mellitus	31.2	20.6	13.8
Influenza & pneumonia	15.8	15.4	7.9
Kidney disease	15.4	12.7	8.1

² Ibid.

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

Hawaii's 10 Leading Causes of Death by Gender³

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

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

Hawaii's 10 Leading Causes of Death by Race

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	Unintentional injuries	Unintentional injuries
4	Stroke	*	Stroke
5	Chronic lower respiratory disease	*	Diabetes mellitus
6	Suicide	*	Suicide
7	Chronic liver disease	*	COVID-19
8	Alzheimer's disease	*	*
9	Diabetes mellitus	*	*
10	Influenza & pneumonia	*	*

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

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

* = data unavailable or negligible

³ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

Leading Causes of Death for Boys

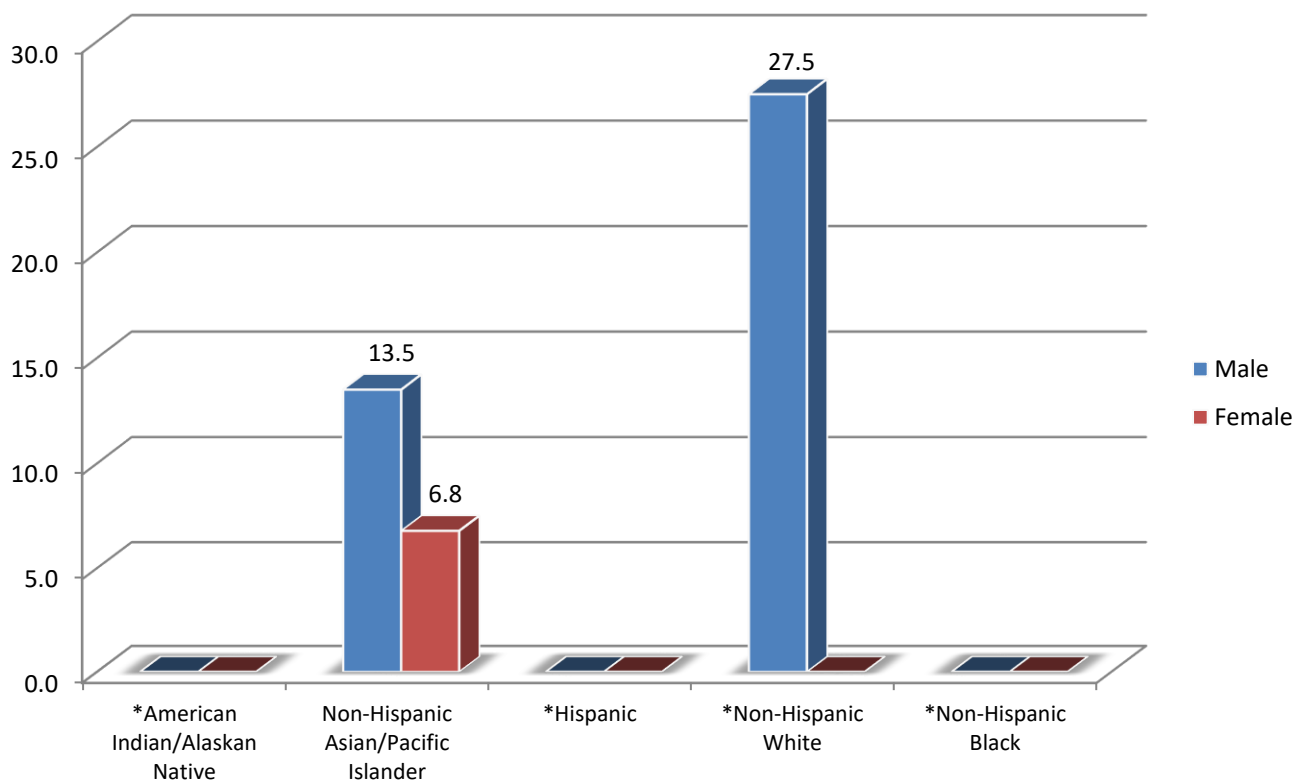
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Hawaii: 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	6.9	*	*	*	24.8	4.2	*	*	*	*
Birth defects	15.9	59.0	*	*	*	11.7	44.9	*	*	*
Homicide	*	*	*	*	23.3	*	*	*	*	*
Cancer	*	*	*	*	3.1	*	*	*	*	*
Suicide	4.7	*	*	*	15.3	*	*	*	*	*
Heart Disease	*	*	*	*	2.3	*	*	*	*	*

* = unavailable or negligible number

Hawaii: 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:

- 940 new cases of prostate cancer will be diagnosed among men in Hawaii
- 130 men die of prostate cancer in Hawaii

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

Race/Ethnicity	Hawaii	National
Overall	95.6	106.2
White (Includes Hispanic)	95.7	97.6
Black (Includes Hispanic)	176.8	168.6
Hispanic (Any Race)	109.1	83.9
Asian/Pacific Islander	90.9	54.7
American Indian/Alaskan Native	116.3	53.7

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

Aging in Hawaii

- 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 Hawaii, the male-female ratio converges in the late 40s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Hawaii Resident Population: 2010 Census by Age and Sex⁶

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,360,301	681,243	679,058	100.3
Under 5 years	87,407	45,019	42,388	106.2
5 to 9 years	83,361	42,847	40,514	105.8
10 to 14 years	81,539	41,699	39,840	104.7
15 to 19 years	85,994	44,590	41,404	107.7
20 to 24 years	95,829	51,981	43,848	118.5
25 to 29 years	97,302	50,683	46,619	108.7
30 to 34 years	88,031	44,921	43,110	104.2
35 to 39 years	86,756	43,994	42,762	102.9
40 to 44 years	89,617	45,253	44,364	102.0
45 to 49 years	95,787	48,213	47,574	101.3
50 to 54 years	97,978	48,831	49,147	99.4
55 to 59 years	93,340	46,148	47,192	97.8
60 to 64 years	82,222	40,879	41,343	98.9
65 to 69 years	59,170	28,849	30,321	95.1
70 to 74 years	41,353	19,140	22,213	86.2
75 to 79 years	34,675	14,940	19,735	75.7
80 to 84 years	29,702	11,904	17,798	66.9
85 years and over	30,238	11,352	18,886	60.1

⁵ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://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>