

Men's Health Report Card™ – Iowa

Men's Health Network

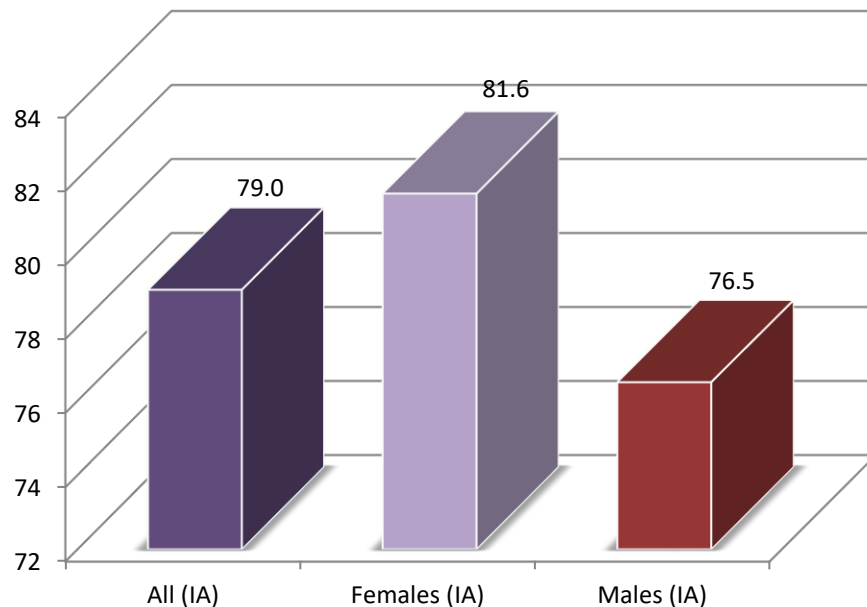
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Compiled by Chris Komst and Jacob Roy

- “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.

Iowa Life Expectancy at Birth: Most Recent Data



Iowa vs U.S. Life Expectancy at Birth¹

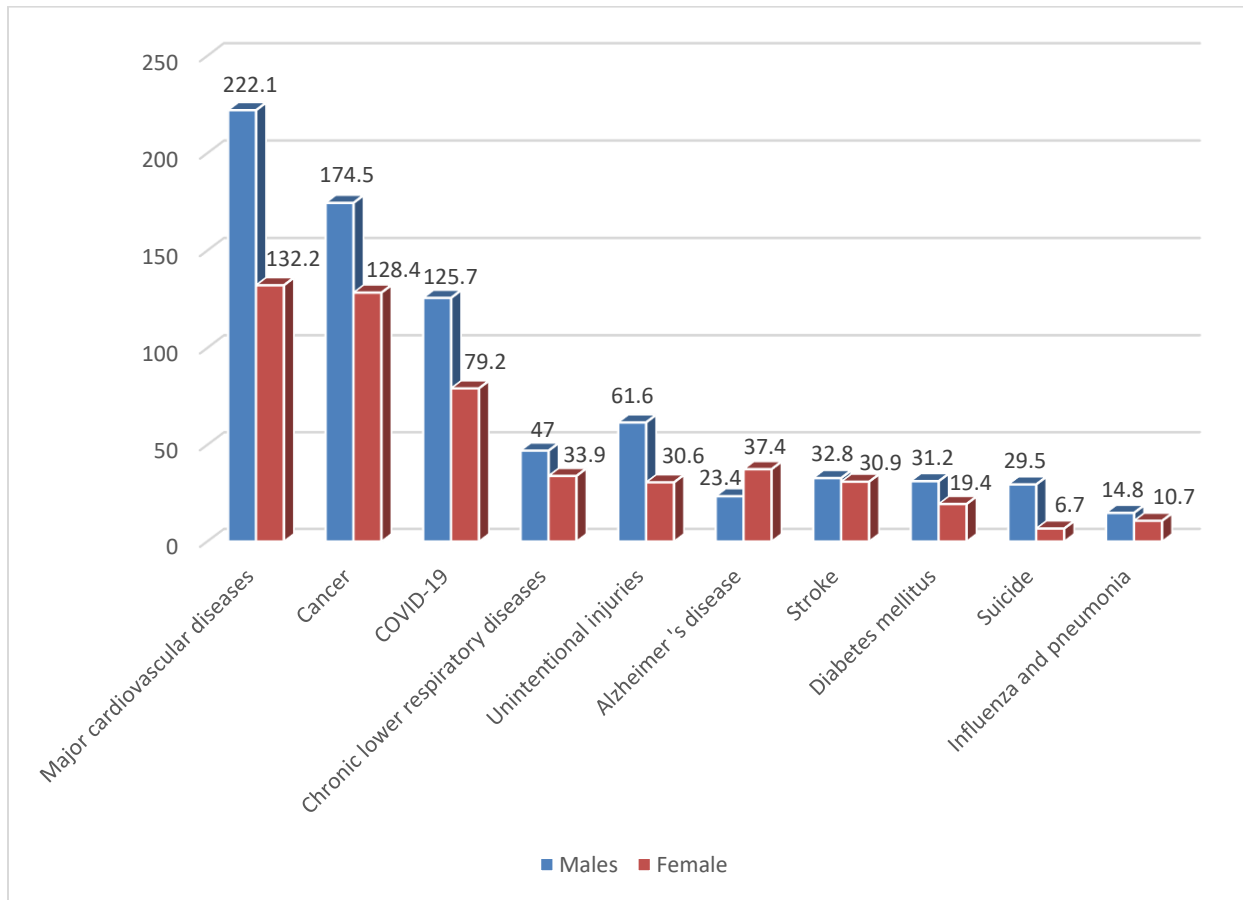
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (IA)	82.0	White (IA)	77.4
Black (US)	78.5	Black (US)	72.5
Black (IA)	*	Black (IA)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (IA)	*	Hispanic (IA)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (IA)	*	Asian/Pac. Islander (IA)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (IA)	*	Amer. Indian/Alaskan Native (IA)	*

* 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 >

Iowa: 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 Population²

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	222.1	132.2
Cancer	170.3	174.5	128.4
COVID-19	107.7	125.7	79.2
Chronic lower respiratory disease	40.2	47	33.9
Unintentional injuries	80.5	61.6	30.6
Alzheimer's disease	25.3	23.4	37.4
Stroke	39.8	32.8	30.9
Diabetes mellitus	31.2	31.2	19.4
Suicide	22.0	29.5	6.7
Influenza & pneumonia	15.8	14.8	10.7

² Ibid,

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

Iowa's 10 Leading Causes of Death by Gender³

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

Iowa's 10 Leading Causes of Death by Race⁴

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

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

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

⁴ Ibid.

Leading Causes of Death for Boys⁵

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.*

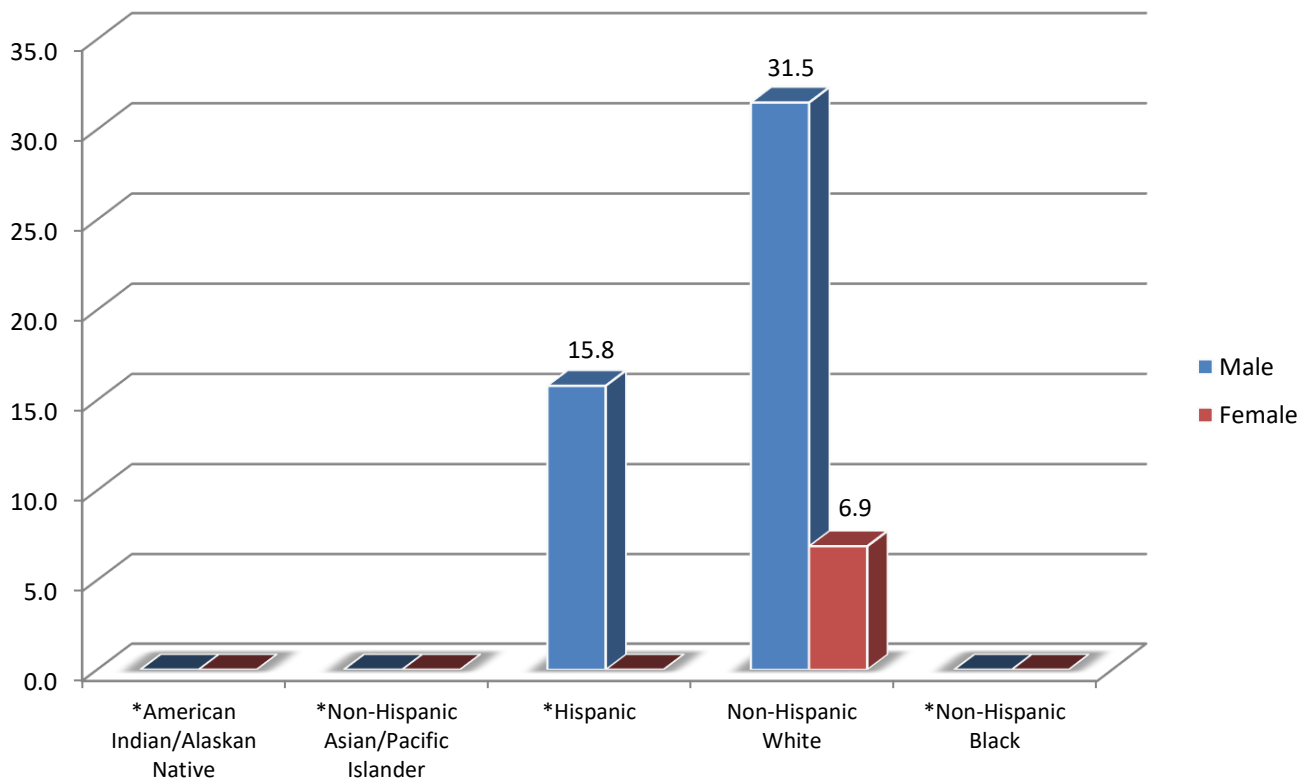
Iowa: Leading Causes of Death for Ages 0-19

(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	12.7	12.3	*	7.5	25.7	6.5	*	*	*	12.2
Birth defects	11.8	49.1	*	*	*	6.9	28.9	*	*	*
Homicide	2.9	*	*	*	7.3	*	*	*	*	*
Cancer	3.0	*	*	*	*	2.0	*	*	*	*
Suicide	6.3	*	*	*	22.0	1.8	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

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



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

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 2,690 new cases of prostate cancer will be diagnosed among men in Iowa
- 390 men die of prostate cancer in Iowa

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

Race/Ethnicity	Iowa	National
Overall	112.1	106.2
White (Includes Hispanic)	110.7	97.6
Black (Includes Hispanic)	175.5	168.6
Hispanic (Any Race)	67.5	83.9
Asian/Pacific Islander	35.8	54.7
American Indian/Alaskan Native	88.6	53.7

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

Aging in Iowa

- 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 Iowa, the male-female ratio converges in the late 50s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Iowa Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	3,046,355	1,508,319	1,538,036	98.1
Under 5 years	202,123	103,401	98,722	104.7
5 to 9 years	200,646	102,669	97,977	104.8
10 to 14 years	200,904	103,327	97,577	105.9
15 to 19 years	216,837	111,239	105,598	105.3
20 to 24 years	213,350	109,467	103,883	105.4
25 to 29 years	197,843	101,509	96,334	105.4
30 to 34 years	184,740	94,027	90,713	103.7
35 to 39 years	177,148	89,574	87,574	102.3
40 to 44 years	187,400	94,810	92,590	102.4
45 to 49 years	216,482	107,876	108,606	99.3
50 to 54 years	223,244	111,584	111,660	99.9
55 to 59 years	204,393	102,309	102,084	100.2
60 to 64 years	168,357	83,250	85,107	97.8
65 to 69 years	124,365	59,642	64,723	92.1
70 to 74 years	100,291	46,140	54,151	85.2
75 to 79 years	83,387	36,112	47,275	76.4
80 to 84 years	70,187	28,032	42,155	66.5
85 years and over	74,658	23,351	51,307	45.5

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>