

Men's Health Report Card™ – Idaho

Men's Health Network

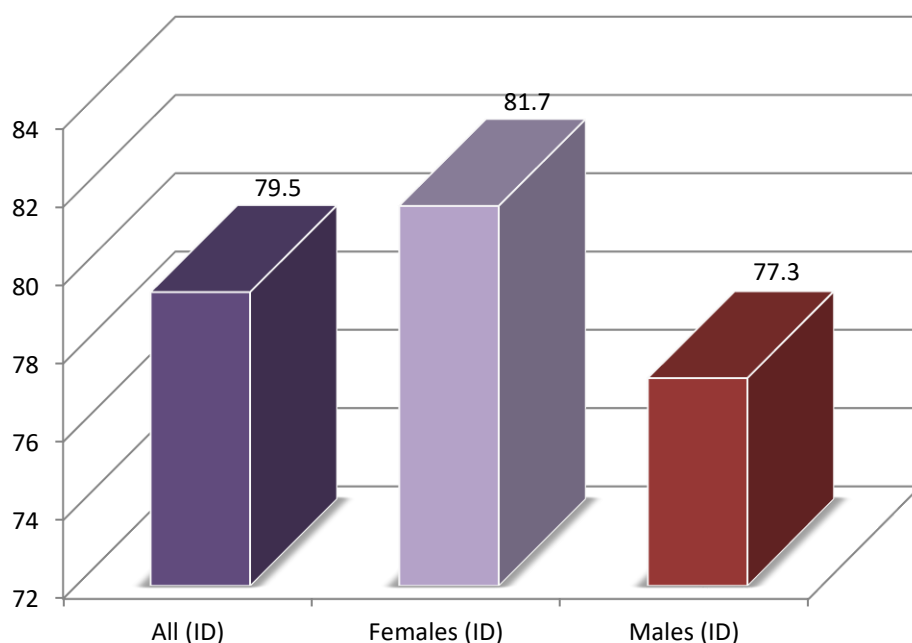
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Compiled by Chris Komst and Jacob Roy

- “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.

Idaho Life Expectancy at Birth: Most Recent Data



Idaho vs U.S. Life Expectancy at Birth¹

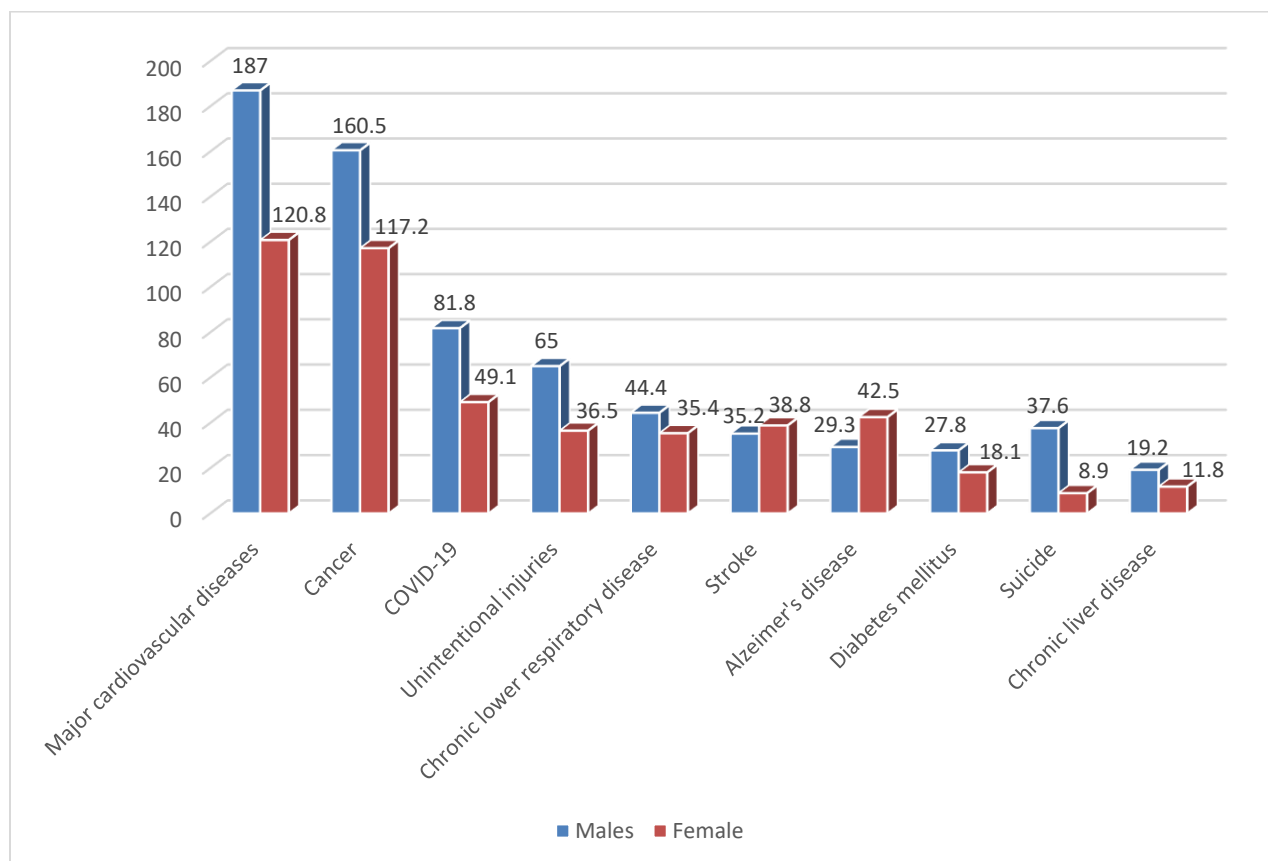
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (ID)	81.6	White (ID)	77.2
Black (US)	78.5	Black (US)	72.5
Black (ID)	*	Black (ID)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (ID)	*	Hispanic (ID)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (ID)	*	Asian/Pac. Islander (ID)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (ID)	*	Amer. Indian/Alaskan Native (ID)	*

* 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 >

Idaho: 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	187.0	120.8
Cancer	170.3	160.5	117.2
COVID-19	107.7	81.8	49.1
Unintentional injuries	80.5	65	36.5
Chronic lower respiratory disease	40.2	44.4	35.4
Stroke	39.8	35.2	38.8
Alzheimer's disease	25.3	29.3	42.5
Diabetes mellitus	31.2	27.8	18.1
Suicide	22.0	37.6	8.9
Chronic liver disease	17.5	19.2	11.8

² Ibid.

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

Idaho'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	Suicide	Chronic lower respiratory disease
7	Stroke	Unintentional injuries
8	Diabetes mellitus	Diabetes mellitus
9	Alzheimer's disease	Chronic liver disease
10	Chronic liver disease	Essential hypertension

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

Idaho's 10 Leading Causes of Death by Race⁴

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

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

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

⁴ 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.*

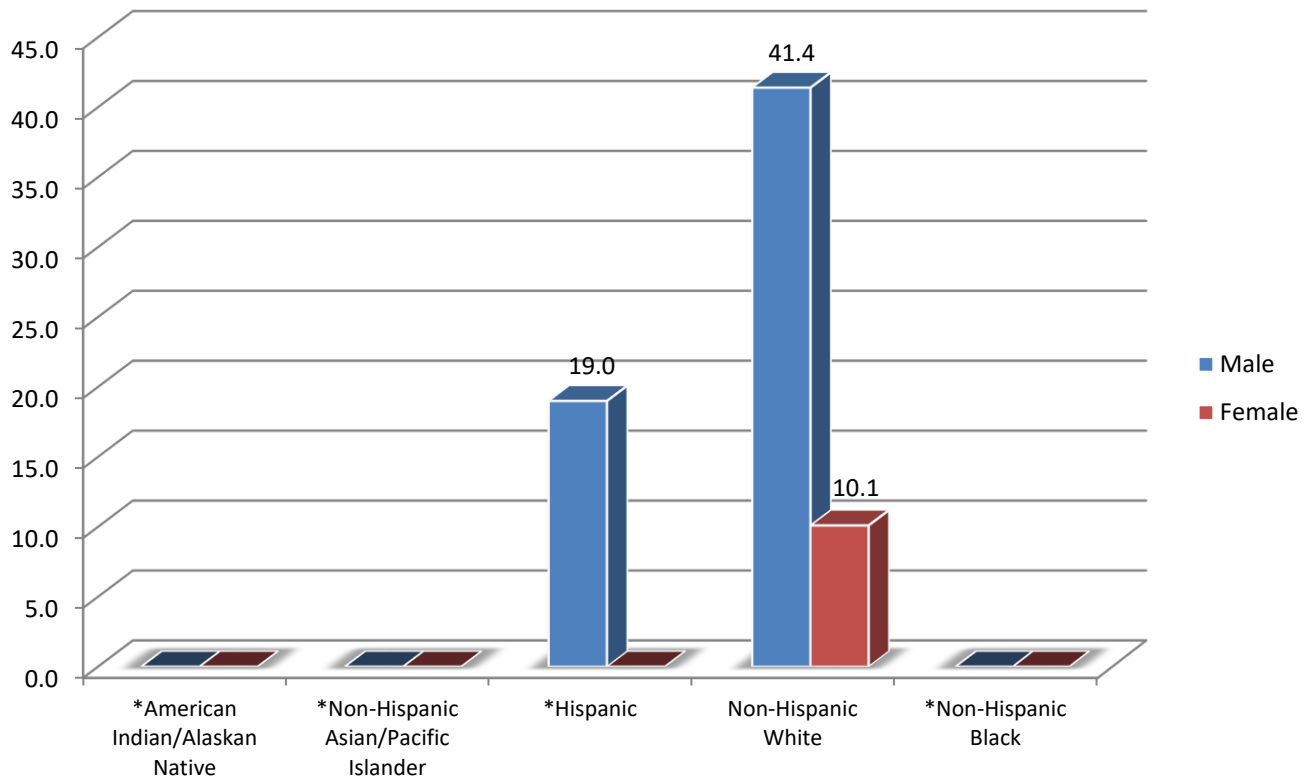
Idaho: Leading Causes of Death for Ages 0-19⁵

(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	15.6	14.1	*	*	38.0	6.7	*	*	*	11.4
Birth defects	10.1	43.5	*	*	*	9.2	39.6	*	*	*
Homicide	*	*	*	*	*	*	*	*	*	*
Cancer	2.8	*	*	*	*	*	*	*	*	*
Suicide	9.9	*	*	*	32.8	6.7	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = negligible number

Idaho: 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:

- 1,480 new cases of prostate cancer will be diagnosed among men in Idaho
- 200 men die of prostate cancer in Idaho

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

Race/Ethnicity	Idaho	National
Overall	108.5	106.2
White (Includes Hispanic)	105.7	97.6
Black (Includes Hispanic)	147.9	168.6
Hispanic (Any Race)	80.8	83.9
Asian/Pacific Islander	53.6	54.7
American Indian/Alaskan Native	67.5	53.7

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

Aging in Idaho

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

Idaho Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,567,582	785,324	782,258	100.4
Under 5 years	121,772	62,468	59,304	105.3
5 to 9 years	121,195	61,887	59,308	104.3
10 to 14 years	116,955	60,104	56,851	105.7
15 to 19 years	115,359	58,936	56,423	104.5
20 to 24 years	108,209	54,782	53,427	102.5
25 to 29 years	106,734	54,818	51,916	105.6
30 to 34 years	102,231	52,206	50,025	104.4
35 to 39 years	96,845	49,149	47,696	103.0
40 to 44 years	94,764	47,948	46,816	102.4
45 to 49 years	103,560	51,546	52,014	99.1
50 to 54 years	104,977	52,006	52,971	98.2
55 to 59 years	96,997	48,095	48,902	98.3
60 to 64 years	83,316	41,542	41,774	99.4
65 to 69 years	63,428	31,148	32,280	96.5
70 to 74 years	46,106	22,648	23,458	96.5
75 to 79 years	34,278	15,960	18,318	87.1
80 to 84 years	25,614	11,073	14,541	76.2
85 years and over	25,242	9,008	16,234	55.5

⁶ National Cancer Institute. State Cancer Profiles 2008-2012. <<http://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>