

Men's Health Report Card™ – Illinois

Men's Health Network

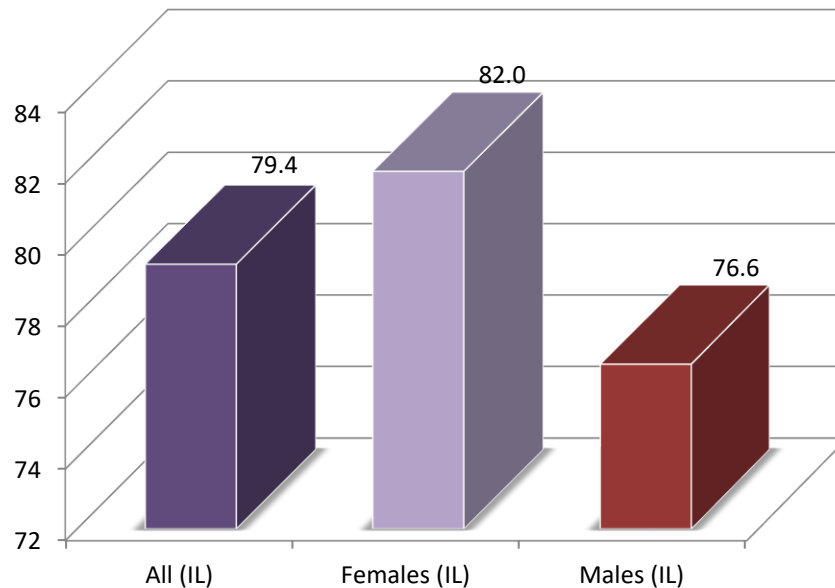
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- “There is a silent health crisis in America...it’s that fact that, on average, American men live sicker and die younger than American women.” - *Dr. David Gremillion, Men's Health Network*

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.

Illinois Life Expectancy at Birth: Most Recent Data



Illinois vs U.S. Life Expectancy at Birth¹

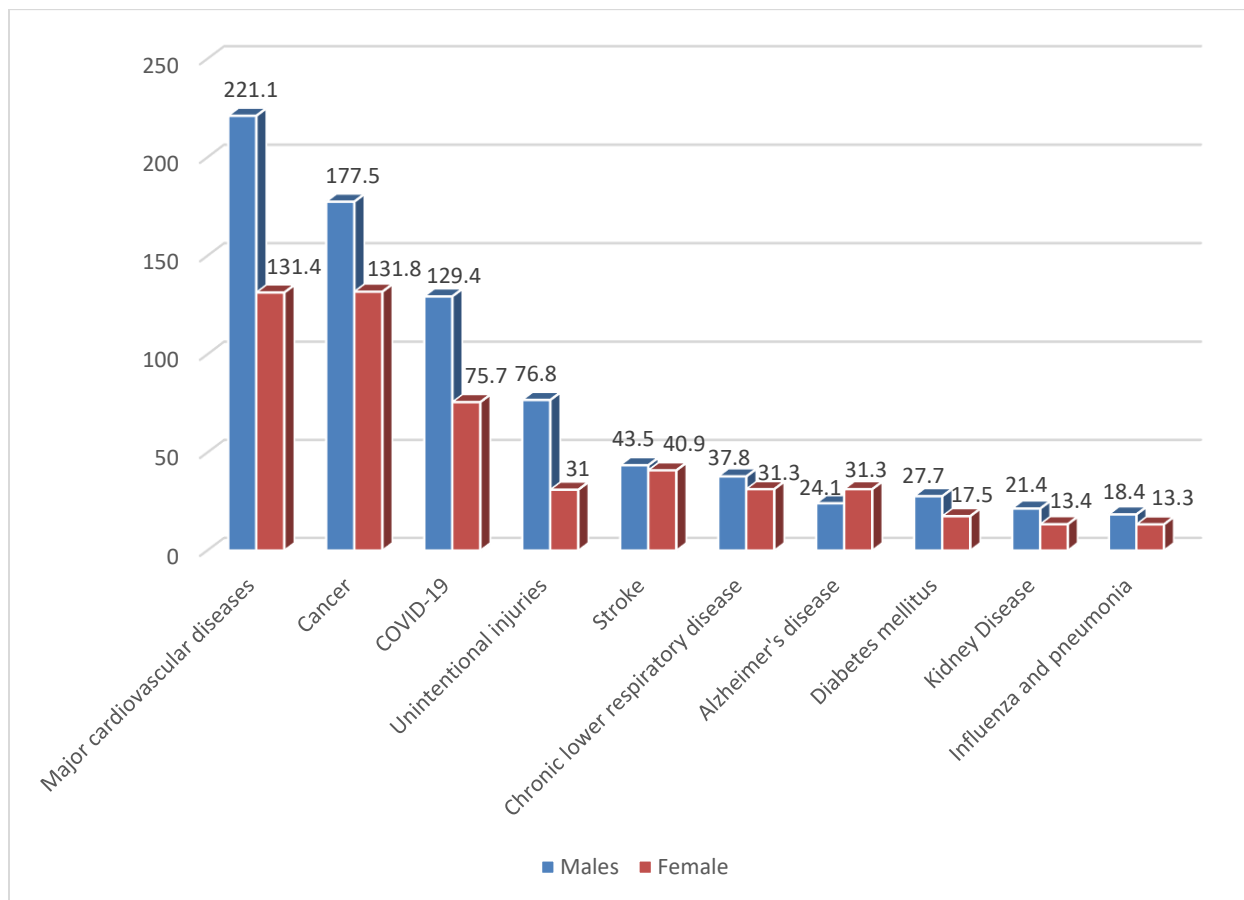
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (IL)	81.6	White (IL)	76.9
Black (US)	78.5	Black (US)	72.5
Black (IL)	77.4	Black (IL)	69.9
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (IL)	87.9	Hispanic (IL)	82.6
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (IL)	89.6	Asian/Pac. Islander (IL)	85.9
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (IL)	*	Amer. Indian/Alaskan Native (IL)	*

* 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 >

Illinois: 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	221.1	131.4
Cancer	170.3	177.5	131.8
COVID-19	107.7	129.4	75.7
Unintentional injuries	80.5	76.8	31
Stroke	39.8	43.5	40.9
Chronic lower respiratory disease	40.2	37.8	31.3
Alzheimer's disease	25.3	24.1	31.3
Diabetes mellitus	31.2	27.7	17.5
Kidney disease	15.4	21.4	13.4
Influenza & pneumonia	15.8	18.4	13.3

² Ibid.

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

Illinois'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	Stroke
5	Stroke	Alzheimer's disease
6	Chronic lower respiratory disease	Chronic lower respiratory disease
7	Diabetes mellitus	Unintentional injuries
8	Alzheimer's disease	Diabetes mellitus
9	Kidney disease	Kidney disease
10	Influenza & pneumonia	Influenza & pneumonia

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

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

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

*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..

⁴ Ibid.

Leading Causes of Death for Boys

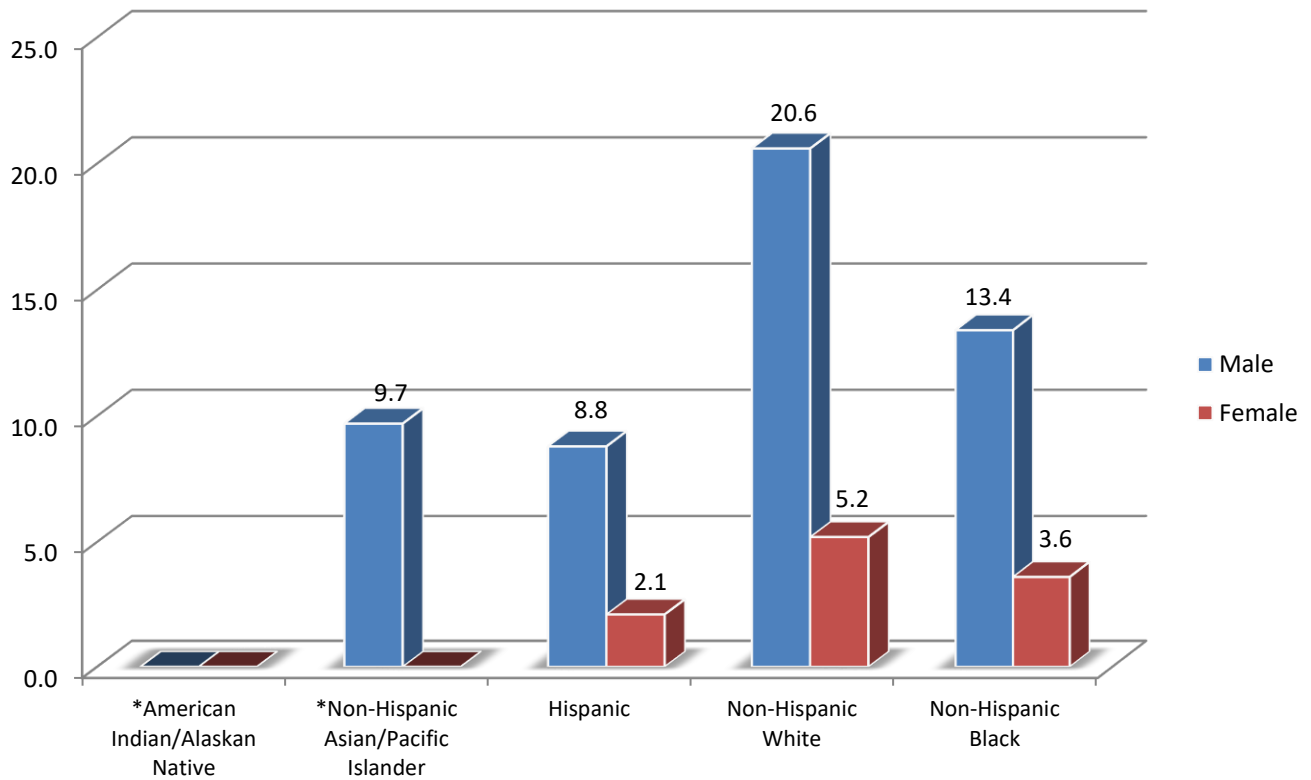
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Illinois: 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	10.0	13.5	3.6	3.1	19.5	5.8	9.3	2.3	2.7	8.8
Birth defects	15.2	63.9	*	*	*	13.1	55.5	*	*	*
Homicide	8.8	3.9	*	2.0	27.9	1.8	2.3	*	*	3.3
Cancer	2.2	1.9	2.3	*	3.2	1.8	1.8	1.9	1.8	1.7
Suicide	3.7	*	*	2.0	11.8	1.9	*	*	1.9	5.3
Heart Disease	1.3	2.6	*	*	*	0.9	*	*	*	*

* = unavailable or negligible number

Illinois: 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:

- 10,520 new cases of prostate cancer will be diagnosed among men in Illinois
- 1,160 men die of prostate cancer in Illinois

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

Race/Ethnicity	Illinois	National
Overall	111.5	106.2
White (Includes Hispanic)	103.2	97.6
Black (Includes Hispanic)	172.5	168.6
Hispanic (Any Race)	*	83.9
Asian/Pacific Islander	*	54.7
American Indian/Alaskan Native	*	53.7

* = data unavailable or negligible

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

Aging in Illinois

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

Illinois Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	12,830,632	6,292,276	6,538,356	96.2
Under 5 years	835,577	425,893	409,684	104.0
5 to 9 years	859,405	438,556	420,849	104.2
10 to 14 years	879,448	449,160	430,288	104.4
15 to 19 years	922,092	473,736	448,356	105.7
20 to 24 years	878,964	447,513	431,451	103.7
25 to 29 years	910,273	456,887	453,386	100.8
30 to 34 years	865,684	433,782	431,902	100.4
35 to 39 years	855,790	426,476	429,314	99.3
40 to 44 years	870,100	432,756	437,344	99.0
45 to 49 years	940,094	463,423	476,671	97.2
50 to 54 years	930,785	455,953	474,832	96.0
55 to 59 years	807,778	392,322	415,456	94.4
60 to 64 years	665,429	318,903	346,526	92.0
65 to 69 years	485,060	225,894	259,166	87.2
70 to 74 years	364,475	163,405	201,070	81.3
75 to 79 years	289,385	122,706	166,679	73.6
80 to 84 years	235,381	92,019	143,362	64.2
85 years and over	234,912	72,892	162,020	45.0

⁶ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#/cancer-site/Prostate>.

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml