Men's Health Report Card™ – Indiana

➢ "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.

Indiana Life Expectancy at Birth: Most Recent Data
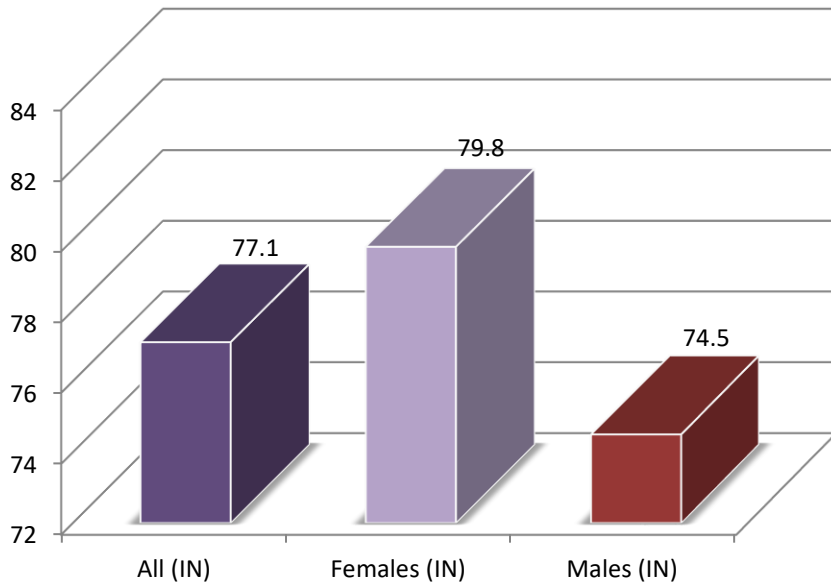
### Indiana vs U.S. Life Expectancy at Birth[1]

(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 (IN)	**80.1**	**White (IN)**	**75.2**
Black (US)	78.5	Black (US)	72.5
Black (IN)	**76.8**	**Black (IN)**	**70.6**
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (IN)	**87.0**	**Hispanic (IN)**	**85.3**
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (IN)	*****	**Asian/Pac. Islander (IN)**	*****
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (IN)	*****	**Amer. Indian/Alaskan Native (IN)**	*****

* No data available

Indiana: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)[2]

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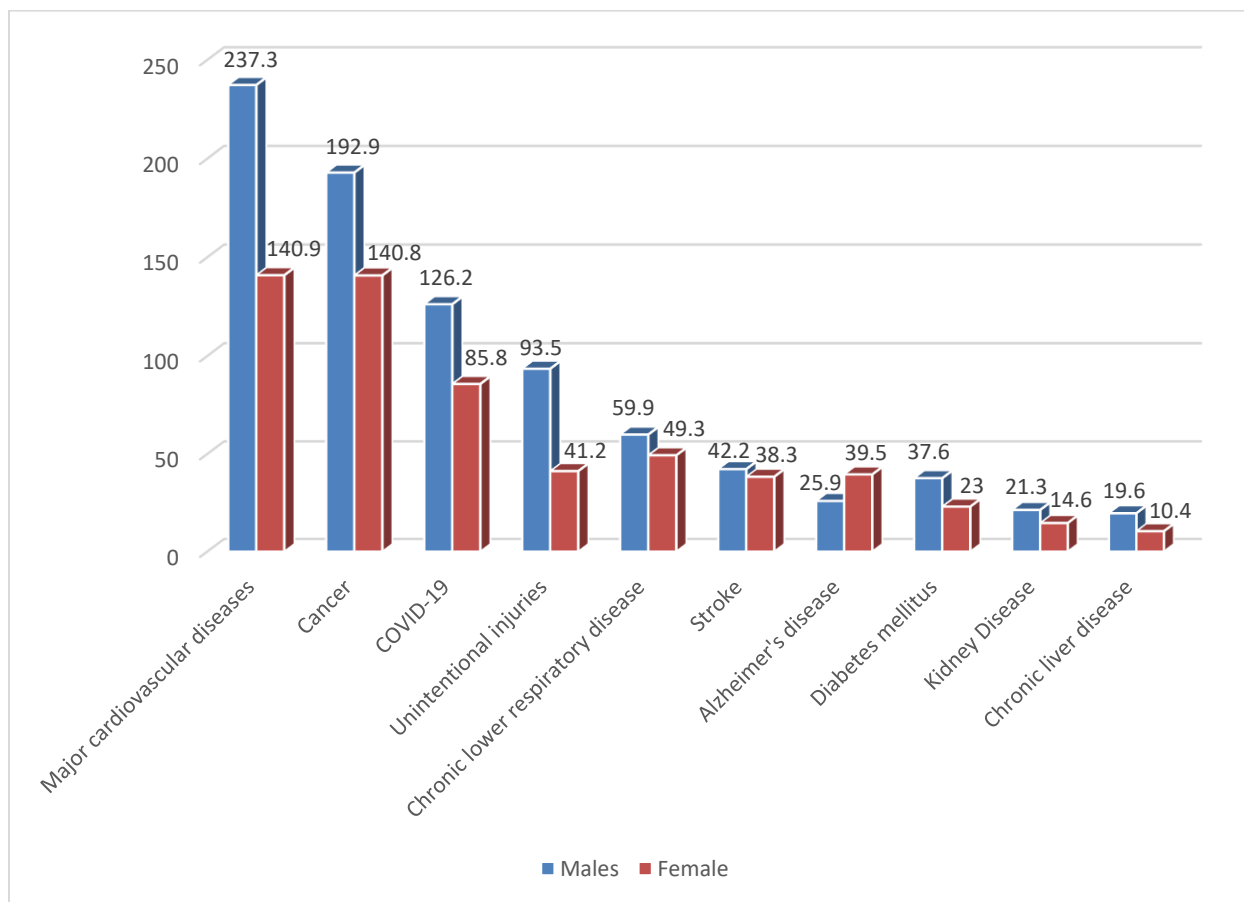
Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population[3]

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	237.3	140.9
Cancer	170.3	192.9	140.8
COVID-19	107.7	126.2	85.8
Unintentional injuries	80.5	93.5	41.2
Chronic lower respiratory disease	40.2	59.9	49.3
Stroke	39.8	42.2	38.3
Alzheimer's disease	25.3	25.9	39.5
Diabetes mellitus	31.2	37.6	23
Kidney disease	15.4	21.3	14.6
Chronic liver disease	17.5	19.6	10.4

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[2] Social Science Research Council. Measure of America. HD index and supplemental indicators by state: 2013-14 dataset. Life expectancy at birth. Measure of America A Project of the Social Science Research Council. Retrieved January 11, 2016. <www.measureofamerica.org>

[3] Ibid.

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

Indiana's 10 Leading Causes of Death by Gender[4]

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

Indiana's 10 Leading Causes of Death by Race[5]

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	Unintentional injuries
4	Unintentional injuries	Unintentional injuries	Cancer
5	Chronic lower respiratory disease	Homicide	Diabetes mellitus
6	Stroke	Diabetes mellitus	Homicide
7	Diabetes mellitus	Stroke	Chronic liver disease
8	Alzheimer's disease	Chronic lower respiratory disease	Suicide
9	Suicide	Kidney disease	Stroke
10	Chronic liver disease	Essential hypertension	Kidney disease

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

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[4] Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.
[5] Ibid.

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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.*

Indiana: Leading Causes of Death for Ages 0-19[6]
(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	14.2	20.5	5.0	5.4	25.7	9.4	16.1	3.2	3.8	14.6
Birth defects	15.0	62.7	*	*	*	11.7	49.1	*	*	*
Homicide	9.0	4.7	*	*	26.8	2.5	4.1	*	*	4.5
Cancer	2.1	*	*	*	2.9	1.8	*	*	*	*
Suicide	6.3	*	*	4.1	20.1	1.8	*	*	3.2	3.8
Heart Disease	1.2	*	*	*	*	1.1	*	*	*	*

* = unavailable or negligible number

Indiana: Age-Adjusted Suicide Rates per 100,000 (2020):
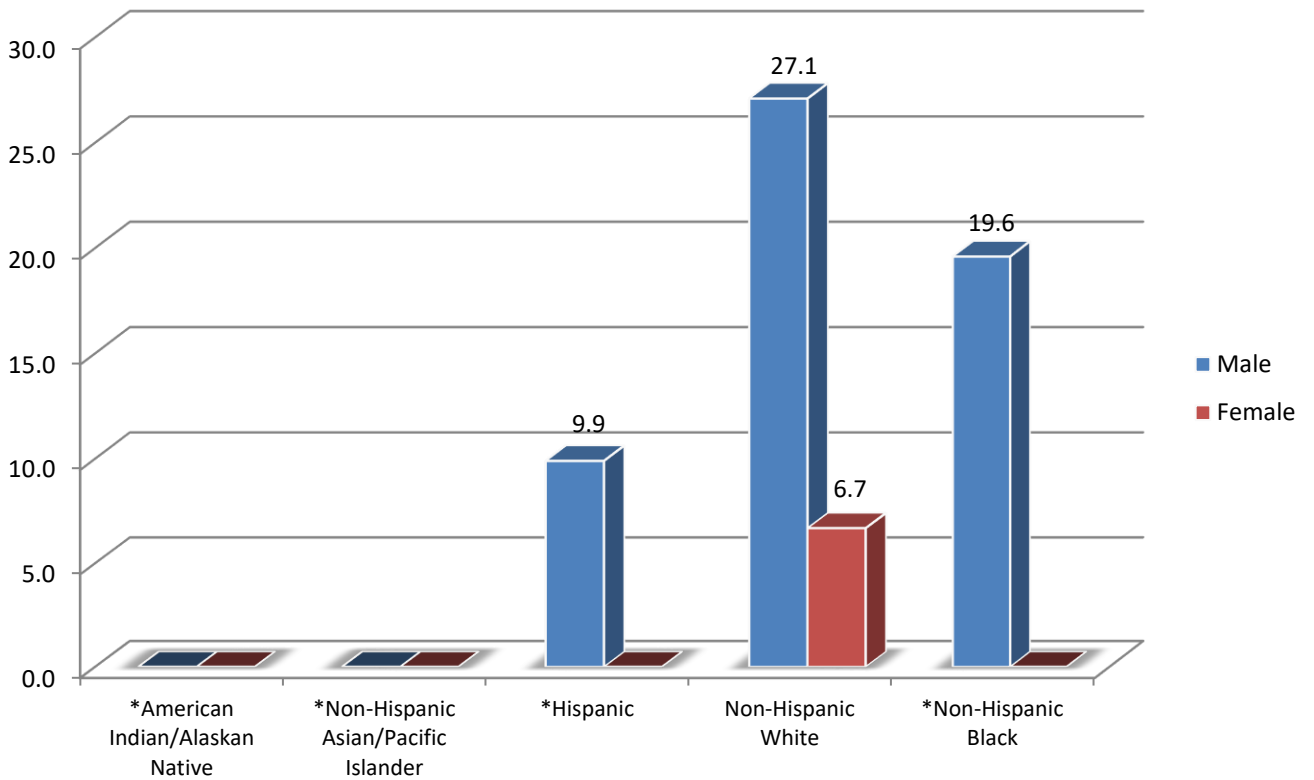
* = Sample size is too small to report part or all of the demographic

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[6] Ibid.

Prostate Cancer Incidence and Mortality[7]

In 2022, the American Cancer Society estimates:

- 5,020 new cases of prostate cancer will be diagnosed among men in Indiana

- 770 men die of prostate cancer in Indiana

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

Race/Ethnicity	Indiana	National
Overall	96.5	106.2
White (Includes Hispanic)	91.5	97.6
Black (Includes Hispanic)	163.3	168.6
Hispanic (Any Race)	73.2	83.9
Asian/Pacific Islander	44.3	54.7
American Indian/Alaskan Native	**	53.7

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

Aging in Indiana

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

Indiana Resident Population: 2010 Census by Age and Sex[8]

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	6,483,802	3,189,737	3,294,065	96.8
Under 5 years	434,075	221,819	212,256	104.5
5 to 9 years	444,821	227,736	217,085	104.9
10 to 14 years	452,171	230,960	221,211	104.4
15 to 19 years	475,515	243,490	232,025	104.9
20 to 24 years	452,026	228,268	223,758	102.0
25 to 29 years	419,530	210,811	208,719	101.0
30 to 34 years	407,815	204,713	203,102	100.8
35 to 39 years	417,011	208,907	208,104	100.4
40 to 44 years	423,819	212,134	211,685	100.2
45 to 49 years	473,946	234,880	239,066	98.2
50 to 54 years	472,822	233,891	238,931	97.9
55 to 59 years	418,515	205,257	213,258	96.2
60 to 64 years	350,628	168,979	181,649	93.0
65 to 69 years	**259,057**	**122,090**	**136,967**	**89.1**
70 to 74 years	193,278	88,090	105,188	83.7
75 to 79 years	151,843	64,775	87,068	74.4
80 to 84 years	121,658	47,290	74,368	63.6
85 years and over	115,272	35,647	79,625	44.8

[7] National Cancer Institute. State Cancer Profiles 2008-2012. <http://statecancerprofiles.cancer.gov> Retrieved: July 23, 2018.
[8] American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.
<http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>