

# Men's Health Report Card™ – Kansas

Men's Health Network

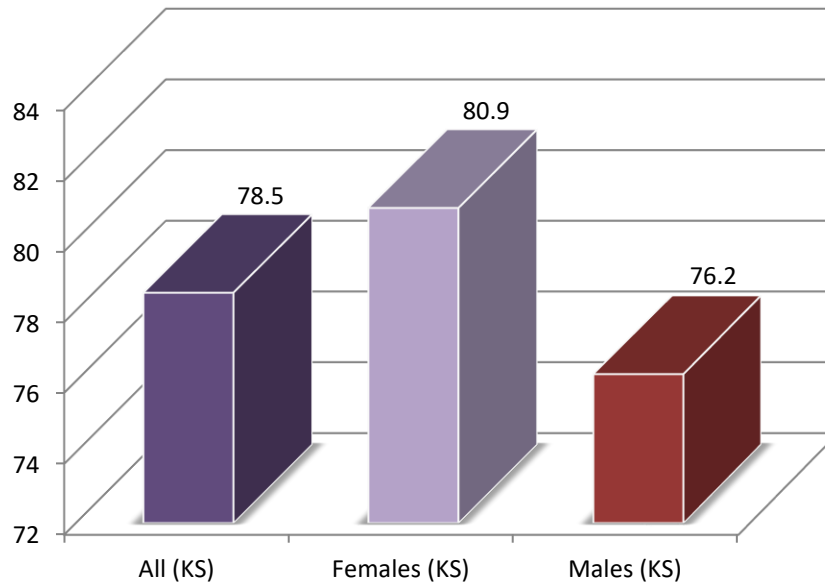
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Compiled by Chris Komst and Jacob Roy

- “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.

## Kansas Life Expectancy at Birth: Most Recent Data



## Kansas vs U.S. Life Expectancy at Birth<sup>1</sup>

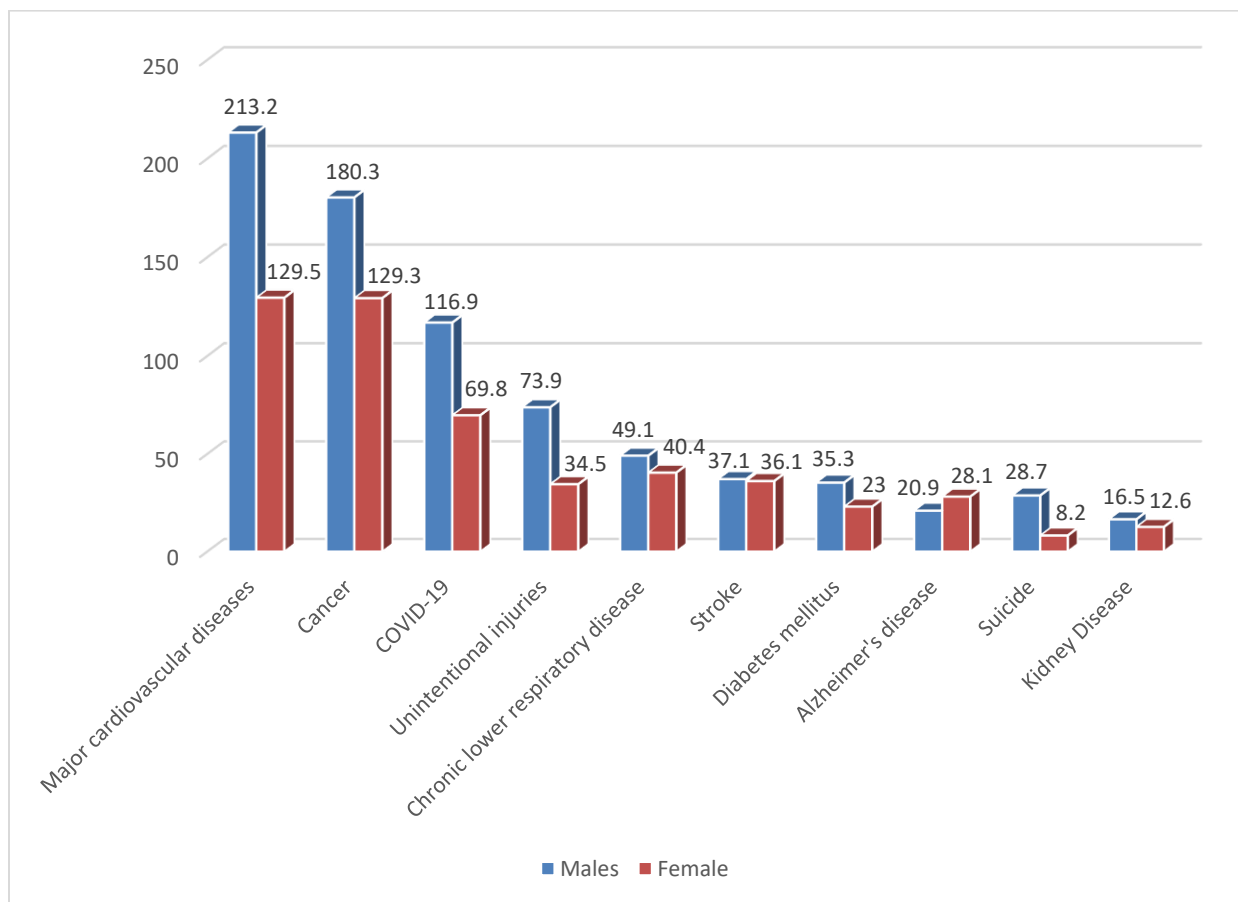
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (KS)</b>	<b>81.2</b>	<b>White (KS)</b>	<b>76.4</b>
Black (US)	78.5	Black (US)	72.5
<b>Black (KS)</b>	<b>76.3</b>	<b>Black (KS)</b>	<b>70.9</b>
Hispanic (US)	84.5	Hispanic (US)	79.4
<b>Hispanic (KS)</b>	<b>86.5</b>	<b>Hispanic (KS)</b>	<b>80.8</b>
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (KS)</b>	*	<b>Asian/Pac. Islander (KS)</b>	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
<b>Amer. Indian/Alaskan Native (KS)</b>	*	<b>Amer. Indian/Alaskan Native (KS)</b>	*

\* No data available

<sup>1</sup> 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](https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf) >

## Kansas: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)<sup>2</sup>



### Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population<sup>3</sup>

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	213.2	129.5
Cancer	170.3	180.3	129.3
COVID-19	107.7	116.9	69.8
Unintentional injuries	80.5	73.9	34.5
Chronic lower respiratory disease	40.2	49.1	40.4
Stroke	39.8	37.1	36.1
Diabetes mellitus	31.2	35.3	23
Alzheimer's disease	25.3	20.9	28.1
Suicide	22.0	28.7	8.2
Kidney disease	15.4	16.5	12.6

<sup>2</sup> 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](http://www.measureofamerica.org)

<sup>3</sup> Ibid.

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

### Kansas's 10 Leading Causes of Death by Gender<sup>4</sup>

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

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

### Kansas's 10 Leading Causes of Death by Race<sup>5</sup>

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

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

<sup>4</sup> Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

<sup>5</sup> 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.*

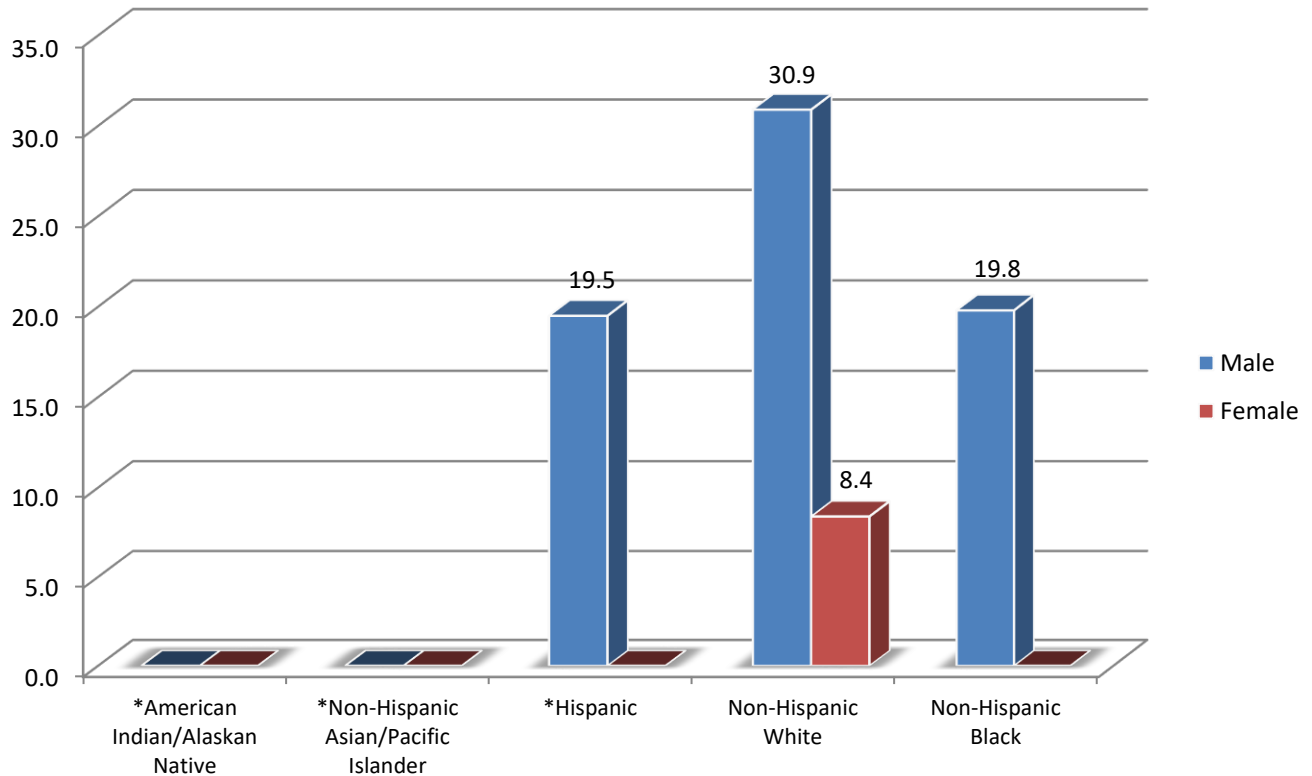
### Kansas: Age-Adjusted Leading Causes of Death for Ages 0-19<sup>6</sup>

*(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	14.4	19.3	*	7.2	27.4	8.6	11.7	*	*	15.9
Birth defects	14.0	58.5	*	*	*	11.5	48.4	*	*	*
Homicide	6.1	*	*	*	18.4	1.8	*	*	*	*
Cancer	2.0	*	*	*	*	2.1	*	*	*	*
Suicide	8.7	*	*	*	28.7	3.0	*	*	*	9.3
Heart Disease	*	*	*	*	*	*	*	*	*	*

\* unavailable or negligible number

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



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

<sup>6</sup> Ibid.

## Prostate Cancer Incidence and Mortality<sup>7</sup>

In 2022, the American Cancer Society estimates:

- 2,550 new cases of prostate cancer will be diagnosed among men in Kansas
- 280 men die of prostate cancer in Kansas

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

Race/Ethnicity	Kansas	National
Overall	111.0	106.2
White (Includes Hispanic)	101.9	97.6
Black (Includes Hispanic)	159.1	168.6
Hispanic (Any Race)	84.8	83.9
Asian/Pacific Islander	*	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)

\* = Data unavailable

## Aging in Kansas

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

### Kansas Resident Population: 2010 Census by Age and Sex<sup>8</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	2,853,118	1,415,408	1,437,710	98.4
Under 5 years	205,492	104,888	100,604	104.3
5 to 9 years	202,447	103,421	99,026	104.4
10 to 14 years	198,884	102,156	96,728	105.6
15 to 19 years	203,821	105,362	98,459	107.0
20 to 24 years	204,454	105,450	99,004	106.5
25 to 29 years	197,783	101,077	96,706	104.5
30 to 34 years	179,937	91,335	88,602	103.1
35 to 39 years	172,388	87,100	85,288	102.1
40 to 44 years	174,285	87,760	86,525	101.4
45 to 49 years	201,830	100,199	101,631	98.6
50 to 54 years	204,434	101,040	103,394	97.7
55 to 59 years	182,512	90,190	92,322	97.7
60 to 64 years	148,735	73,498	75,237	97.7
<b>65 to 69 years</b>	<b>107,755</b>	<b>51,267</b>	<b>56,488</b>	<b>90.8</b>
70 to 74 years	82,634	38,113	44,521	85.6
75 to 79 years	69,466	30,202	39,264	76.9
80 to 84 years	56,943	23,029	33,914	67.9
85 years and over	59,318	19,321	39,997	48.3

<sup>7</sup> National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018.

<sup>8</sup> American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.  
<[http://factfinder2.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml)>