

Men's Health Report Card™ – Kentucky

Men's Health Network

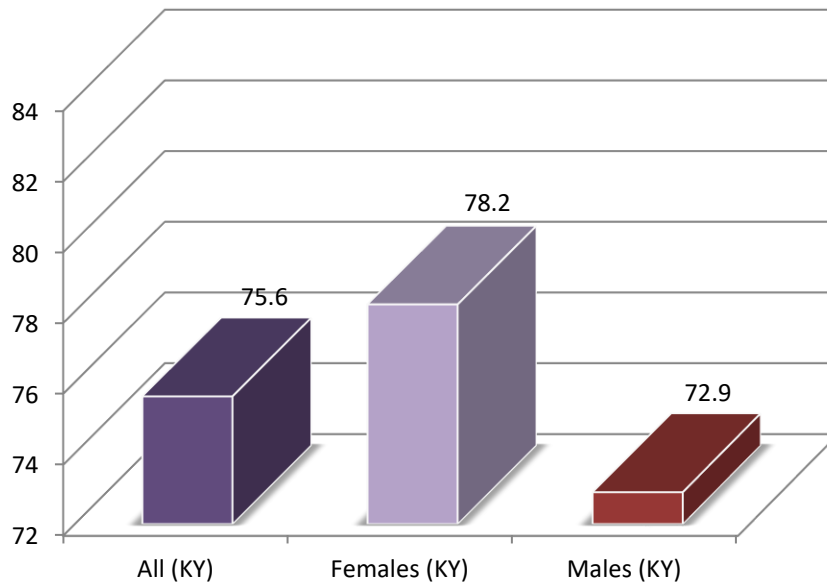
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Compiled by Chris Komst and Jacob Roy

- “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.

Kentucky Life Expectancy at Birth: Most Recent Data



Kentucky vs U.S. Life Expectancy at Birth¹

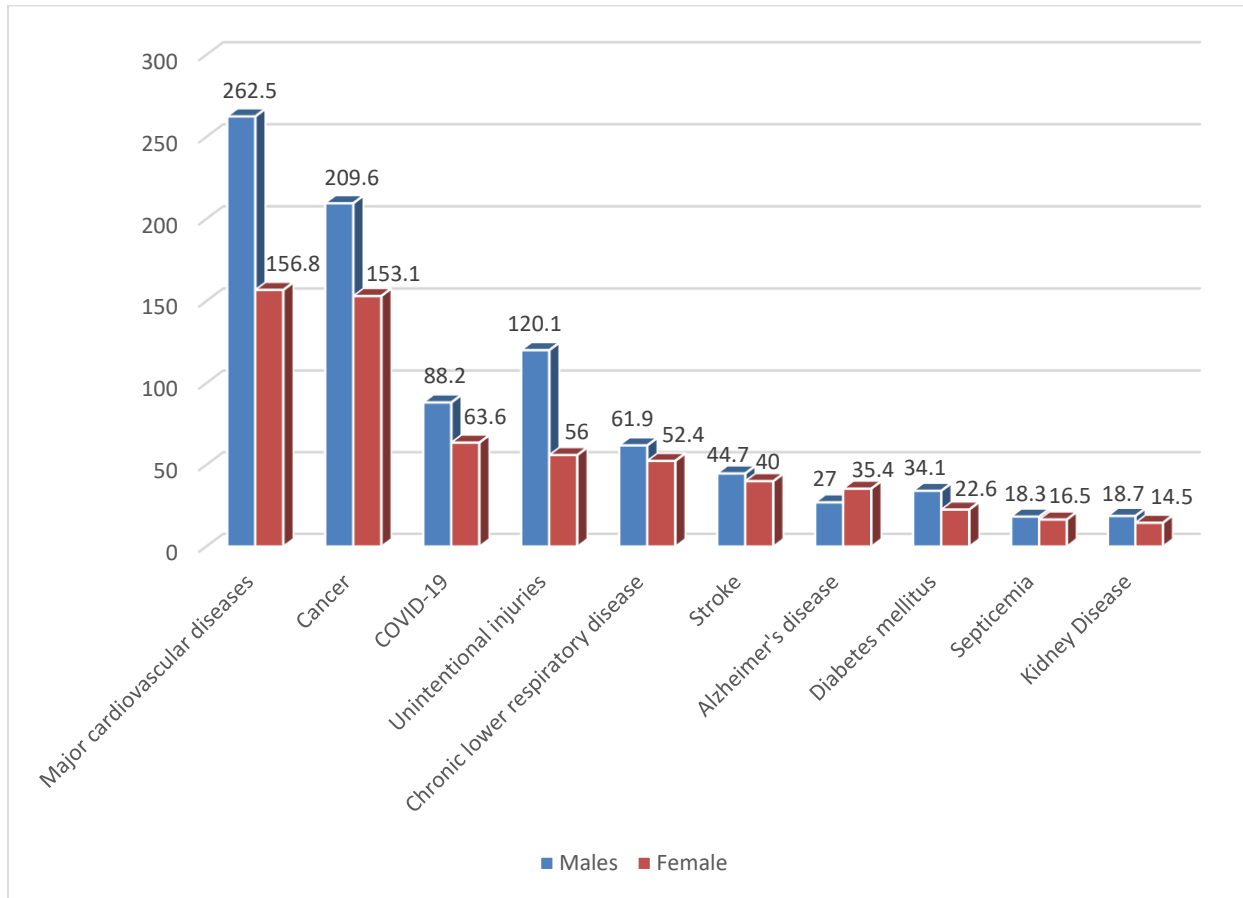
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (KY)	78.5	White (KY)	73.4
Black (US)	78.5	Black (US)	72.5
Black (KY)	76.3	Black (KY)	70.6
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (KY)	*	Hispanic (KY)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (KY)	*	Asian/Pac. Islander (KY)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (KY)	*	Amer. Indian/Alaskan Native (KY)	*

* 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 >

Kentucky: 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 Population³

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	262.5	156.8
Cancer	170.3	209.6	153.1
COVID-19	107.7	88.2	63.6
Unintentional injuries	80.5	120.1	56
Chronic lower respiratory disease	40.2	61.9	52.4
Stroke	39.8	44.7	40.0
Alzheimer's disease	25.3	27	35.4
Diabetes mellitus	31.2	34.1	22.6
Septicemia	10.8	18.3	16.5
Kidney disease	15.4	18.7	14.5

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

Kentucky's 10 Leading Causes of Death by Gender⁴

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

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

Kentucky's 10 Leading Causes of Death by Race⁵

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

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

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

⁵ Ibid.

Leading Causes of Death for Boys

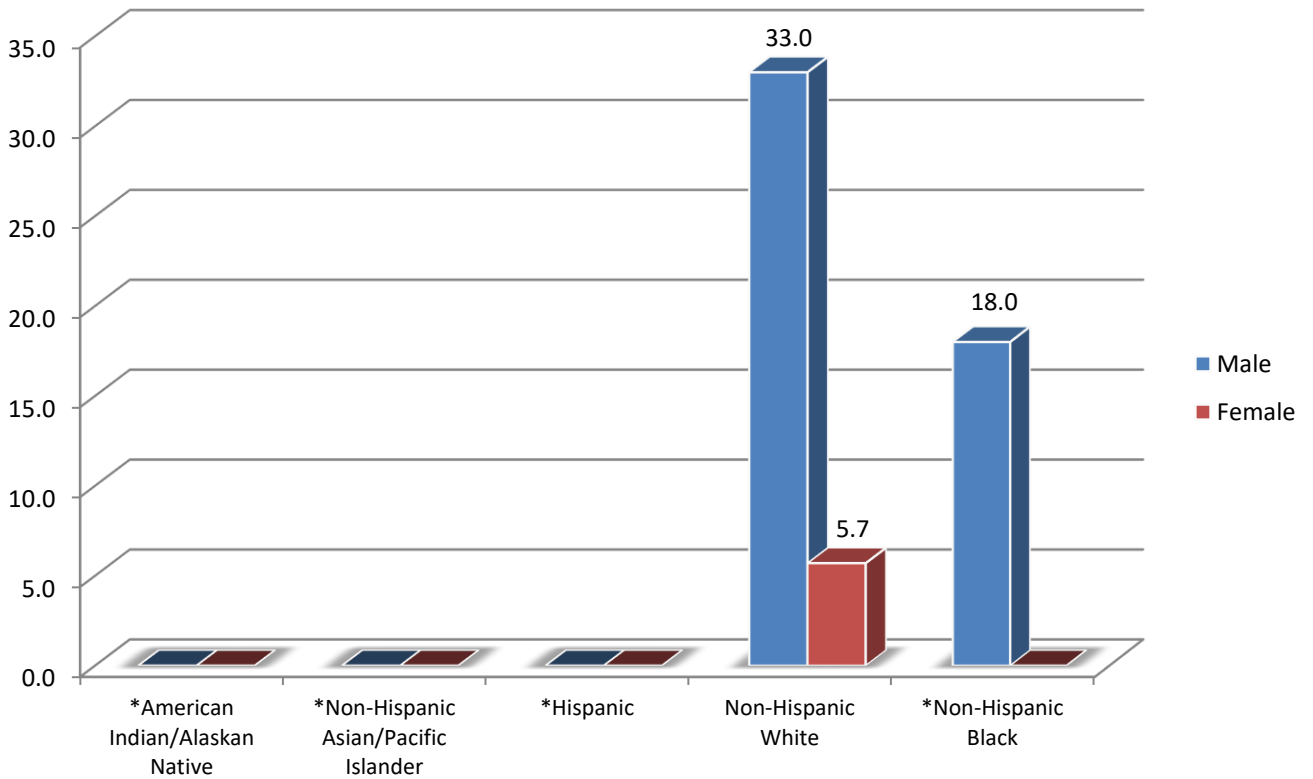
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Kentucky: Age-Adjusted Leading Causes of Death for Ages 0-19⁶
(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	16.8	23.1	*	7.8	31.8	9.6	11.3	5.2	*	17.5
Birth defects	12.7	52.0	*	*	*	9.5	38.4	*	*	*
Homicide	6.2	*	*	*	19.8	1.5	*	*	*	*
Cancer	1.9	*	*	*	*	2.0	*	*	*	*
Suicide	6.0	*	*	*	19.5	1.8	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable negligible number

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



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

⁶ Ibid.

Prostate Cancer Incidence and Mortality⁷

In 2022, the American Cancer Society estimates:

- 3,840 new cases of prostate cancer will be diagnosed among men in Kentucky
- 320 men die of prostate cancer in Kentucky

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

Race/Ethnicity	Kentucky	National
Overall	105.1	106.2
White (Includes Hispanic)	98.5	97.6
Black (Includes Hispanic)	159.2	168.6
Hispanic (Any Race)	*	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 or negligible"

Aging in Kentucky

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

Kentucky Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	4,339,367	2,134,952	2,204,415	96.8
Under 5 years	282,367	144,179	138,188	104.3
5 to 9 years	282,888	144,859	138,029	104.9
10 to 14 years	284,154	145,813	138,341	105.4
15 to 19 years	296,795	152,107	144,688	105.1
20 to 24 years	289,968	147,432	142,536	103.4
25 to 29 years	285,296	143,707	141,589	101.5
30 to 34 years	280,920	142,068	138,852	102.3
35 to 39 years	285,411	143,758	141,653	101.5
40 to 44 years	291,251	145,723	145,528	100.1
45 to 49 years	323,642	159,866	163,776	97.6
50 to 54 years	319,455	156,619	162,836	96.2
55 to 59 years	288,027	139,800	148,227	94.3
60 to 64 years	250,966	121,225	129,741	93.4
65 to 69 years	185,664	87,689	97,975	89.5
70 to 74 years	139,650	63,888	75,762	84.3
75 to 79 years	105,392	45,087	60,305	74.8
80 to 84 years	78,313	30,112	48,201	62.5
85 years and over	69,208	21,020	48,188	43.6

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>