

Men's Health Report Card™ – Louisiana

Men's Health Network

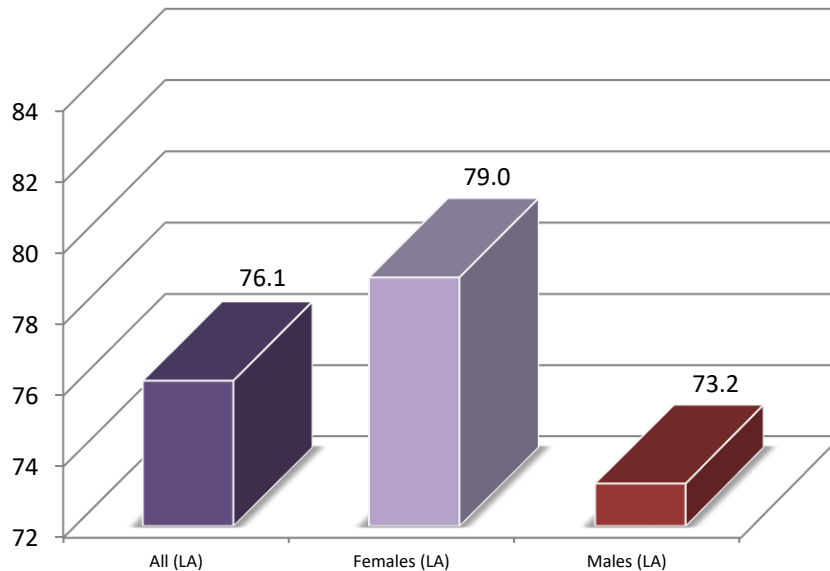
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Compiled by Chris Komst and Jacob Roy

- “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.

Louisiana Life Expectancy at Birth: Most Recent Data



Louisiana vs U.S. Life Expectancy at Birth¹

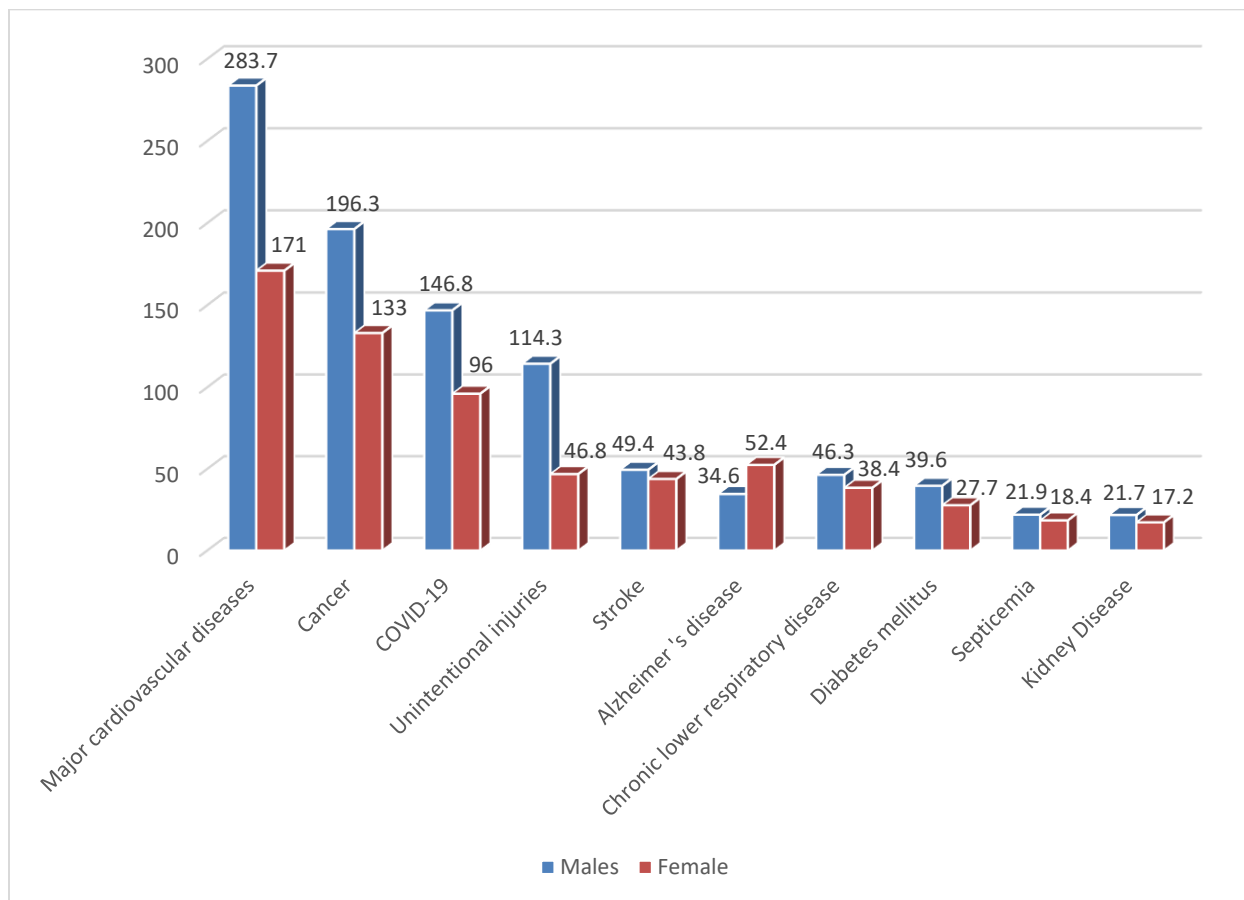
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (LA)	79.5	White (LA)	74.0
Black (US)	78.5	Black (US)	72.5
Black (LA)	76.0	Black (LA)	68.7
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (LA)	*	Hispanic (LA)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (LA)	*	Asian/Pac. Islander (LA)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (LA)	*	Amer. Indian/Alaskan Native (LA)	*

* 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 >

Louisiana: 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	283.7	171.0
Cancer	170.3	196.3	133.0
COVID-19	107.7	146.8	96.0
Unintentional injuries	80.5	114.3	46.8
Stroke	39.8	49.4	43.8
Alzheimer's disease	25.3	34.6	52.4
Chronic lower respiratory disease	40.2	46.3	38.4
Diabetes mellitus	31.2	39.6	27.7
Septicemia	10.8	21.9	18.4
Kidney disease	15.4	21.7	17.2

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

Louisiana's 10 Leading Causes of Death by Gender⁴

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

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

Louisiana'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	COVID-19	COVID-19	Major cardiovascular disease
4	Unintentional injuries	Unintentional injuries	Cancer
5	Chronic lower respiratory disease	Homicide	Stroke
6	Stroke	Diabetes mellitus	Suicide
7	Alzheimer's disease	Stroke	Diabetes mellitus
8	Diabetes mellitus	Chronic lower respiratory disease	Septicemia
9	Suicide	Kidney disease	Chronic lower respiratory disease
10	Septicemia	Septicemia	Homicide

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

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

** = negligible or unavailable

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

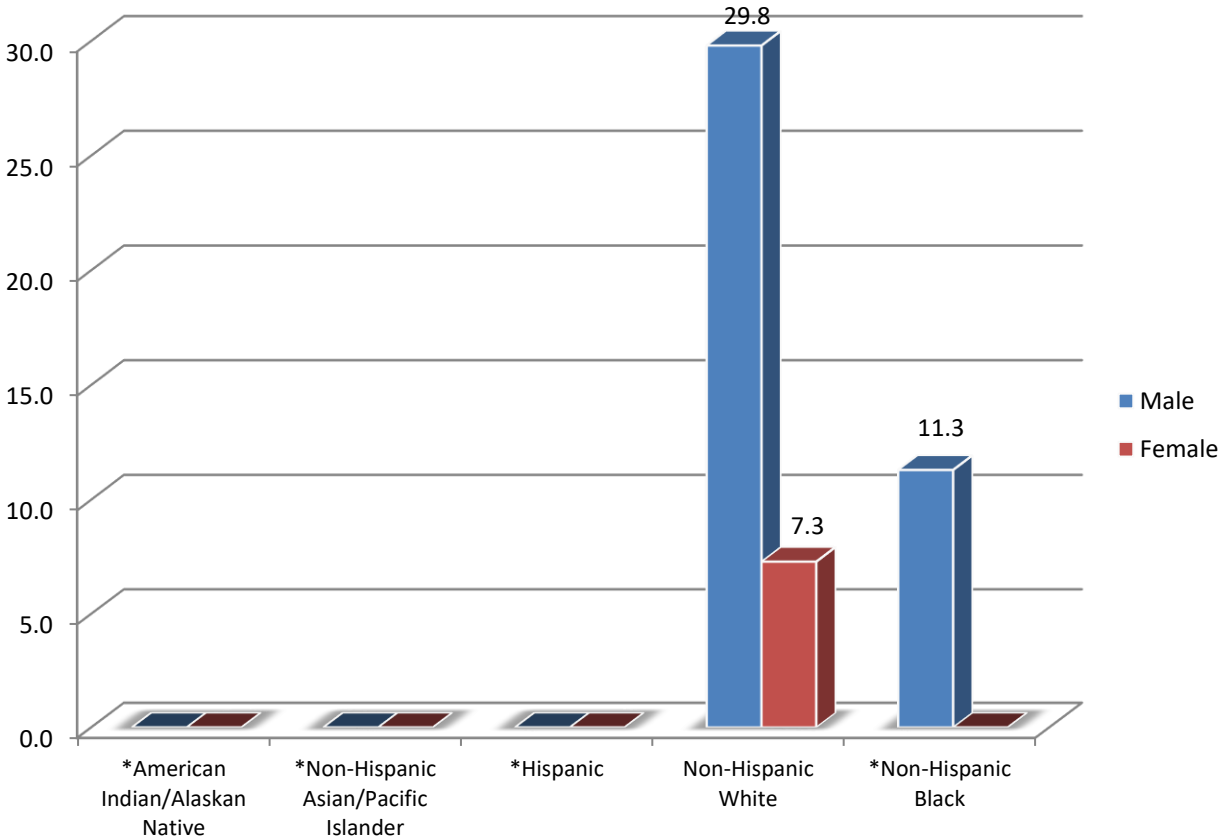
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Louisiana: 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	23.4	43.4	8.5	8.3	33.8	12.1	23.2	5.2	4.7	15.5
Birth defects	17.5	69.5	*	*	*	15.8	62.9	*	*	*
Homicide	13.8	6.5	*	*	44.7	3.9	5.4	*	*	7.2
Cancer	2.3	*	*	*	*	1.5	*	*	*	*
Suicide	4.9	*	*	*	15.8	1.9	*	*	*	5.1
Heart Disease	1.4	*	*	*	*	*	*	*	*	*

* = negligible or unavailable number

Louisiana: 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:

- 4,170 new cases of prostate cancer will be diagnosed among men in Louisiana
- 470 men die of prostate cancer in Louisiana

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

Race/Ethnicity	Louisiana	National
Overall	134.7	106.2
White (Includes Hispanic)	118.4	97.6
Black (Includes Hispanic)	183.9	168.6
Hispanic (Any Race)	87.6	83.9
Asian/Pacific Islander	50.6	54.7
American Indian/Alaskan Native	34.8	53.7

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

* = unavailable or negligible

Aging in Louisiana

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

Louisiana Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	4,533,372	2,219,292	2,314,080	95.9
Under 5 years	314,260	160,136	154,124	103.9
5 to 9 years	306,362	156,386	149,976	104.3
10 to 14 years	306,836	156,872	149,964	104.6
15 to 19 years	326,779	165,747	161,032	102.9
20 to 24 years	338,309	169,290	169,019	100.2
25 to 29 years	332,925	166,926	165,999	100.6
30 to 34 years	295,508	148,120	147,388	100.5
35 to 39 years	276,479	137,544	138,935	99.0
40 to 44 years	288,120	142,158	145,962	97.4
45 to 49 years	325,046	159,073	165,973	95.8
50 to 54 years	329,329	161,186	168,143	95.9
55 to 59 years	292,567	141,798	150,769	94.0
60 to 64 years	242,995	116,767	126,228	92.5
65 to 69 years	178,365	83,130	95,235	87.3
70 to 74 years	133,629	60,121	73,508	81.8
75 to 79 years	102,876	43,236	59,640	72.5
80 to 84 years	77,301	29,905	47,396	63.1
85 years and over	65,686	20,897	44,789	46.7

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>