

# Men's Health Report Card™ – Massachusetts

## Men's Health Network

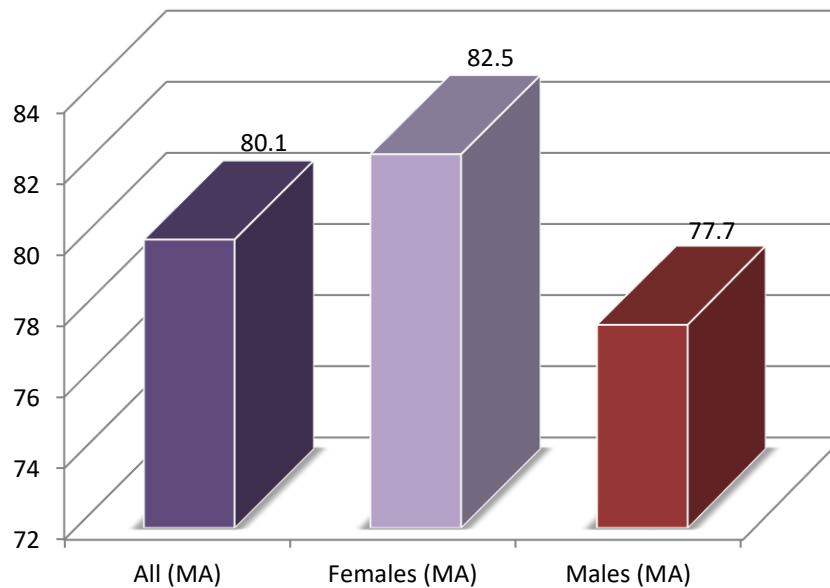
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Compiled by Chris Komst and Jacob Roy

- “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.

### Massachusetts Life Expectancy at Birth: Most Recent Data



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

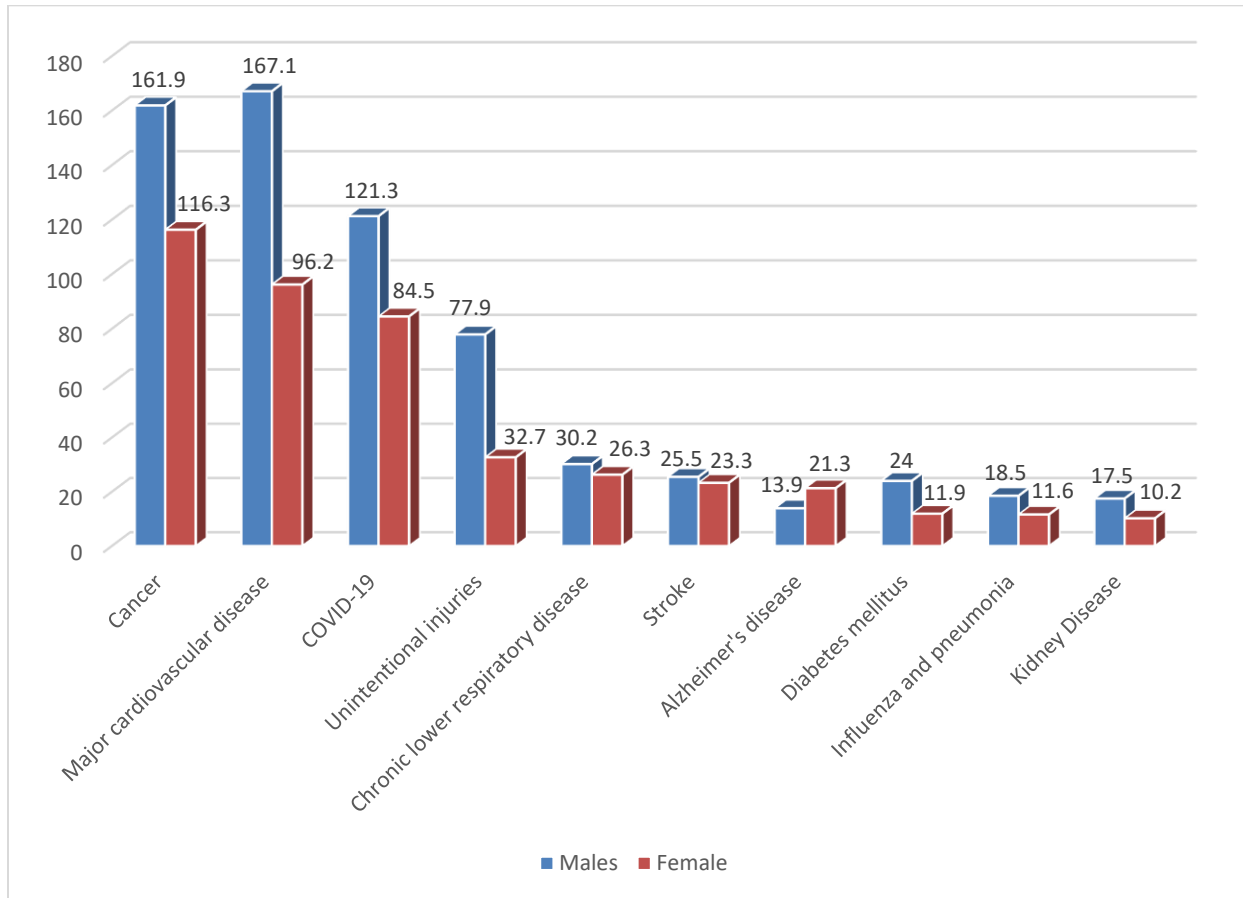
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (MA)</b>	<b>82.6</b>	<b>White (MA)</b>	<b>77.1</b>
Black (US)	78.5	Black (US)	72.5
<b>Black (MA)</b>	<b>81.4</b>	<b>Black (MA)</b>	<b>75.7</b>
Hispanic (US)	84.5	Hispanic (US)	79.4
<b>Hispanic (MA)</b>	*	<b>Hispanic (MA)</b>	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (MA)</b>	<b>91.6</b>	<b>Asian/Pac. Islander (MA)</b>	<b>86.4</b>
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
<b>Amer. Indian/Alaskan Native (MA)</b>	*	<b>Amer. Indian/Alaskan Native (MA)</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) >

## Massachusetts: 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

Cause of Death	National Rate (Male)	Male	Female
Cancer	170.3	161.9	116.3
Major cardiovascular disease	214.2	167.1	96.2
COVID-19	107.7	121.3	84.5
Unintentional injuries	80.5	77.9	32.7
Chronic lower respiratory disease	40.2	30.2	26.3
Stroke	39.8	25.5	23.3
Alzheimer's disease	25.3	13.9	21.3
Diabetes mellitus	31.2	24	11.9
Influenza & pneumonia	15.8	18.5	11.6
Kidney disease	15.4	17.5	10.2

<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)

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

### Massachusetts's 10 Leading Causes of Death by Gender<sup>3</sup>

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

### Massachusetts's 10 Leading Causes of Death by Race

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

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

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

\*\* = data unavailable

<sup>3</sup> Ibid.

## Leading Causes of Death for Boys

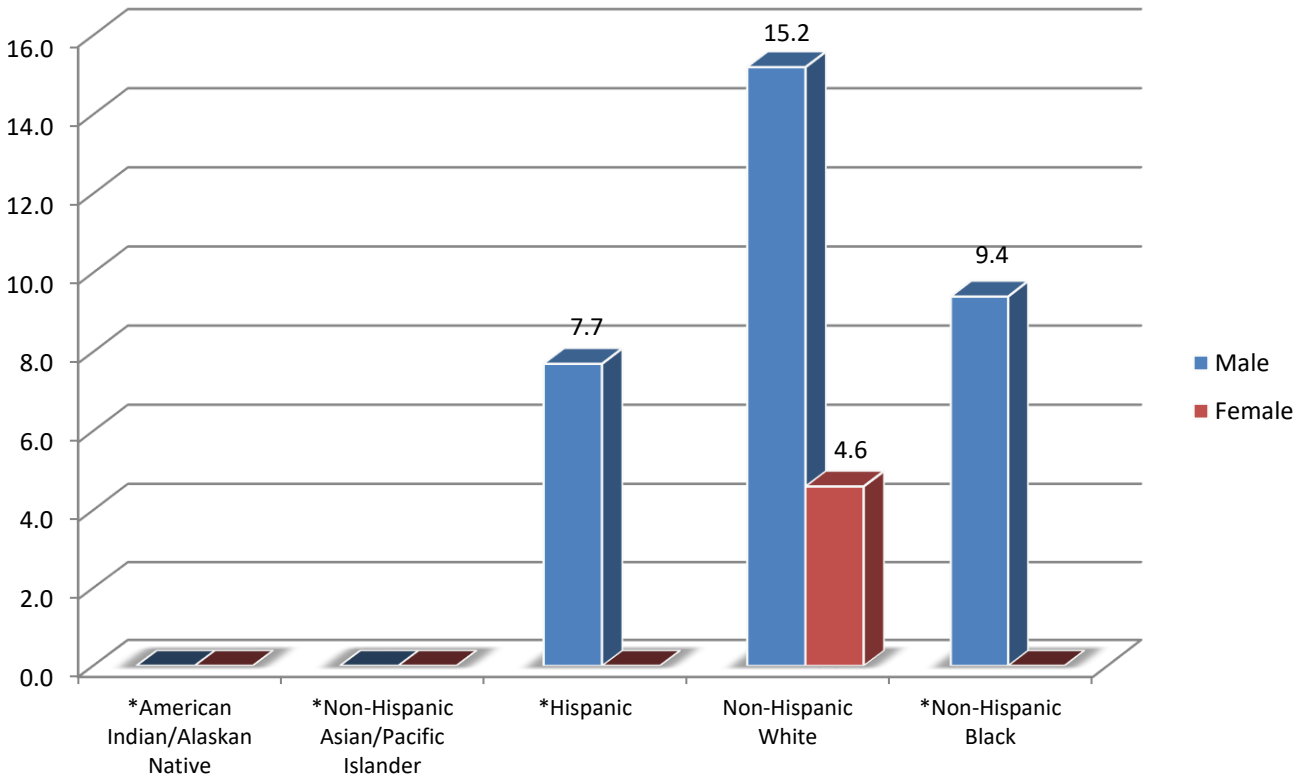
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

**Massachusetts: Age-Adjusted Leading Causes of Death for Ages 0-19<sup>4</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	5.3	*	*	*	13.7	2.3	*	*	*	4.2
Birth defects	10.8	46.8	*	*	*	9.4	41.4	*	*	*
Homicide	2.1	*	*	*	6.4	*	*	*	*	*
Cancer	1.7	*	*	*	*	1.7	*	*	*	*
Suicide	1.9	*	*	*	5.9	1.4	*	*	*	4.2
Heart Disease	0.8	*	*	*	*	*	*	*	*	*

\* = negligible or unavailable number

**Massachusetts: Age-Adjusted Suicide Rates per 100,000 (2020)<sup>5</sup>:**



\* = Sample size is too small to report findings

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

<sup>5</sup> Ibid.

## Prostate Cancer Incidence and Mortality<sup>6</sup>

In 2022, the American Cancer Society estimates:

- 5,670 new cases of prostate cancer will be diagnosed among men in Massachusetts
- 700 men die of prostate cancer in Massachusetts

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

Race/Ethnicity	Massachusetts	National
Overall	107.9	106.2
White (Includes Hispanic)	101.8	97.6
Black (Includes Hispanic)	167.8	168.6
Hispanic (Any Race)	**	83.9
Asian/Pacific Islander	53.5	54.7
American Indian/Alaskan Native	21.1	53.7

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

### Aging in Massachusetts

- 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 Massachusetts, the male-female ratio converges in the early 20s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

### Massachusetts Resident Population: 2010 Census by Age and Sex<sup>7</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	6,547,629	3,166,628	3,381,001	93.7
Under 5 years	367,087	187,605	179,482	104.5
5 to 9 years	385,687	196,547	189,140	103.9
10 to 14 years	405,613	207,419	198,194	104.7
15 to 19 years	462,756	234,880	227,876	103.1
20 to 24 years	475,668	236,256	239,412	98.7
25 to 29 years	441,525	218,255	223,270	97.8
30 to 34 years	403,616	198,338	205,278	96.6
35 to 39 years	418,195	203,757	214,438	95.0
40 to 44 years	468,954	228,652	240,302	95.2
45 to 49 years	515,434	251,937	263,497	95.6
50 to 54 years	497,001	241,668	255,333	94.6
55 to 59 years	432,822	208,594	224,228	93.0
60 to 64 years	370,547	176,295	194,252	90.8
<b>65 to 69 years</b>	<b>264,459</b>	<b>123,127</b>	<b>141,332</b>	<b>87.1</b>
70 to 74 years	192,001	85,791	106,210	80.8
75 to 79 years	162,592	68,931	93,661	73.6
80 to 84 years	138,473	53,551	84,922	63.1
85 years and over	145,199	45,025	100,174	44.9

<sup>6</sup> National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018.

<sup>7</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)>