

Men's Health Report Card™ – Maryland

Men's Health Network

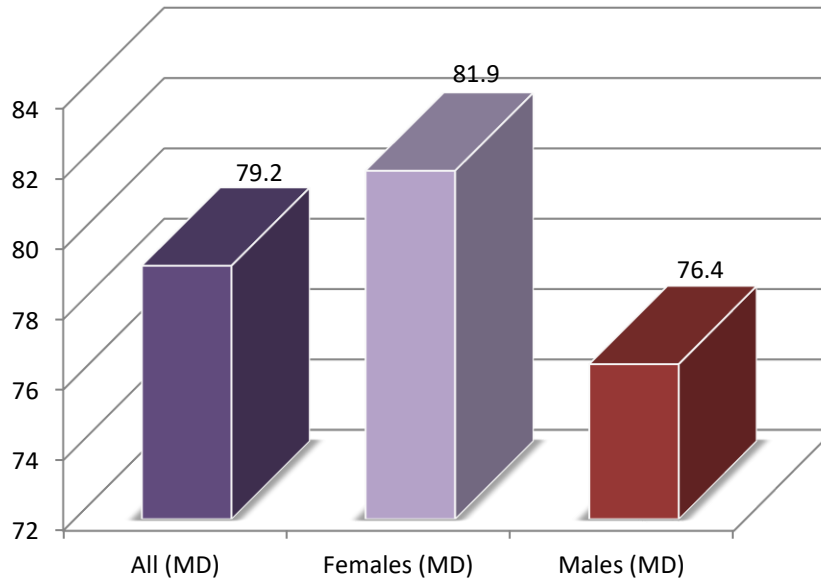
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Compiled by Chris Komst and Jacob Roy

- “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.

Maryland Life Expectancy at Birth: Most Recent Data



Maryland vs U.S. Life Expectancy at Birth¹

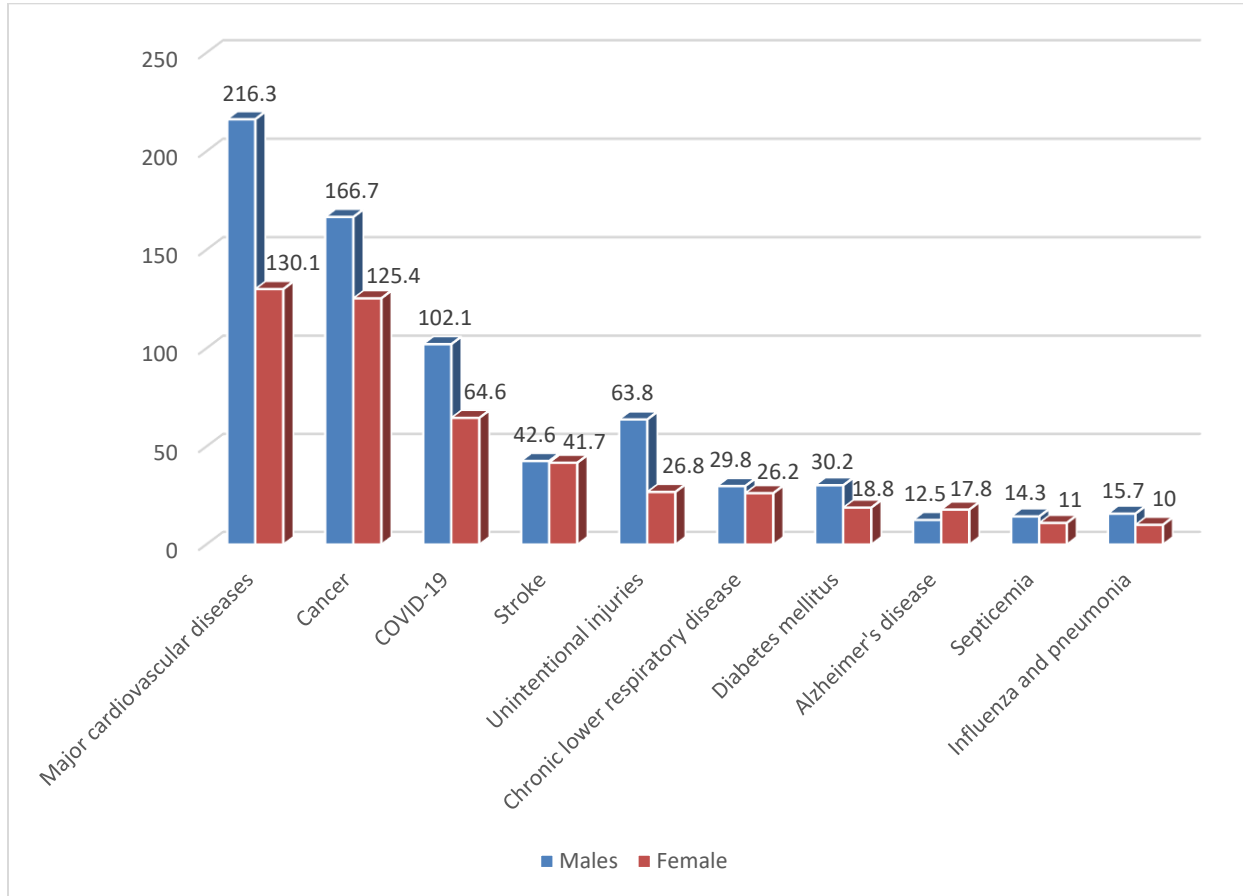
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MD)	81.6	White (MD)	77.1
Black (US)	78.5	Black (US)	72.5
Black (MD)	78.8	Black (MD)	71.7
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MD)	*	Hispanic (MD)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MD)	91.3	Asian/Pac. Islander (MD)	85.1
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (ME)	*	Amer. Indian/Alaskan Native (ME)	*

* 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 >

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



Mortality rates per 100,000; Age-Adjusted using 2018 Standard Population

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular diseases	214.2	216.3	130.1
Cancer	170.3	166.7	125.4
COVID-19	107.7	102.1	64.6
Stroke	39.8	42.6	41.7
Unintentional injuries	80.5	63.8	26.8
Chronic lower respiratory disease	40.2	29.8	26.2
Diabetes mellitus	31.2	30.2	18.8
Alzheimer's disease	25.3	12.5	17.8
Septicemia	10.8	14.3	11.0
Influenza & pneumonia	15.8	15.7	10.0

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

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

Maryland's 10 Leading Causes of Death by Gender³

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

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

Maryland's 10 Leading Causes of Death by Race⁴

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

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

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

** = Data unavailable

³ Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

⁴ 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.*

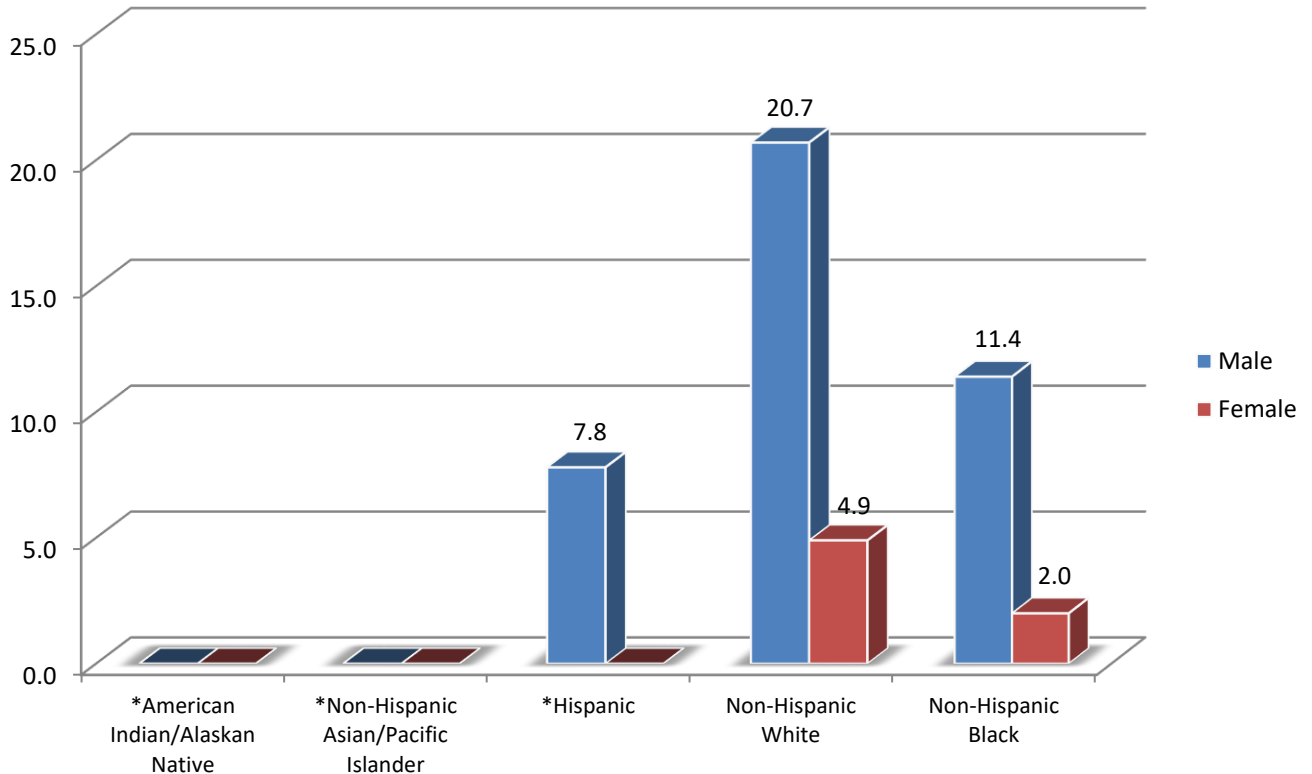
Maryland: Age-Adjusted Leading Causes of Death for Ages 0-19⁵

(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	7.6	6.9	*	*	18.6	3.4	4.1	*	*	5.4
Birth defects	18.3	74.8	*	*	*	13.9	57.2	*	*	*
Homicide	7.3	*	*	*	24.3	1.7	*	*	*	*
Cancer	2.7	*	*	*	4.0	2.1	*	*	*	*
Suicide	3.9	*	*	*	12.3	1.1	*	*	*	3.8
Heart Disease	1.4	*	*	*	3.6	*	*	*	*	*

* = unavailable negligible number

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



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

⁵ Ibid.

Prostate Cancer Incidence and Mortality⁶

In 2022, the American Cancer Society estimates:

- 5,380 new cases of prostate cancer will be diagnosed among men in Maryland
- 680 men die of prostate cancer in Maryland

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

Race/Ethnicity	Maryland	National
Overall	128.1	106.2
White (Includes Hispanic)	108.7	97.6
Black (Includes Hispanic)	189.0	168.6
Hispanic (Any Race)	78.6	83.9
Asian/Pacific Islander	61.0	54.7
American Indian/Alaskan Native	72.8	53.7

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

Aging in Maryland

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

Maryland Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	5,773,552	2,791,762	2,981,790	93.6
Under 5 years	364,488	185,916	178,572	104.1
5 to 9 years	366,868	186,865	180,003	103.8
10 to 14 years	379,029	193,068	185,961	103.8
15 to 19 years	406,241	208,249	197,992	105.2
20 to 24 years	393,698	199,923	193,775	103.2
25 to 29 years	393,548	194,223	199,325	97.4
30 to 34 years	368,494	179,279	189,215	94.7
35 to 39 years	377,409	181,543	195,866	92.7
40 to 44 years	418,163	200,934	217,229	92.5
45 to 49 years	461,585	221,969	239,616	92.6
50 to 54 years	440,619	211,218	229,401	92.1
55 to 59 years	377,989	179,108	198,881	90.1
60 to 64 years	317,779	149,941	167,838	89.3
65 to 69 years	226,596	104,873	121,723	86.2
70 to 74 years	159,761	72,158	87,603	82.4
75 to 79 years	124,579	53,066	71,513	74.2
80 to 84 years	98,580	38,419	60,161	63.9
85 years and over	98,126	31,010	67,116	46.2

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

⁷ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. <http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml>