

Men's Health Report Card™ – Maine

Men's Health Network

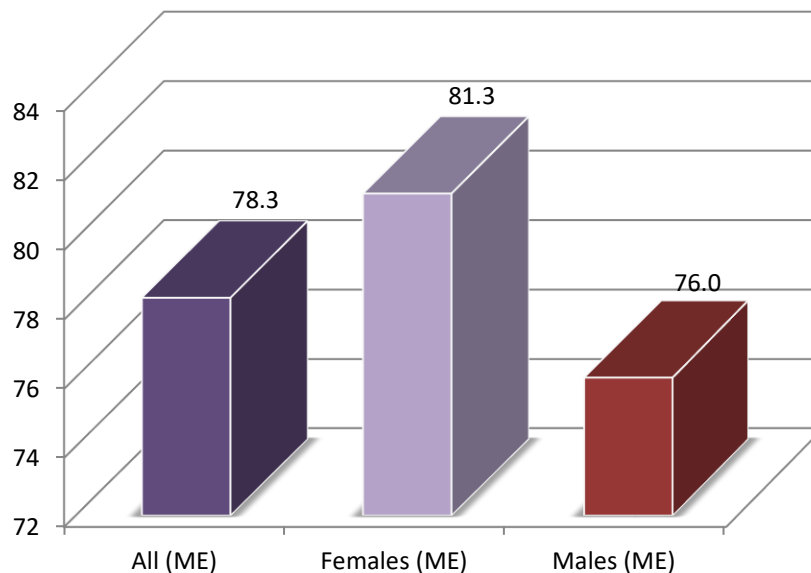
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Compiled by Chris Komst and Jacob Roy

- “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.

Maine Life Expectancy at Birth



Maine vs U.S. Life Expectancy at Birth¹

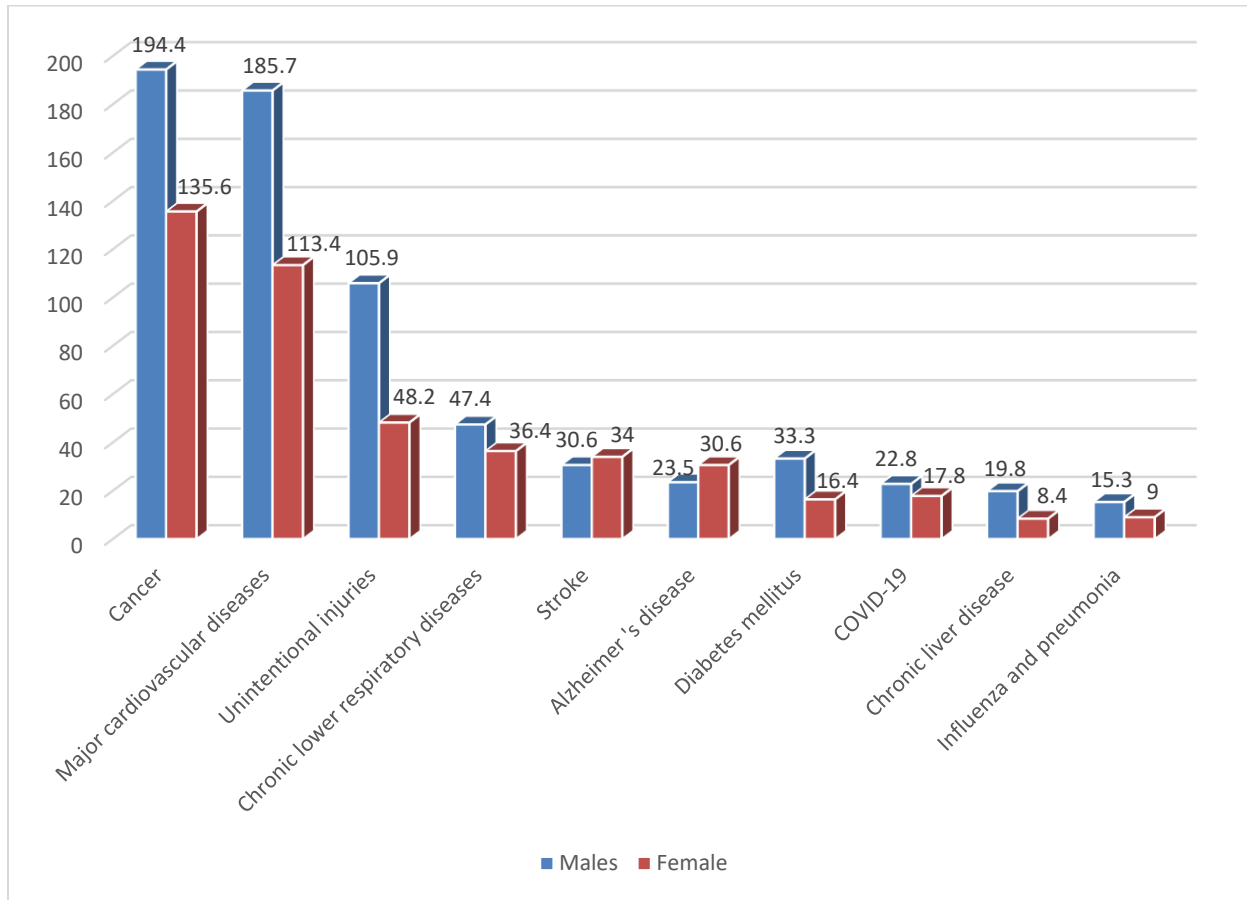
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (ME)	79.5	White (ME)	74.0
Black (US)	78.5	Black (US)	72.5
Black (ME)	*	Black (ME)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (ME)	*	Hispanic (ME)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (ME)	*	Asian/Pac. Islander (ME)	*
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 >

Maine: 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
Cancer	170.3	194.4	135.6
Major cardiovascular diseases	214.2	185.7	113.4
Unintentional injuries	80.5	105.9	48.2
Chronic lower respiratory disease	40.2	47.4	36.4
Stroke	39.8	30.6	34
Alzheimer's disease	25.3	23.5	30.6
Diabetes mellitus	31.2	33.3	16.4
COVID-19	107.7	22.8	17.8
Chronic liver disease	17.5	19.8	8.4
Influenza & pneumonia	15.8	15.3	9

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

Maine's 10 Leading Causes of Death by Gender⁴

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

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

Maine's 10 Leading Causes of Death by Race⁵

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

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

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.*

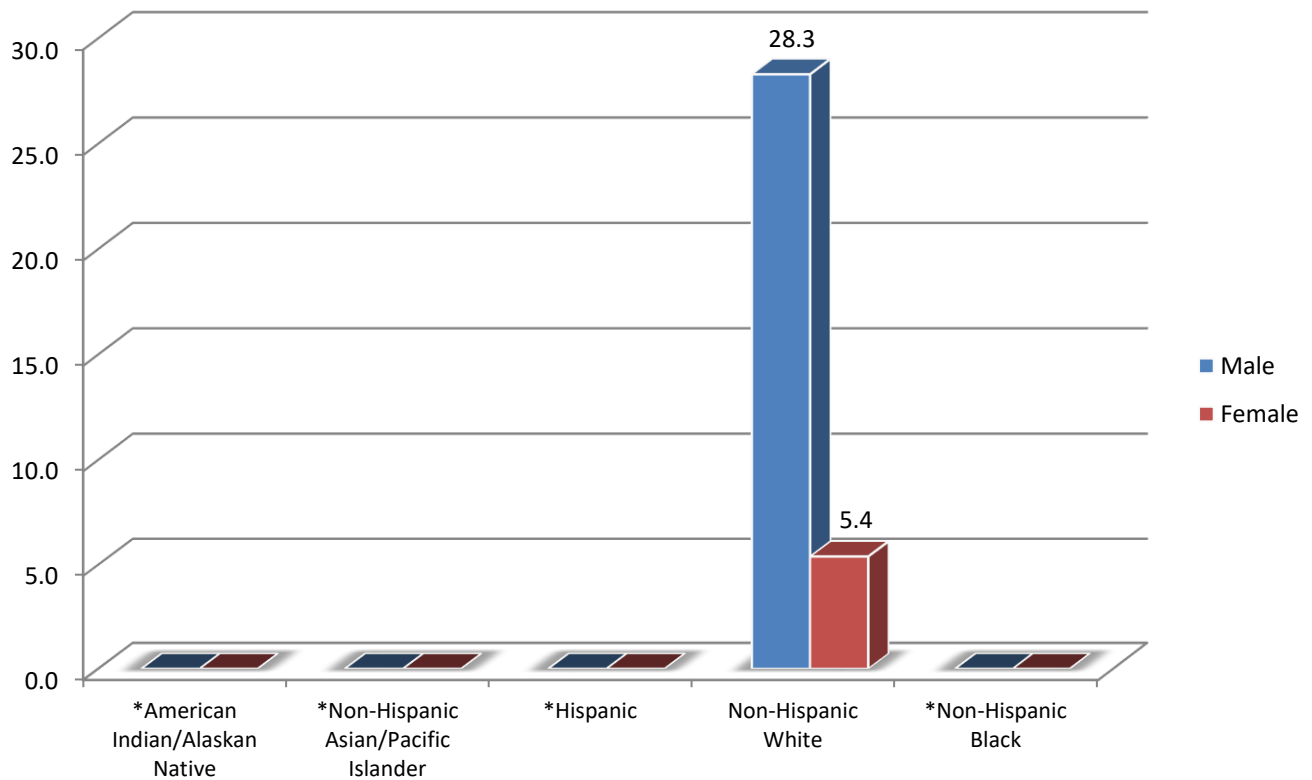
Maine: Age-Adjusted Leading Causes of Death for Ages 0-19⁶

(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	14.1	*	*	5.9	25.9	7.8	*	*	*	*
Birth defects	10.9	47.8	*	*	*	13.7	60.3	*	*	*
Homicide	*	*	*	*	*	*	*	*	*	*
Cancer	*	*	*	2.6	*	*	*	*	*	*
Suicide	8.3	*	*	*	29.3	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

Maine: 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:

- 1,180 new cases of prostate cancer will be diagnosed among men in Maine
- 170 men die of prostate cancer in Maine

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

Race/Ethnicity	Maine	National
Overall	92.6	106.2
White (Includes Hispanic)	91.7	97.6
Black (Includes Hispanic)	130.8	168.6
Hispanic (Any Race)	*	83.9
Asian/Pacific Islander	*	54.7
American Indian/Alaskan Native	75.9	53.7

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

Aging in Maine

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

Maine Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,328,361	650,056	678,305	95.8
Under 5 years	69,520	35,767	33,753	106.0
5 to 9 years	74,116	38,081	36,035	105.7
10 to 14 years	79,013	40,495	38,518	105.1
15 to 19 years	88,310	45,541	42,769	106.5
20 to 24 years	79,646	40,426	39,220	103.1
25 to 29 years	72,681	36,145	36,536	98.9
30 to 34 years	71,943	35,662	36,281	98.3
35 to 39 years	79,905	39,302	40,603	96.8
40 to 44 years	91,471	44,957	46,514	96.7
45 to 49 years	107,619	52,861	54,758	96.5
50 to 54 years	110,956	54,129	56,827	95.3
55 to 59 years	102,441	49,861	52,580	94.8
60 to 64 years	89,660	44,361	45,299	97.9
65 to 69 years	65,014	31,432	33,582	93.6
70 to 74 years	47,637	22,234	25,403	87.5
75 to 79 years	38,894	17,338	21,556	80.4
80 to 84 years	30,399	12,125	18,274	66.4
85 years and over	29,136	9,339	19,797	47.2

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>