

Men's Health Report Card™ – Michigan

Men's Health Network

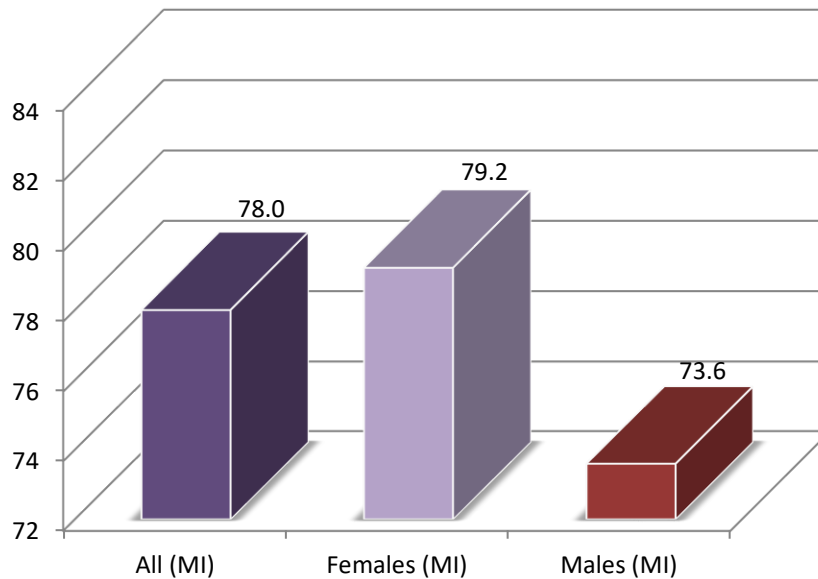
P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

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.

Michigan Life Expectancy at Birth: Most Recent Data



Michigan vs U.S. Life Expectancy at Birth¹

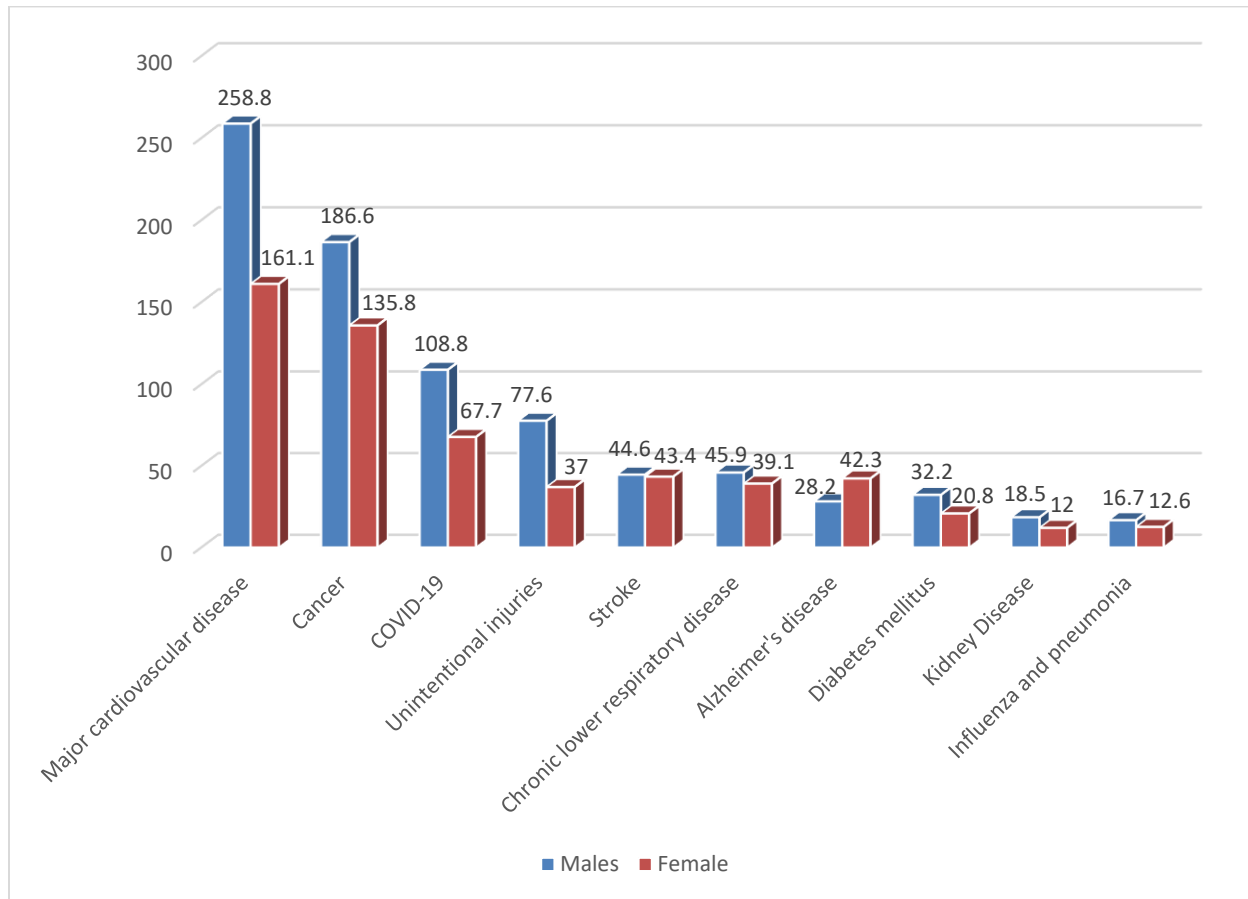
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MI)	81.3	White (MI)	76.7
Black (US)	78.5	Black (US)	72.5
Black (MI)	77.0	Black (MI)	69.6
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MI)	83.2	Hispanic (MI)	76.9
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MI)	90.0	Asian/Pac. Islander (MI)	87.0
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (MI)	*	Amer. Indian/Alaskan Native (MI)	*

* 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 >

Michigan: 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 disease	214.2	258.8	161.1
Cancer	170.3	186.6	135.8
COVID-19	107.7	108.8	67.7
Unintentional injuries	80.5	77.6	37
Stroke	39.8	44.6	43.4
Chronic lower respiratory disease	40.2	45.9	39.1
Alzheimer's disease	25.3	28.2	42.3
Diabetes mellitus	31.2	32.2	20.8
Kidney disease	15.4	18.5	12
Influenza & pneumonia	15.8	16.7	12.6

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

Michigan'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	Chronic lower respiratory disease	Stroke
6	Stroke	Chronic lower respiratory disease
7	Diabetes mellitus	Unintentional injuries
8	Alzheimer's disease	Diabetes mellitus
9	Suicide	Influenza & pneumonia
10	Kidney disease	Kidney disease

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

Michigan's 10 Leading Causes of Death by Race⁵

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

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

** = unavailable or negligible

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

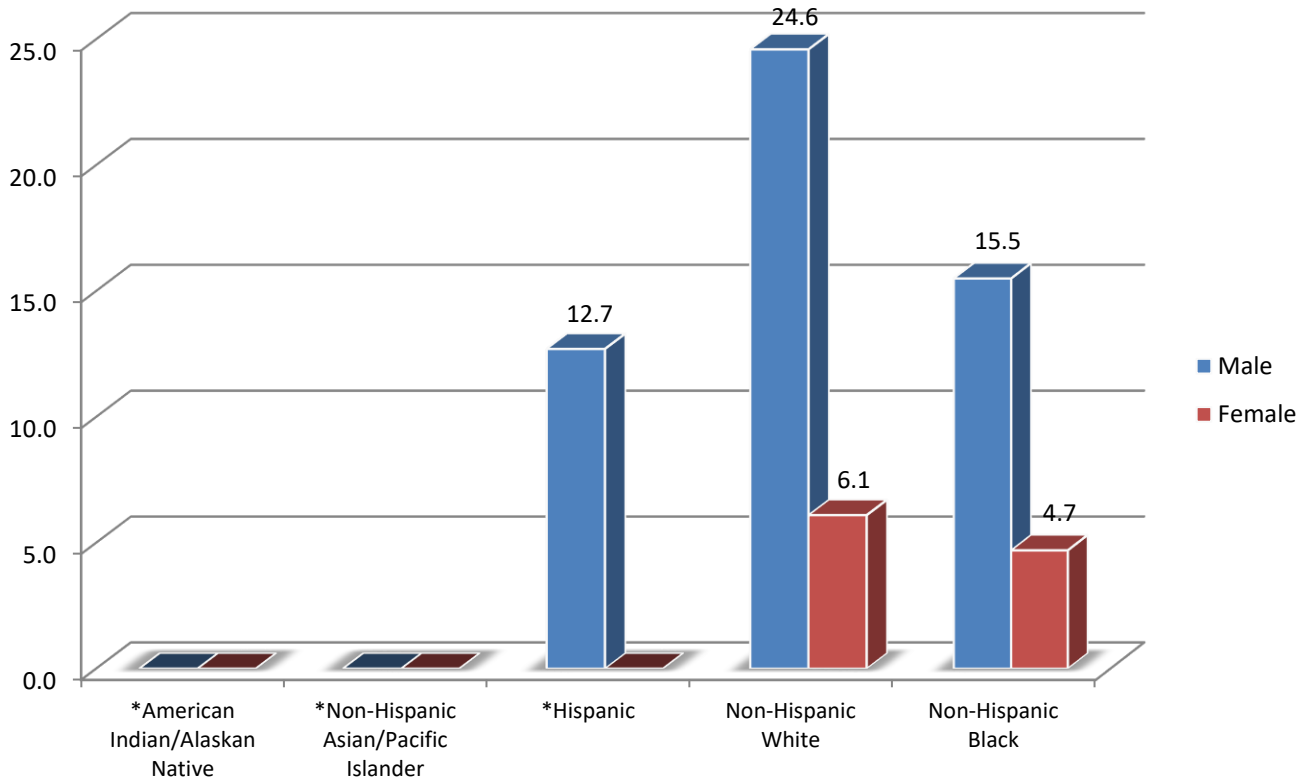
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Michigan: 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	12.4	19.9	5.5	4.5	19.5	8.4	18.4	2.7	2.6	10.4
Birth defects	16.7	70.2	*	*	*	13.2	55.8	*	*	*
Homicide	5.3	4.8	*	*	13.7	1.9	3.3	*	*	2.6
Cancer	2.4	2.4	2.4	*	3.1	1.8	*	2.3	*	2.1
Suicide	5.8	*	*	4.5	17.2	2.1	*	*	2.3	5.3
Heart Disease	1.2	2.4	*	*	*	1.0	*	*	*	*

* = unavailable or negligible number

Michigan: 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:

- 62,500 new cases of prostate cancer will be diagnosed among men in Michigan
- 21,260 men die of prostate cancer in Michigan

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

Race/Ethnicity	Michigan	National
Overall	107.3	106.2
White (Includes Hispanic)	97.6	97.6
Black (Includes Hispanic)	158.8	168.6
Hispanic (Any Race)	70.7	83.9
Asian/Pacific Islander	54.4	54.7
American Indian/Alaskan Native	69.9	53.7

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

Aging in Michigan

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

Michigan Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	9,883,640	4,848,114	5,035,526	96.3
Under 5 years	596,286	304,587	291,699	104.4
5 to 9 years	637,784	326,145	311,639	104.7
10 to 14 years	675,216	345,558	329,658	104.8
15 to 19 years	739,599	379,477	360,122	105.4
20 to 24 years	669,072	338,569	330,503	102.4
25 to 29 years	589,583	295,323	294,260	100.4
30 to 34 years	574,566	285,510	289,056	98.8
35 to 39 years	612,493	302,902	309,591	97.8
40 to 44 years	665,481	330,419	335,062	98.6
45 to 49 years	744,581	367,747	376,834	97.6
50 to 54 years	765,452	376,056	389,396	96.6
55 to 59 years	683,186	333,377	349,809	95.3
60 to 64 years	568,811	275,260	293,551	93.8
65 to 69 years	418,625	199,261	219,364	90.8
70 to 74 years	306,084	140,775	165,309	85.2
75 to 79 years	244,085	104,920	139,165	75.4
80 to 84 years	200,855	80,635	120,220	67.1
85 years and over	191,881	61,593	130,288	47.3

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>