

Men's Health Report Card™ – Minnesota

Men's Health Network

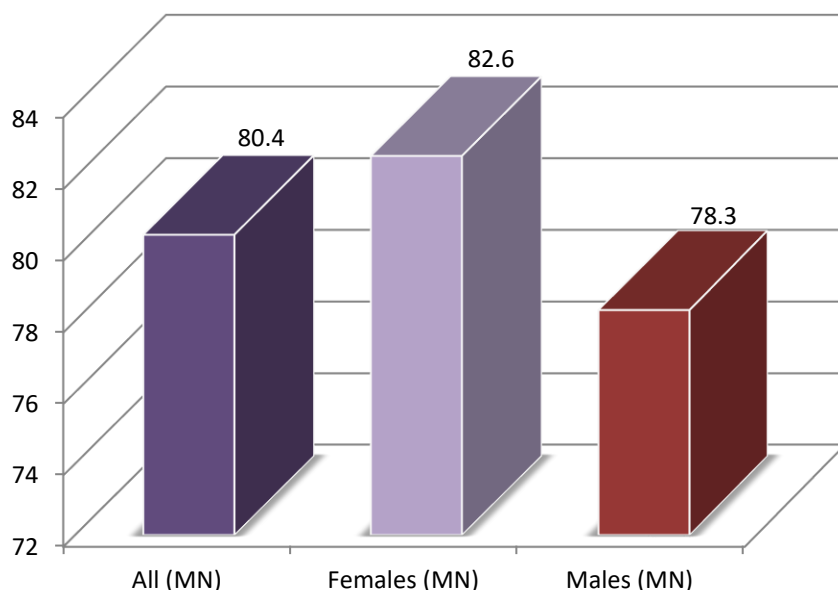
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Compiled by Chris Komst and Jacob Roy

- “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.

Minnesota Life Expectancy at Birth: Most Recent Data



Minnesota vs U.S. Life Expectancy at Birth¹

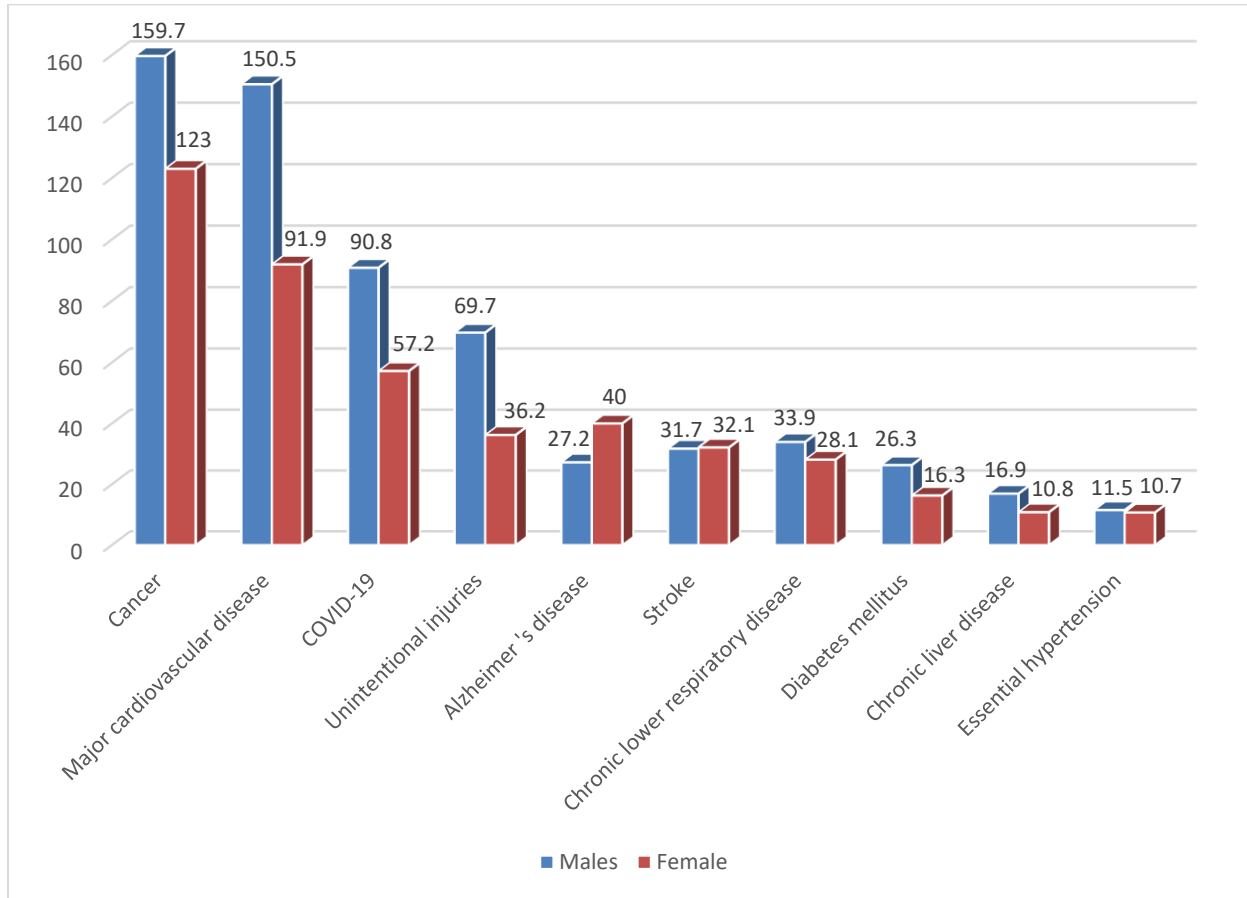
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MN)	83.5	White (MN)	78.8
Black (US)	78.5	Black (US)	72.5
Black (MN)	82.5	Black (MN)	77.0
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MN)	*	Hispanic (MN)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MN)	85.4	Asian/Pac. Islander (MN)	81.3
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (MN)	*	Amer. Indian/Alaskan Native (MN)	*

* 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>

Minnesota: 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	159.7	123
Major cardiovascular disease	214.2	150.5	91.9
COVID-19	107.7	90.8	57.2
Unintentional injuries	80.5	69.7	36.2
Alzheimer's disease	25.3	27.2	40.0
Stroke	39.8	31.7	32.1
Chronic lower respiratory disease	40.2	33.9	28.1
Diabetes mellitus	31.2	26.3	16.3
Chronic liver disease	17.5	16.9	10.8
Essential hypertension	10.7	11.5	10.7

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

Minnesota's 10 Leading Causes of Death by Gender⁴

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

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

Minnesota's 10 Leading Causes of Death by Race⁵

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

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

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

** = unavailable or negligible data

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.*

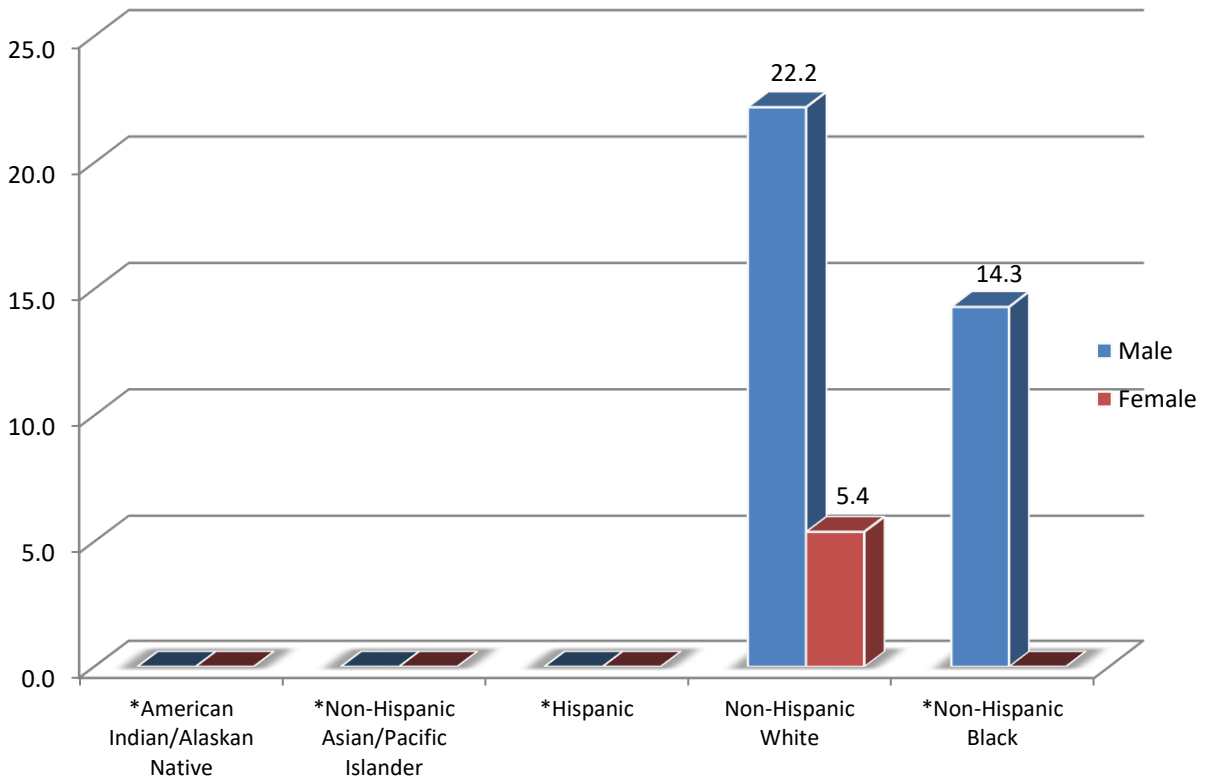
Minnesota: Age-Adjusted Leading Causes of Death for Ages 0-19⁶

(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	10.6	14.7	*	5.0	20.3	5.1	5.8	*	*	11.3
Birth defects	10.9	44.9	*	*	*	8.9	36.6	*	*	*
Homicide	3.7	3.9	*	*	9.6	*	*	*	*	*
Cancer	2.0	*	*	*	*	1.4	*	*	*	*
Suicide	5.5	*	*	*	18.7	1.7	*	*	*	5.1
Heart Disease	1.0	*	*	*	*	*	*	*	*	*

* = unavailable or eligible number

Minnesota: 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:

- 35,130 new cases of prostate cancer will be diagnosed among men in Minnesota
- 10,340 men die of prostate cancer in Minnesota

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

Race/Ethnicity	Minnesota	National
Overall	110.5	106.2
White (Includes Hispanic)	107.9	97.6
Black (Includes Hispanic)	165.3	168.6
Hispanic (Any Race)	73.3	83.9
Asian/Pacific Islander	47.6	54.7
American Indian/Alaskan Native	86.3	53.7

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

Aging in Minnesota

- 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 Minnesota, the male-female ratio converges in the late 40s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Minnesota Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	5,303,925	2,632,132	2,671,793	98.5
Under 5 years	355,504	181,342	174,162	104.1
5 to 9 years	355,536	181,614	173,922	104.4
10 to 14 years	352,342	180,356	171,986	104.9
15 to 19 years	367,829	188,594	179,235	105.2
20 to 24 years	355,351	180,725	174,926	103.3
25 to 29 years	372,686	187,562	185,124	101.3
30 to 34 years	342,900	174,549	168,351	103.7
35 to 39 years	328,190	165,815	162,275	102.1
40 to 44 years	352,904	177,234	175,670	100.9
45 to 49 years	406,203	203,588	202,615	100.5
50 to 54 years	401,695	200,663	201,032	99.8
55 to 59 years	349,589	174,321	175,268	99.5
60 to 64 years	279,775	137,760	142,015	97.0
65 to 69 years	202,570	97,533	105,037	92.9
70 to 74 years	151,857	70,840	81,017	87.4
75 to 79 years	122,114	54,464	37,650	80.5
80 to 84 years	99,916	40,865	59,051	69.2
85 years and over	106,664	34,607	72,357	47.4

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>