

Men's Health Report Card™ – Missouri

Men's Health Network

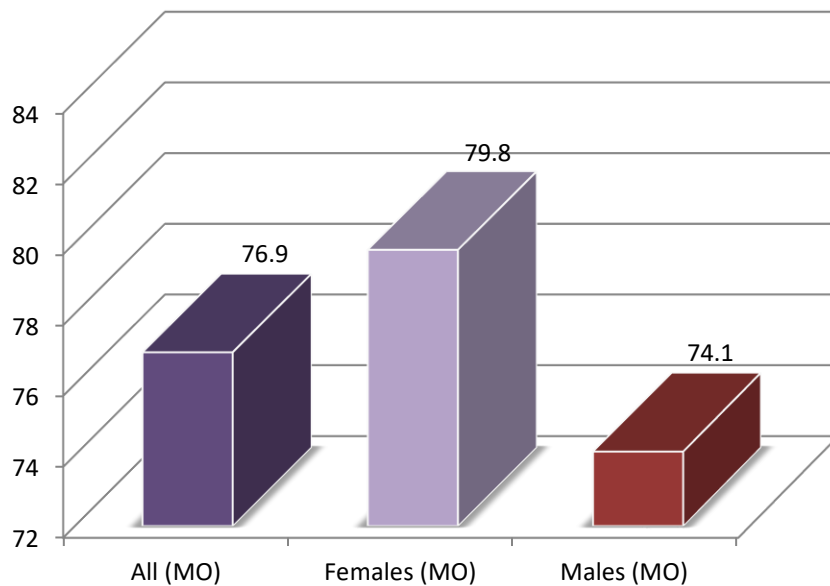
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Compiled by Chris Komst and Jacob Roy

- “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.

Missouri Life Expectancy at Birth: Most Recent Data



Missouri vs U.S. Life Expectancy at Birth¹

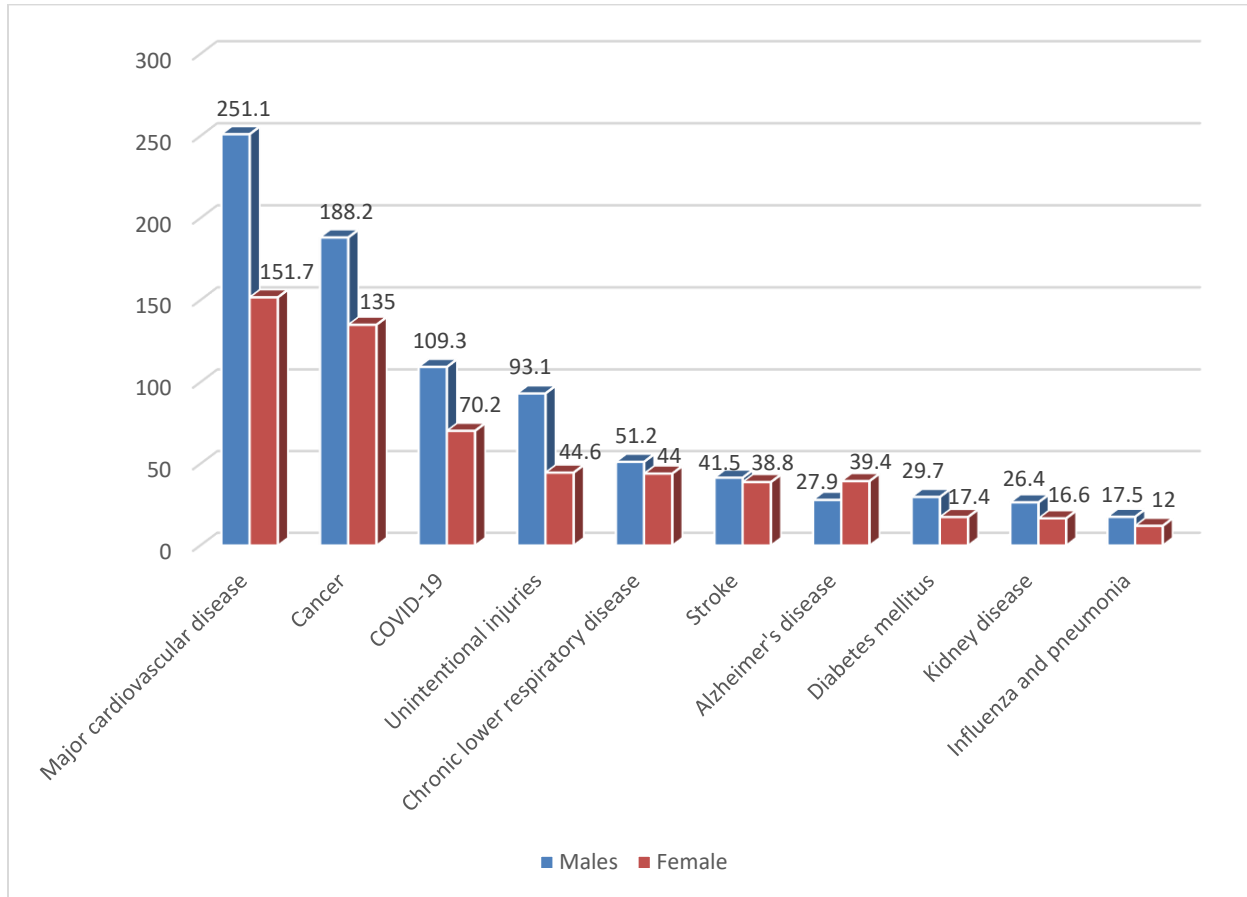
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MO)	80.2	White (MO)	75.2
Black (US)	78.5	Black (US)	72.5
Black (MO)	77.6	Black (MO)	70.5
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MO)	*	Hispanic (MO)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MO)	*	Asian/Pac. Islander (MO)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (MO)	*	Amer. Indian/Alaskan Native (MO)	*

* 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 >

Missouri: 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 Population

Cause of Death	National Rate (Male)	Male	Female
Major cardiovascular disease	214.2	251.1	151.7
Cancer	170.3	188.2	135.0
COVID-19	107.7	109.3	70.2
Unintentional injuries	80.5	93.1	44.6
Chronic lower respiratory disease	40.2	51.2	44.0
Stroke	39.8	41.5	38.8
Alzheimer's disease	25.3	27.9	39.4
Diabetes mellitus	31.2	29.7	17.4
Kidney disease	15.4	26.4	16.6
Influenza & pneumonia	15.8	17.5	12.0

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

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

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

Missouri's 10 Leading Causes of Death by Race⁴

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

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

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

** = Data unavailable or negligible

³ Ibid.

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

Leading Causes of Death for Boys⁵

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.*

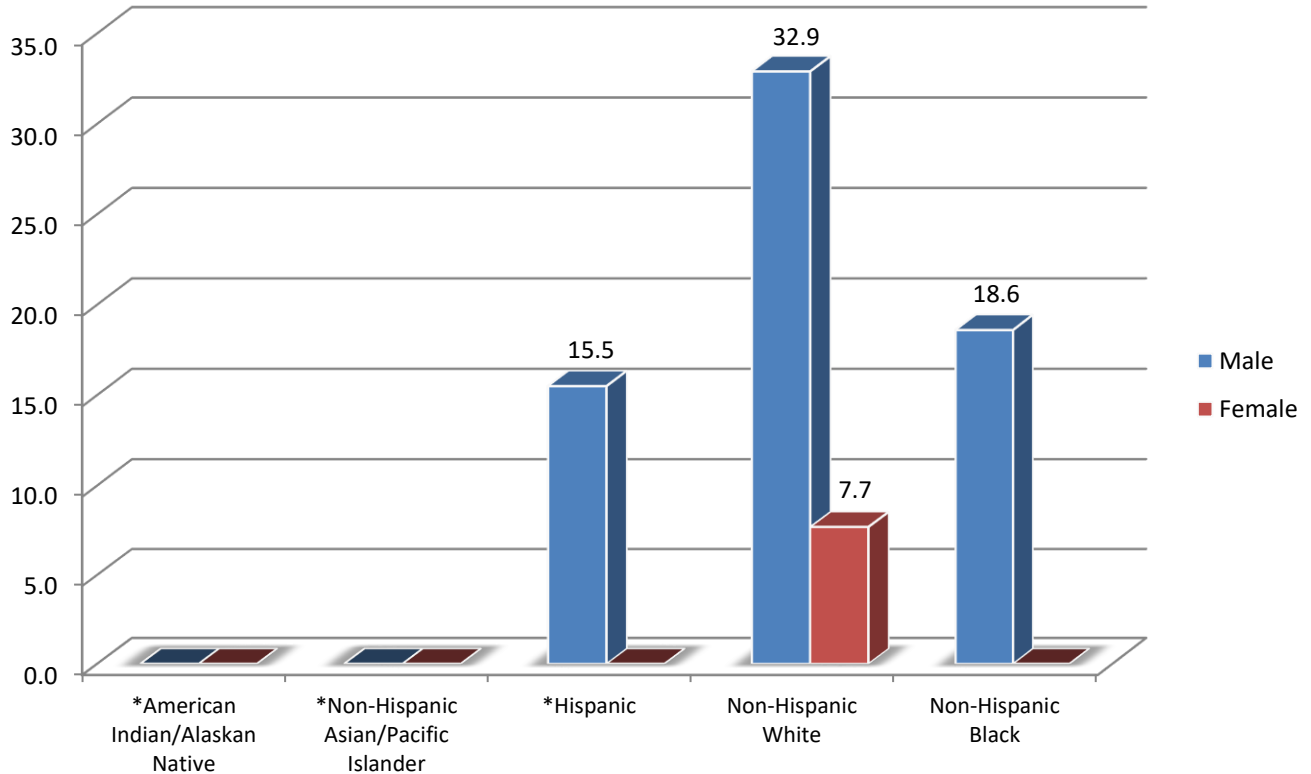
Missouri: Age-Adjusted Leading Causes of Death for Ages 0-19

(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	18.8	26.2	5.0	6.3	37.7	10.7	19.8	3.8	3.5	16.0
Birth defects	13.1	54.1	*	*	*	11.8	48.7	*	*	*
Homicide	9.6	4.8	*	3.7	28.0	3.3	5.7	*	*	4.7
Cancer	2.3	*	*	*	4.5	2.1	*	*	*	*
Suicide	6.8	*	*	4.5	22.2	2.1	*	*	*	6.3
Heart Disease	1.7	*	*	*	*	0.9	*	*	*	*

* = unavailable or negligible number

Missouri: 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:

- 37,480 new cases of prostate cancer will be diagnosed among men in Missouri
- 13,050 men die of prostate cancer in Missouri

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

Race/Ethnicity	Missouri	National
Overall	93.0	106.2
White (Includes Hispanic)	88.1	97.6
Black (Includes Hispanic)	145.3	168.6
Hispanic (Any Race)	52.5	83.9
Asian/Pacific Islander	43.4	54.7
American Indian/Alaskan Native	19.0	53.7

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

Aging in Missouri

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

Missouri Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	5,988,927	2,933,477	3,055,450	96.0
Under 5 years	390,237	199,528	190,709	104.6
5 to 9 years	390,463	199,591	190,872	104.6
10 to 14 years	396,925	203,213	193,712	104.9
15 to 19 years	423,786	216,939	206,847	104.9
20 to 24 years	413,289	207,793	205,496	101.1
25 to 29 years	403,239	201,438	201,801	99.8
30 to 34 years	372,228	186,306	185,922	100.2
35 to 39 years	368,070	183,144	184,926	99.0
40 to 44 years	380,546	188,854	191,692	98.5
45 to 49 years	444,766	220,099	224,667	98.0
50 to 54 years	443,806	218,081	225,725	96.6
55 to 59 years	389,985	188,437	201,548	93.5
60 to 64 years	333,293	159,520	173,773	91.8
65 to 69 years	257,053	121,239	135,814	89.3
70 to 74 years	193,437	88,753	104,684	84.8
75 to 79 years	155,271	67,506	87,765	76.9
80 to 84 years	118,754	47,180	71,574	65.9
85 years and over	113,779	35,856	77,923	46.0

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>