

Men's Health Report Card™ – Mississippi

Men's Health Network

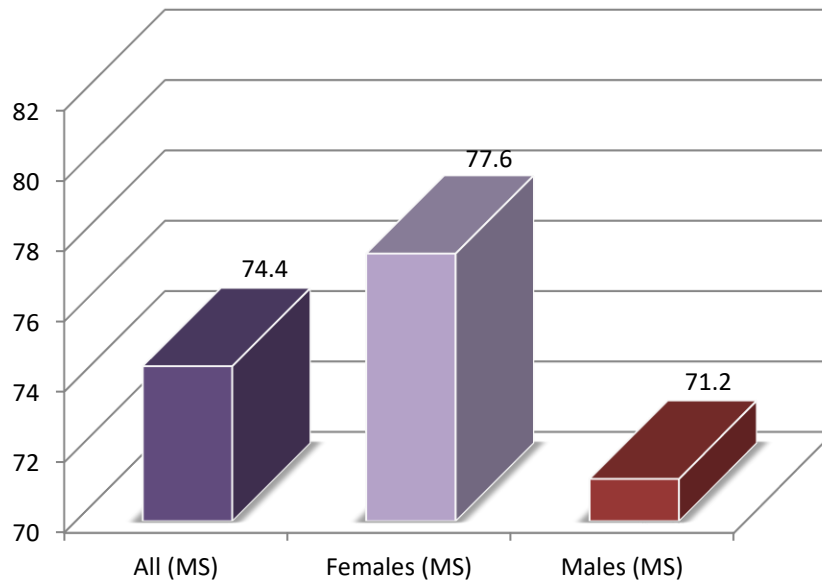
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Compiled by Chris Komst and Jacob Roy

- “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.

Mississippi Life Expectancy at Birth: Most Recent Data



Mississippi vs U.S. Life Expectancy at Birth¹

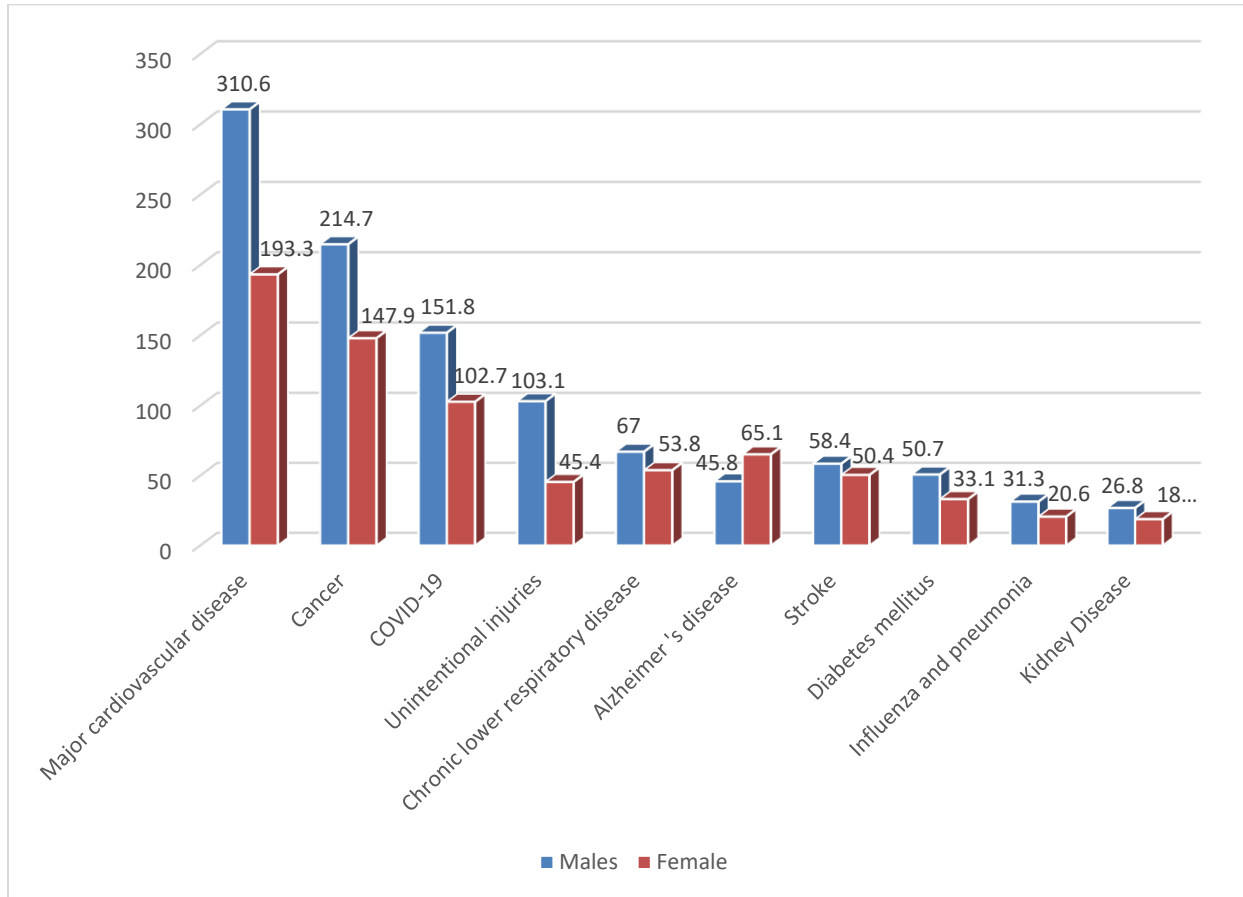
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MS)	79.0	White (MS)	73.1
Black (US)	78.5	Black (US)	72.5
Black (MS)	75.7	Black (MS)	68.8
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MS)	*	Hispanic (MS)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MS)	*	Asian/Pac. Islander (MS)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (MS)	*	Amer. Indian/Alaskan Native (MS)	*

* 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 >

Mississippi: 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	310.6	193.3
Cancer	170.3	214.7	147.9
COVID-19	107.7	151.8	102.7
Unintentional injuries	80.5	103.1	45.4
Chronic lower respiratory disease	40.2	67.0	53.8
Alzheimer's disease	25.3	45.8	65.1
Stroke	39.8	58.4	50.4
Diabetes mellitus	31.2	50.7	33.1
Influenza & pneumonia	15.8	31.3	20.6
Kidney disease	15.4	26.8	18.8

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

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

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

Mississippi's 10 Leading Causes of Death by Race⁴

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

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

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

⁴ Ibid.

Leading Causes of Death for Boys

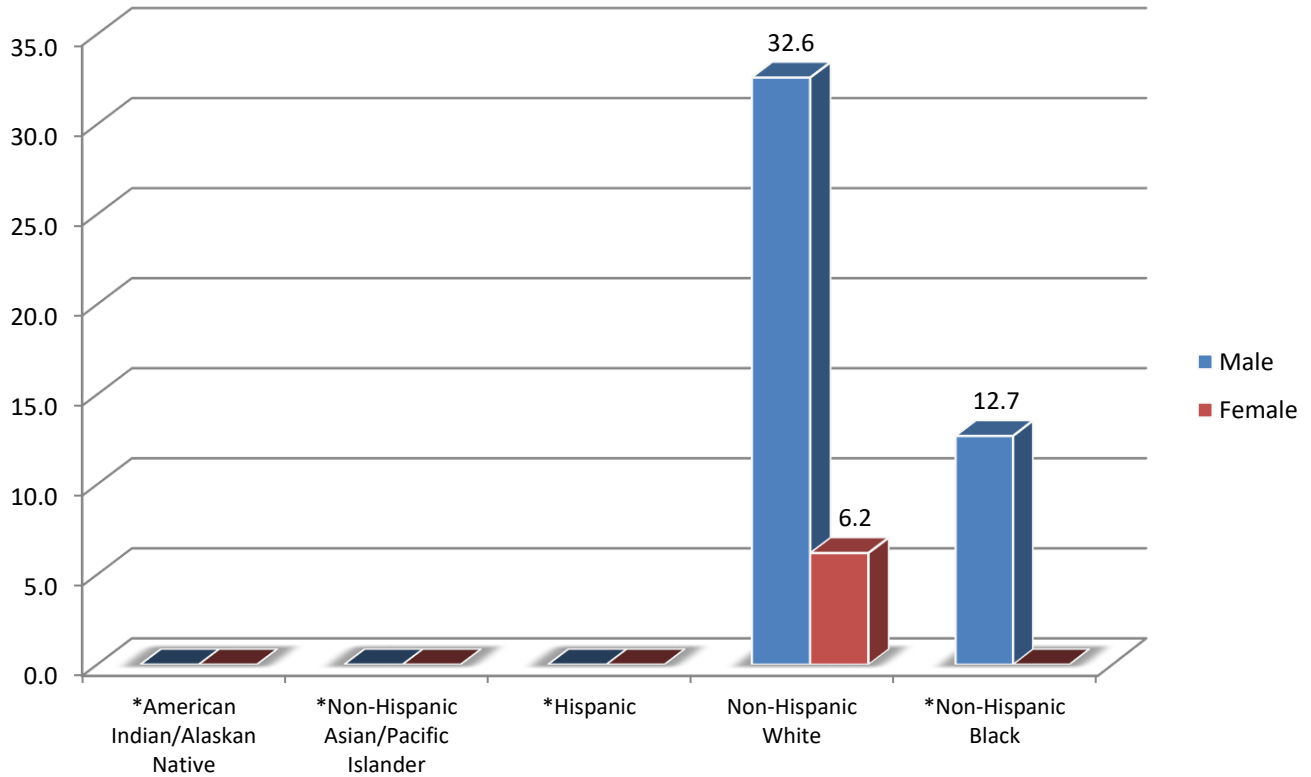
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Mississippi: 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	24.1	26.8	10.7	11.4	47.2	11.0	13.3	*	*	18.2
Birth defects	19.3	82.2	*	*	*	15.8	66.8	*	*	8.1
Homicide	10.6	*	*	*	32.6	3.6	*	*	*	*
Cancer	1.8	*	*	*	*	2.2	*	*	*	*
Suicide	5.9	*	*	*	18.4	*	*	*	*	*
Heart Disease	2.4	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

Mississippi: 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:

- 18,250 new cases of prostate cancer will be diagnosed among men in Mississippi
- 6,790 men die of prostate cancer in Mississippi

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

Race/Ethnicity	Mississippi	National
Overall	131.5	106.2
White (Includes Hispanic)	107.2	97.6
Black (Includes Hispanic)	191.0	168.6
Hispanic (Any Race)	60.9	83.9
Asian/Pacific Islander	53.4	54.7
American Indian/Alaskan Native	73.1	53.7

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

Aging in Mississippi

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

Mississippi Resident Population: 2010 Census by Age and Sex⁷

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	2,967,297	1,441,240	1,526,057	94.4
Under 5 years	210,956	107,465	103,491	103.8
5 to 9 years	205,672	105,042	100,630	104.4
10 to 14 years	208,248	106,606	101,642	104.9
15 to 19 years	224,619	114,145	110,474	103.3
20 to 24 years	210,894	105,433	105,461	100.0
25 to 29 years	199,082	98,610	100,472	98.1
30 to 34 years	188,171	92,461	95,710	96.6
35 to 39 years	187,368	91,364	96,004	95.2
40 to 44 years	187,579	91,664	95,915	95.6
45 to 49 years	208,369	101,271	107,098	94.6
50 to 54 years	208,607	100,994	107,613	93.8
55 to 59 years	186,569	89,321	97,248	91.8
60 to 64 years	160,756	77,111	83,645	92.2
65 to 69 years	120,523	56,200	64,323	87.4
70 to 74 years	93,946	42,228	51,718	81.7
75 to 79 years	69,876	28,913	40,963	70.6
80 to 84 years	51,703	19,366	32,337	59.9
85 years and over	44,359	13,046	31,313	41.7

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>