

Men's Health Report Card™ – Montana

Men's Health Network

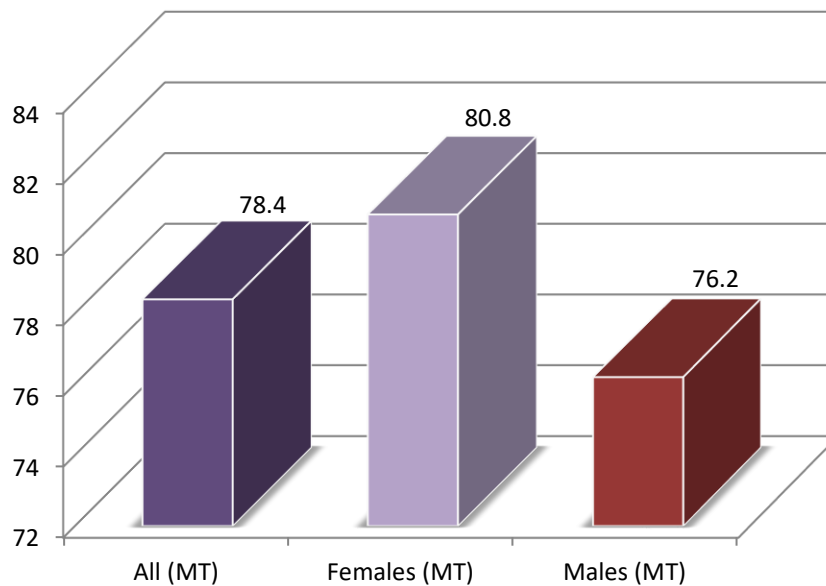
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Compiled by Chris Komst and Jacob Roy

- “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.

Montana Life Expectancy at Birth: Most Recent Data



Montana vs U.S. Life Expectancy at Birth¹

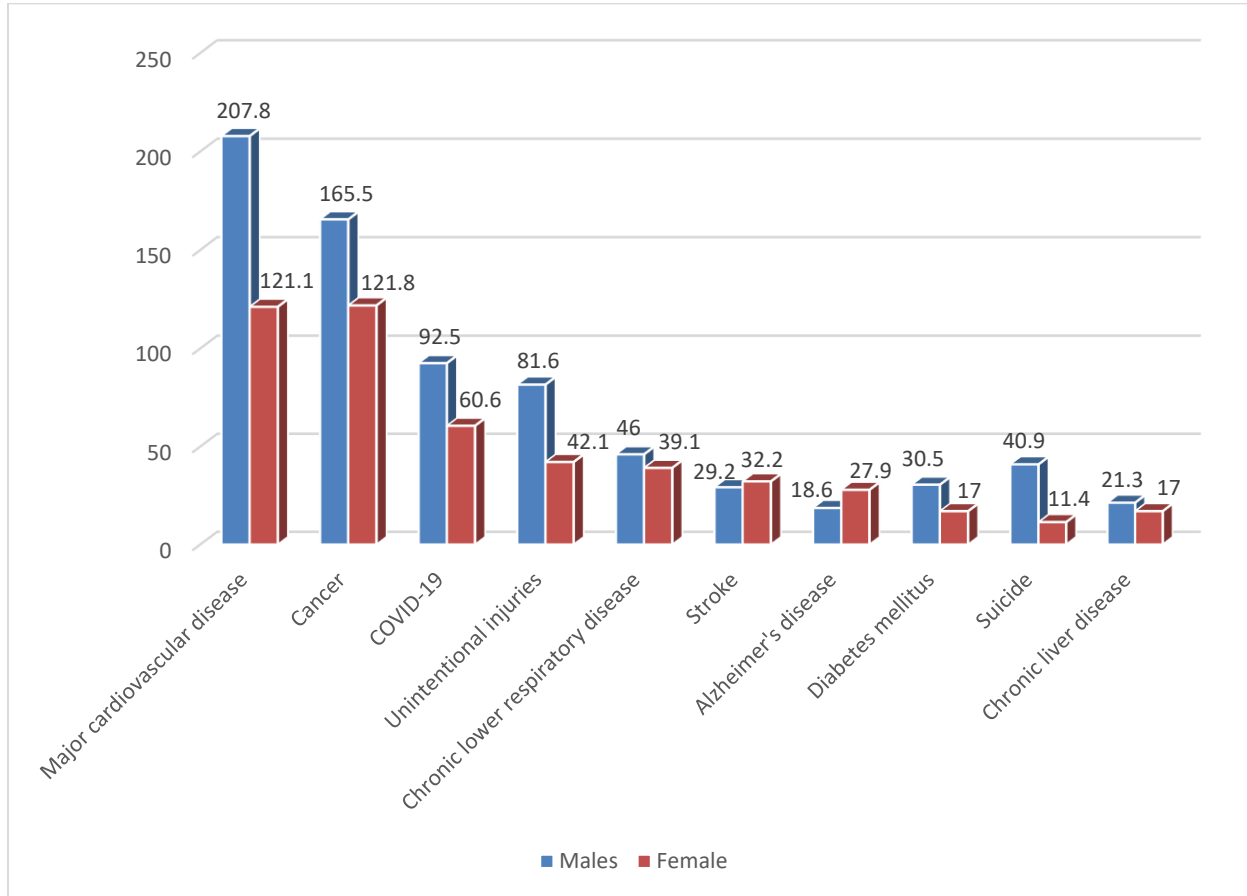
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (MT)	81.2	White (MT)	77.0
Black (US)	78.5	Black (US)	72.5
Black (MT)	*	Black (MT)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (MT)	*	Hispanic (MT)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (MT)	*	Asian/Pac. Islander (MT)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (MT)	*	Amer. Indian/Alaskan Native (MT)	*

* 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 >

Montana: 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	207.8	121.1
Cancer	170.3	165.5	121.8
COVID-19	107.7	92.5	60.6
Unintentional injuries	80.5	81.6	42.1
Chronic lower respiratory disease	40.2	46.0	39.1
Stroke	39.8	29.2	32.2
Alzheimer's disease	25.3	18.6	27.9
Diabetes mellitus	31.2	30.5	17.0
Suicide	22.0	40.9	11.4
Chronic liver disease	17.5	21.3	17.0

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>

³ Ibid.

State-Specific Leading Causes of Mortality, by Gender and Race

Montana'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	Chronic lower respiratory disease
5	Chronic lower respiratory disease	Stroke
6	Suicide	Unintentional injuries
7	Diabetes mellitus	Alzheimer's disease
8	Stroke	Diabetes mellitus
9	Chronic liver disease	Chronic liver disease
10	Alzheimer's disease	Kidney disease

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

Montana's 10 Leading Causes of Death by Race⁵

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

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

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

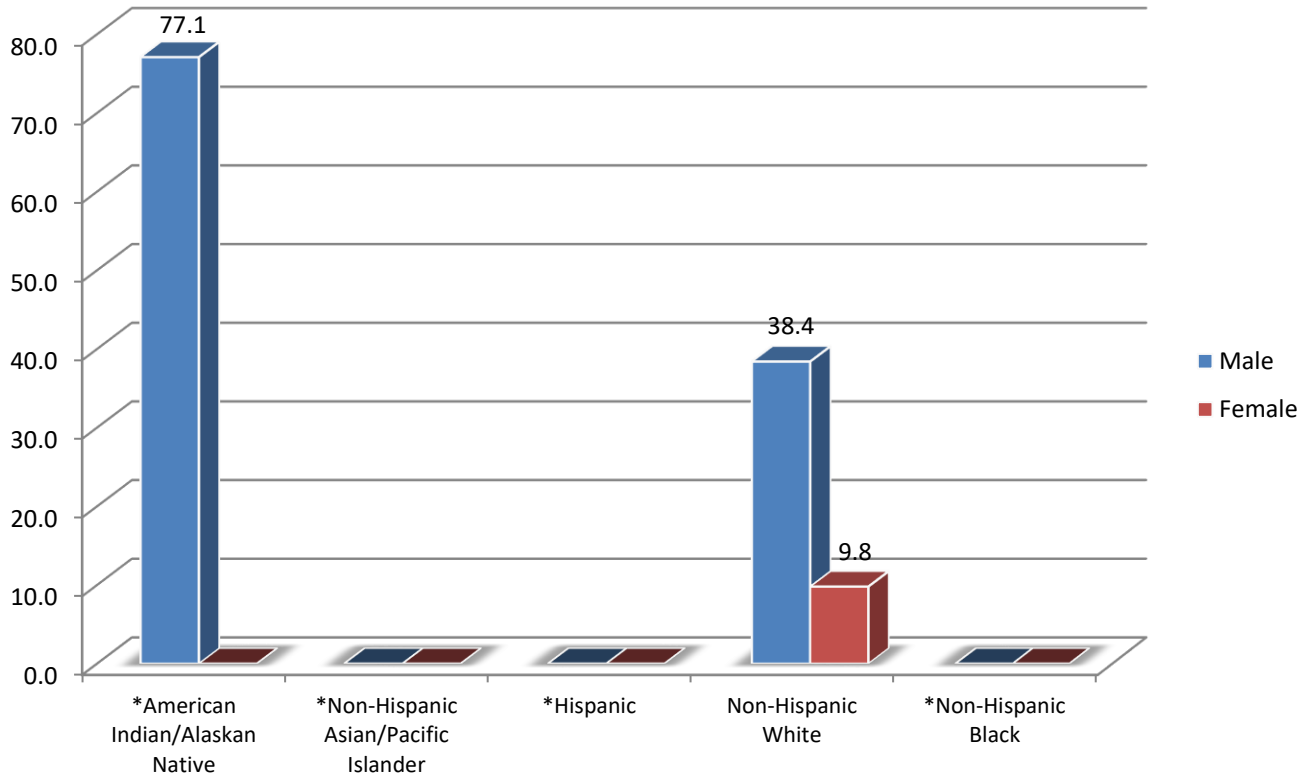
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Montana: 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	16.5	*	*	*	36.1	12.7	*	*	*	31.3
Birth defects	9.4	39.4	*	*	*	7.8	32.3	*	*	*
Homicide	*	*	*	*	*	*	*	*	*	*
Cancer	*	*	*	*	*	*	*	*	*	*
Suicide	11.2	*	*	*	39.1	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = unavailable or negligible number

Montana: 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:

- 7,030 new cases of prostate cancer will be diagnosed among men in Montana
- 2,160 men die of prostate cancer in Montana

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

Race/Ethnicity	Montana	National
Overall	124.2	106.2
White (Includes Hispanic)	121.9	97.6
Black (Includes Hispanic)	158.1	168.6
Hispanic (Any Race)	92.6	83.9
Asian/Pacific Islander	**	54.7
American Indian/Alaskan Native	115.4	53.7

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

Aging in Montana

- 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 Montana, the male-female ratio converges in the 60s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

Montana Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	989,415	496,667	492,748	100.8
Under 5 years	62,423	32,129	30,294	106.1
5 to 9 years	60,765	30,932	29,833	103.7
10 to 14 years	61,124	31,620	29,504	107.2
15 to 19 years	66,724	34,515	32,209	107.2
20 to 24 years	67,138	34,939	32,199	108.5
25 to 29 years	64,123	33,135	30,988	106.9
30 to 34 years	58,741	30,209	28,532	105.9
35 to 39 years	55,575	28,355	27,220	104.2
40 to 44 years	57,370	28,848	28,522	101.1
45 to 49 years	71,021	35,234	35,787	98.5
50 to 54 years	78,811	38,747	40,064	96.7
55 to 59 years	75,915	37,835	38,080	99.4
60 to 64 years	62,943	32,124	30,819	104.2
65 to 69 years	46,556	23,455	23,101	101.5
70 to 74 years	34,186	16,806	17,380	96.7
75 to 79 years	25,637	11,987	13,650	87.8
80 to 84 years	20,342	8,781	11,561	76.0
85 years and over	20,021	7,016	13,005	53.9

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>