

# Men's Health Report Card™ - North Carolina

## Men's Health Network

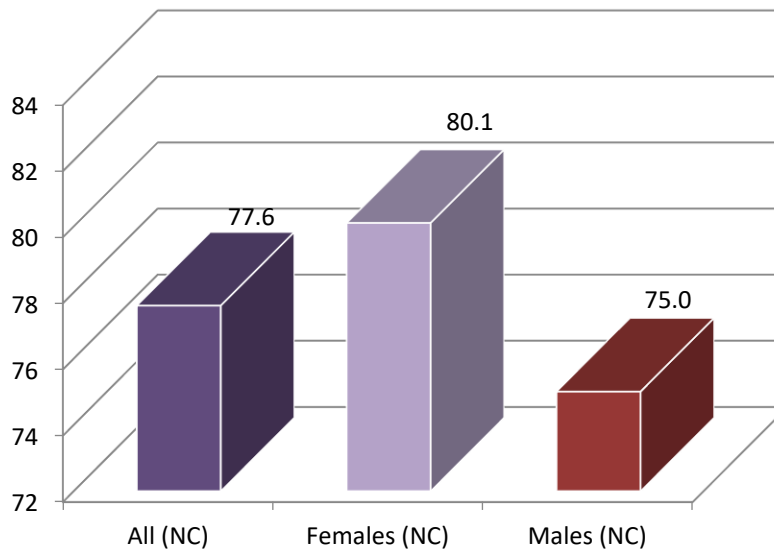
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Compiled by Chris Komst and Jacob Roy

- “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.

### North Carolina Life Expectancy at Birth: Most Recent Data



### North Carolina vs U.S. Life Expectancy at Birth<sup>1</sup>

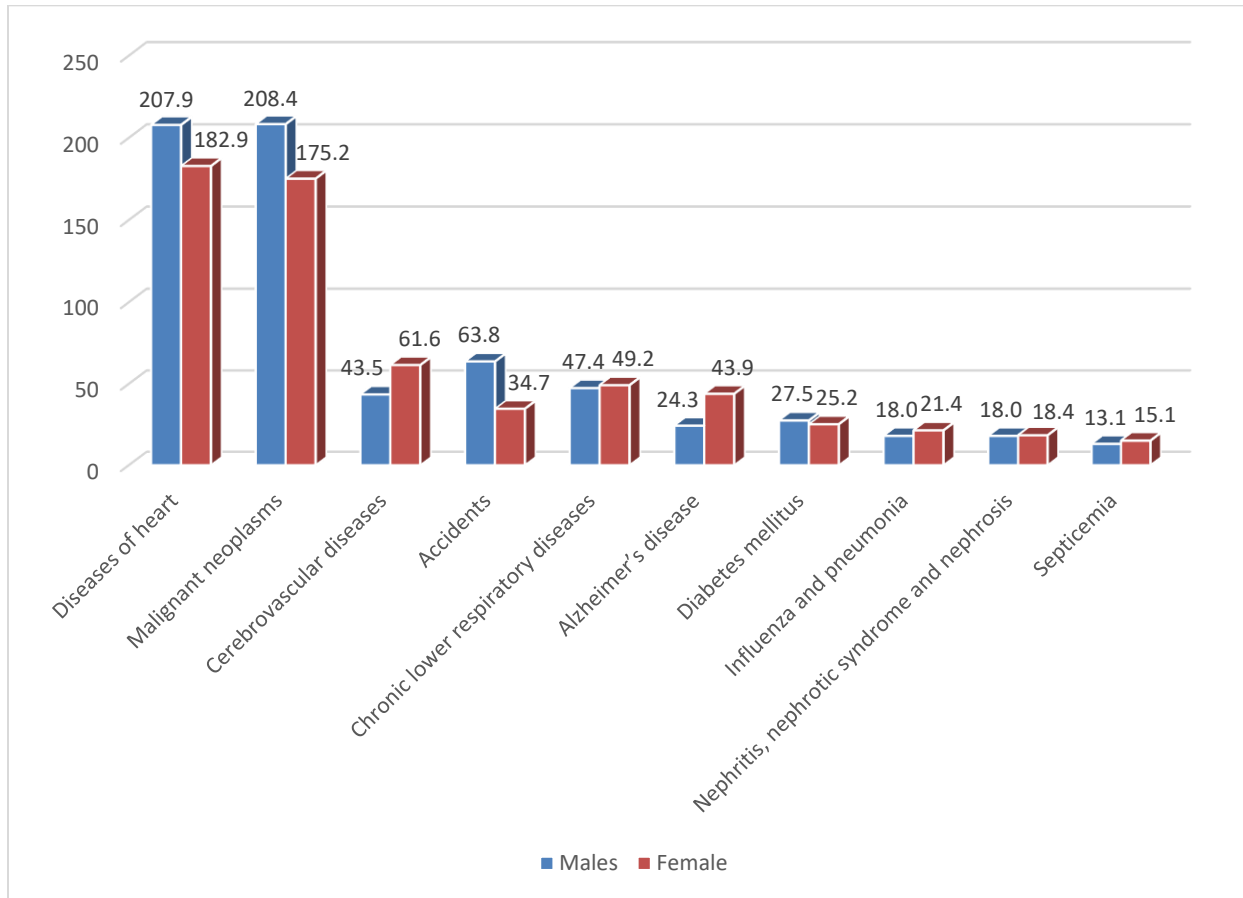
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
<b>White (NC)</b>	<b>80.8</b>	<b>White (NC)</b>	<b>75.7</b>
Black (US)	78.5	Black (US)	72.5
<b>Black (NC)</b>	<b>77.8</b>	<b>Black (NC)</b>	<b>71.2</b>
Hispanic (US)	84.5	Hispanic (US)	79.4
<b>Hispanic (NC)</b>	*	<b>Hispanic (NC)</b>	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
<b>Asian/Pac. Islander (NC)</b>	*	<b>Asian/Pac. Islander (NC)</b>	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
<b>Amer. Indian/Alaskan Native (NC)</b>	<b>80.3</b>	<b>Amer. Indian/Alaskan Native (NC)</b>	<b>72.7</b>

\* No data available

<sup>1</sup> 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](https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_04.pdf) >

## North Carolina: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)<sup>2</sup>



### Mortality rates per 100,000; Age-Adjusted using 2020 Standard Population

Cause of Death	National Rate (Male)	NC Rate (Male)	NC Rate (Female)
Diseases of heart	214.2	202.7	119.1
Malignant neoplasms	170.3	178.9	126.2
Covid-19	107.7	74.3	49.4
Accidents	80.5	93.8	42.1
Cerebrovascular diseases	39.8	45.2	43.0
Chronic lower respiratory diseases	40.2	42.6	35.7
Alzheimer's disease	25.3	27.7	43.4
Diabetes mellitus	31.2	34.7	20.7
Nephritis, nephrotic syndrome and nephrosis	15.4	18.8	13.8
Influenza and pneumonia	15.8	16.3	12.2

<sup>2</sup> 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. <[www.measureofamerica.org](http://www.measureofamerica.org)>

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

### North Carolina's 10 Leading Causes of Death by Gender<sup>3</sup>

Rank	Men	Women
1	Diseases of heart	Malignant neoplasms
2	Malignant neoplasms	Diseases of heart
3	Accidents	Covid-19
4	Covid-19	Alzheimer's disease
5	Cerebrovascular diseases	Cerebrovascular diseases
6	Chronic lower respiratory diseases	Chronic lower respiratory diseases
7	Diabetes mellitus	Accidents
8	Alzheimer's disease	Diabetes mellitus
9	Intentional self-harm	Nephritis, nephrotic syndrome and nephrosis
10	Nephritis, nephrotic syndrome and nephrosis	Influenza and pneumonia

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

### North Carolina's 10 Leading Causes of Death by Race<sup>4</sup>

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Diseases of heart	Covid-19
2	Malignant neoplasms	Malignant neoplasms	Malignant neoplasms
3	Accidents	Covid-19	Accidents
4	Covid-19	Accidents	Diseases of heart
5	Chronic lower respiratory diseases	Cerebrovascular diseases	Diabetes mellitus
6	Cerebrovascular diseases	Diabetes mellitus	Cerebrovascular diseases
7	Alzheimer's disease	Nephritis, nephrotic syndrome and nephrosis	Perinatal condition
8	Diabetes mellitus	Alzheimer's disease	Alzheimer's disease
9	Influenza and pneumonia	Chronic lower respiratory diseases	Chronic liver disease and cirrhosis
10	Chronic liver disease and cirrhosis	Assault (homicide)	Intentional self-harm

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Malignant neoplasms	Diseases of heart	Diseases of heart
2	Diseases of heart	Malignant neoplasms	Malignant neoplasms
3	Covid-19	Accidents	Covid-19
4	Cerebrovascular diseases	Covid-19	Accidents
5	Accidents	Alzheimer's disease	Cerebrovascular diseases
6	Diabetes mellitus	Chronic lower respiratory diseases	Chronic lower respiratory diseases
7	Intentional self-harm	Cerebrovascular diseases	Alzheimer's disease
8	Alzheimer's disease	Diabetes mellitus	Diabetes mellitus
9	Chronic liver disease and cirrhosis	Nephritis, nephrotic syndrome and nephrosis	Nephritis, nephrotic syndrome and nephrosis
10	Nephritis, nephrotic syndrome and nephrosis	Assault (homicide)	Influenza and pneumonia

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

<sup>3</sup> Wonder - Centers for Disease Control and Prevention. Health Data Interactive. Underlying Cause of Death, 1999-2014.

<sup>4</sup> Ibid.

## Leading Causes of Death for Boys

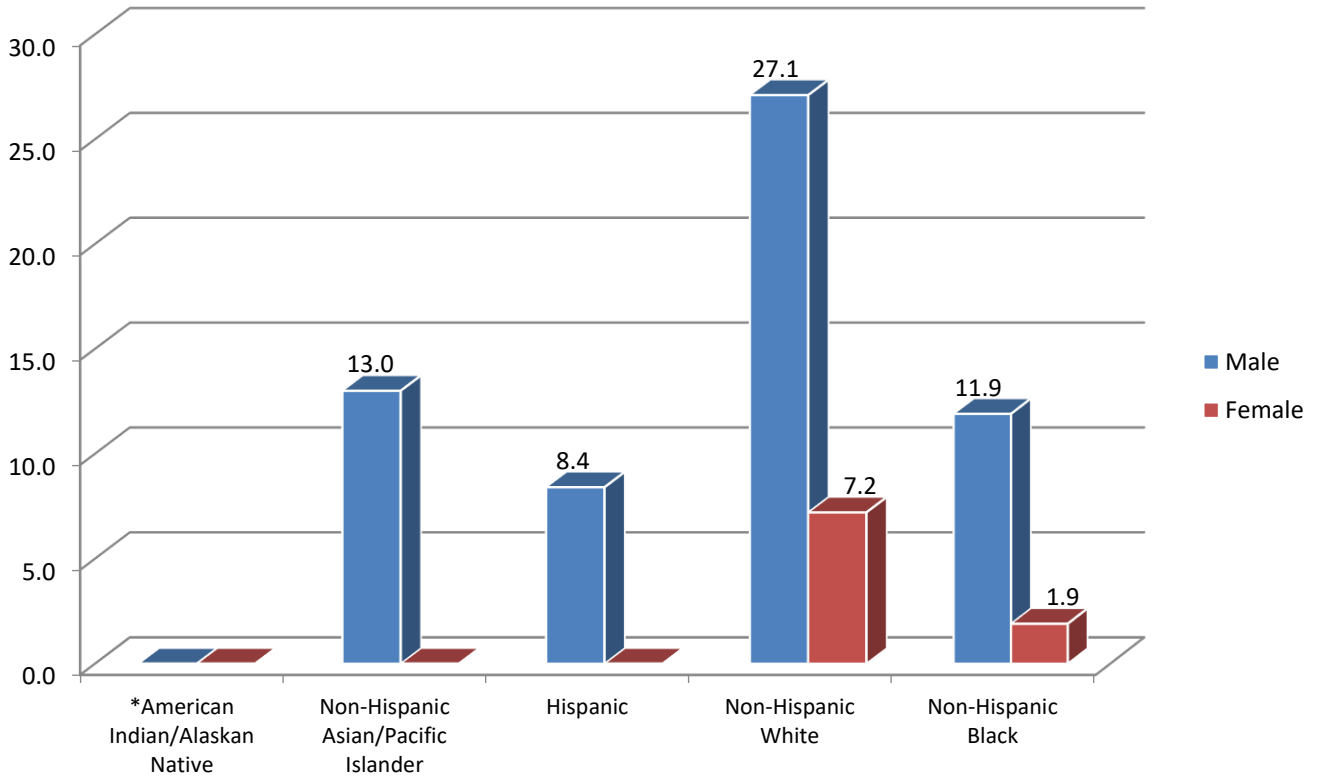
While the rates of malignant neoplasms are similar for both boys and girls, many more boys die from accidents, birth defects, suicide, and assault than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

**North Carolina: Leading Causes of Death for Ages 0-19<sup>5</sup>**  
*(Crude rates per 100,000; age-adjusted 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
Birth defects	18.1	76.8	*	*	*	14.0	59.8	*	*	*
Accidents	14.0	14.0	5.5	3.7	31.8	6.7	8.3	3.5	3.4	11.4
Assault (homicide)	6.3	4.0	*	*	17.8	1.7	2.5	*	*	3.4
Intentional self-harm	4.8	*	*	3.4	14.8	1.5	*	*	*	3.8
Malignant neoplasms	2.5	*	2.5	2.3	3.7	1.6	*	*	*	*

\* = unavailable or negligible number

**North Carolina: Age-Adjusted Suicide Rates per 100,000 (2020)<sup>6</sup>:**



\*Sample size is too small to report

<sup>5</sup> Ibid.

<sup>6</sup> 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. <[www.measureofamerica.org](http://www.measureofamerica.org)>

## Prostate Cancer Incidence and Mortality<sup>7</sup>

In 2022, the American Cancer Society estimates:

- 9,550 new cases of prostate cancer will be diagnosed among men in North Carolina
- 1,120 men die of prostate cancer in North Carolina

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

Race/Ethnicity	North Carolina	National
Overall	119.3	106.2
White (Includes Hispanic)	102.2	97.6
Black (Includes Hispanic)	180.2	168.6
Hispanic (Any Race)	66.9	83.9
Asian/Pacific Islander	51.3	54.7
American Indian/Alaskan Native	87.0	53.7

\* = unavailable or negligible number

### Aging in North Carolina

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

#### North Carolina Resident Population: 2010 Census by Age and Sex<sup>8</sup>

Age	Number			Males per 100 females
	Both sexes	Male	Female	
<b>Total population</b>	9,535,483	4,645,492	4,889,991	95.0
Under 5 years	632,040	322,871	309,169	104.4
5 to 9 years	635,945	324,900	311,045	104.5
10 to 14 years	631,104	322,795	308,309	104.7
15 to 19 years	659,591	338,271	321,320	105.3
20 to 24 years	661,573	336,648	324,925	103.6
25 to 29 years	627,036	311,499	315,537	98.7
30 to 34 years	619,557	304,807	314,750	96.8
35 to 39 years	659,843	324,681	335,162	96.9
40 to 44 years	667,308	329,652	337,656	97.6
45 to 49 years	698,753	341,432	357,321	95.6
50 to 54 years	669,893	323,702	346,191	93.5
55 to 59 years	600,722	285,244	315,478	90.4
60 to 64 years	538,039	255,034	283,005	90.1
<b>65 to 69 years</b>	<b>403,024</b>	<b>188,125</b>	<b>214,899</b>	<b>87.5</b>
70 to 74 years	294,543	133,021	161,522	82.4
75 to 79 years	223,655	94,981	128,674	73.8
80 to 84 years	165,396	63,573	101,823	62.4
85 years and over	147,461	44,256	103,205	42.9

<sup>7</sup> National Cancer Institute. State Cancer Profiles 2008-2012. <<http://statecancerprofiles.cancer.gov>> Retrieved: July 23, 2018

<sup>8</sup> American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010.

<[http://factfinder2.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml)>