

Men's Health Report Card™ - North Dakota

Men's Health Network

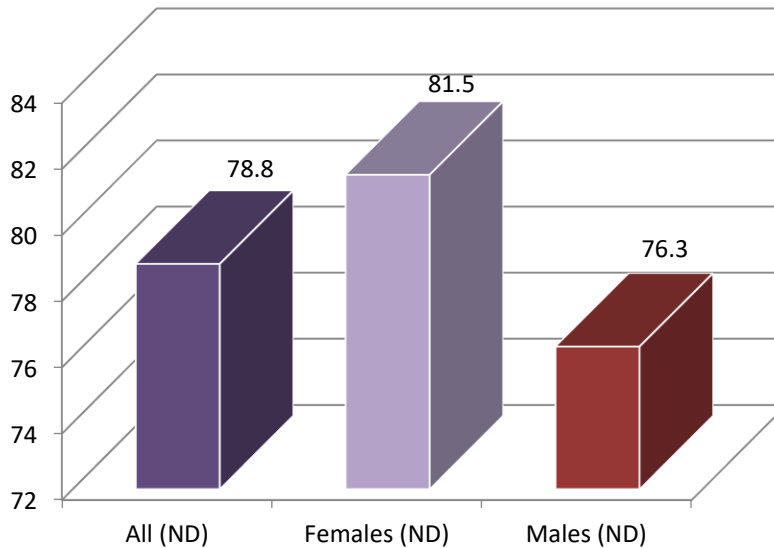
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Compiled by Chris Komst and Jacob Roy

- “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 Dakota Life Expectancy at Birth: Most Recent Data



North Dakota Life Expectancy at Birth¹

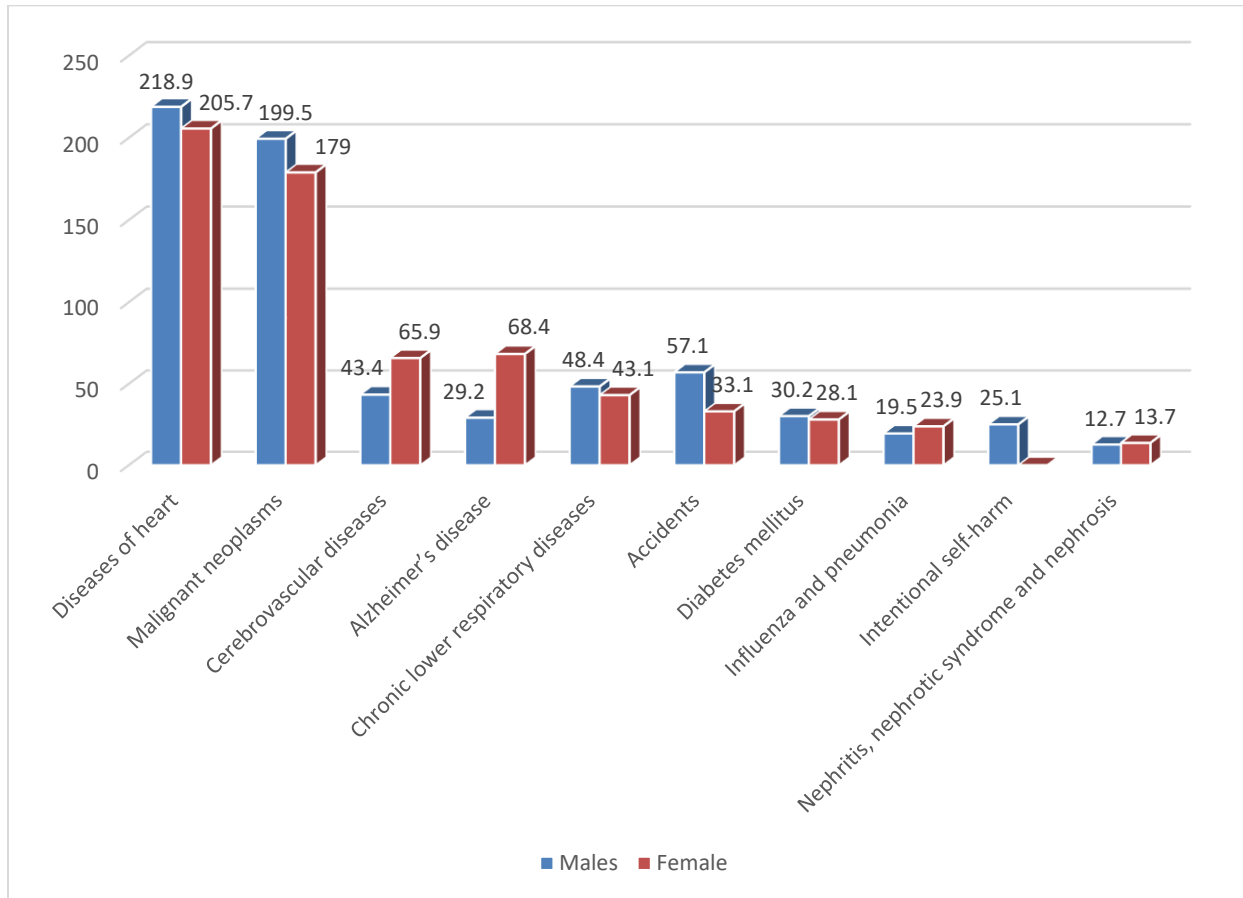
(The most current data available to compare state with national.)

| Female/Race (Population) | Life Expectancy (Years) | Male/Race (Population) | Life Expectancy (Years) |
|----------------------------------|-------------------------|----------------------------------|-------------------------|
| White (US) | 81.4 | White (US) | 76.7 |
| White (ND) | 82.9 | White (ND) | 77.6 |
| Black (US) | 78.4 | Black (US) | 72.3 |
| Black (ND) | * | Black (ND) | * |
| Hispanic (US) | 85.4 | Hispanic (US) | 80.2 |
| Hispanic (ND) | * | Hispanic (ND) | * |
| Asian/Pac. Islander (US) | 88.9 | Asian/Pac. Islander (US) | 84.1 |
| Asian/Pac. Islander (ND) | * | Asian/Pac. Islander (ND) | * |
| Amer. Indian/Alaskan Native (US) | 83.5 | Amer. Indian/Alaskan Native (US) | 78.7 |
| Amer. Indian/Alaskan Native (ND) | * | Amer. Indian/Alaskan Native (ND) | * |

* No significant data available

¹ 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 July 23, 2018. <www.measureofamerica.org>

North Dakota: 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) | ND Rate (Male) | ND Rate (Female) |
|---|----------------------|----------------|------------------|
| Diseases of heart | 219.8 | 218.9 | 205.7 |
| Malignant neoplasms | 199.2 | 199.5 | 179.0 |
| Cerebrovascular diseases | 38.8 | 43.4 | 65.9 |
| Alzheimer's disease | 17.0 | 29.2 | 68.4 |
| Chronic lower respiratory diseases | 44.0 | 48.4 | 43.1 |
| Accidents | 56.0 | 57.1 | 33.1 |
| Diabetes mellitus | 25.9 | 30.2 | 28.1 |
| Influenza and pneumonia | 17.6 | 19.5 | 23.9 |
| Intentional self-harm | 19.9 | 25.1 | * |
| Nephritis, nephrotic syndrome and nephrosis | 15.2 | 12.7 | 13.7 |

* = unavailable or negligible number

² 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 >

³ Ibid.

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

North Dakota's 10 Leading Causes of Death by Gender⁴

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

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

North Dakota's 10 Leading Causes of Death by Race

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

| 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 | Accidents | Accidents | Cerebrovascular diseases |
| 4 | Cerebrovascular diseases | Diabetes mellitus | Alzheimer's disease |
| 5 | Intentional self-harm | Chronic liver disease and cirrhosis | Chronic lower respiratory diseases |
| 6 | * | Chronic lower respiratory diseases | Accidents |
| 7 | * | Intentional self-harm | Diabetes mellitus |
| 8 | * | Cerebrovascular diseases | Influenza and pneumonia |
| 9 | * | Influenza and pneumonia | Intentional self-harm |
| 10 | * | Septicemia | Nephritis, nephrotic syndrome and nephrosis |

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

* = Data unavailable

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

Leading Causes of Death for Boys

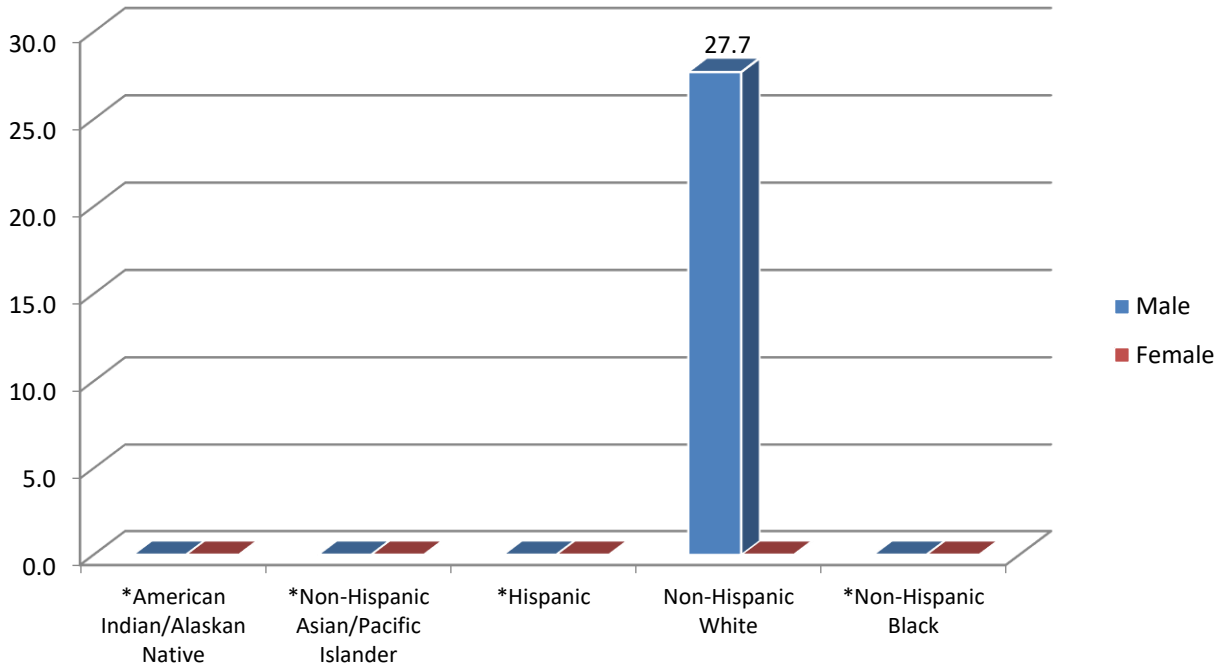
While the rates of assault and malignant neoplasms are similar for both boys and girls, many more boys die from accidents, birth defects, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

North Dakota: Leading Causes of Death for Ages 0-19⁵
(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 |
| Accidents | 17.8 | 11.9 | 9.1 | 9.7 | 37.4 | 11.1 | 7.4 | 4.5 | 5.5 | 25.4 |
| Perinatal condition | 15.5 | 62.7 | * | * | * | 12.6 | 50.6 | * | * | * |
| Intentional self-harm | 8.4 | * | * | * | 27.5 | 2.5 | * | * | * | 6.4 |
| Malignant neoplasms | 2.6 | * | * | * | * | 1.8 | * | * | * | * |
| Assault (homicide) | 1.8 | * | * | * | * | 1.0 | * | * | * | * |

* = unavailable or negligible number

North Dakota: Age-Adjusted Suicide Rates per 100,000 (2020)⁶:



*Sample size is too small to report findings

⁵ Ibid.

⁶ Ibid.

Prostate Cancer Incidence and Mortality

In 2022, the American Cancer Society estimates⁷:

- 600 new cases of prostate cancer will be diagnosed among men in North Dakota
- 70 men die of prostate cancer in North Dakota

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 Dakota | National |
|--------------------------------|--------------|----------|
| Overall | 118.2 | 106.2 |
| White (Includes Hispanic) | 115.4 | 97.6 |
| Black (Includes Hispanic) | 92.0 | 168.6 |
| Hispanic (Any Race) | * | 83.9 |
| Asian/Pacific Islander | * | 54.7 |
| American Indian/Alaskan Native | 106.4 | 53.7 |

* = unavailable or negligible number

Aging in North Dakota

- 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 Dakota, the male-female ratio converges in the late 50s and then drops rapidly as shown in this chart developed from year 2010 Census data.

North Dakota Resident Population: 2010 Census by Age and Sex⁸

| Age | Number | | | Males per 100 females |
|-------------------------|---------------|---------------|---------------|-----------------------|
| | Both sexes | Male | Female | |
| Total population | 672,591 | 339,864 | 332,727 | 102.1 |
| Under 5 years | 44,595 | 22,821 | 21,774 | 104.8 |
| 5 to 9 years | 40,076 | 20,520 | 19,556 | 104.9 |
| 10 to 14 years | 39,790 | 20,361 | 19,429 | 104.8 |
| 15 to 19 years | 47,474 | 24,626 | 22,848 | 107.8 |
| 20 to 24 years | 58,956 | 31,530 | 27,426 | 115.0 |
| 25 to 29 years | 49,596 | 26,451 | 23,145 | 114.3 |
| 30 to 34 years | 40,889 | 21,601 | 19,288 | 112.0 |
| 35 to 39 years | 37,065 | 19,209 | 17,856 | 107.6 |
| 40 to 44 years | 38,197 | 19,617 | 18,580 | 105.6 |
| 45 to 49 years | 46,380 | 23,461 | 22,919 | 102.4 |
| 50 to 54 years | 50,277 | 25,306 | 24,971 | 101.3 |
| 55 to 59 years | 45,946 | 23,634 | 22,312 | 105.9 |
| 60 to 64 years | 35,873 | 18,300 | 17,573 | 104.1 |
| 65 to 69 years | 26,028 | 12,902 | 13,126 | 98.3 |
| 70 to 74 years | 20,845 | 9,635 | 11,210 | 86.0 |
| 75 to 79 years | 18,368 | 8,125 | 10,243 | 79.3 |
| 80 to 84 years | 15,548 | 6,314 | 9,234 | 68.4 |
| 85 years and over | 16,688 | 5,451 | 11,237 | 48.5 |

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> Retrieved November 8, 2013