

Men's Health Report Card™ - Nebraska

Men's Health Network

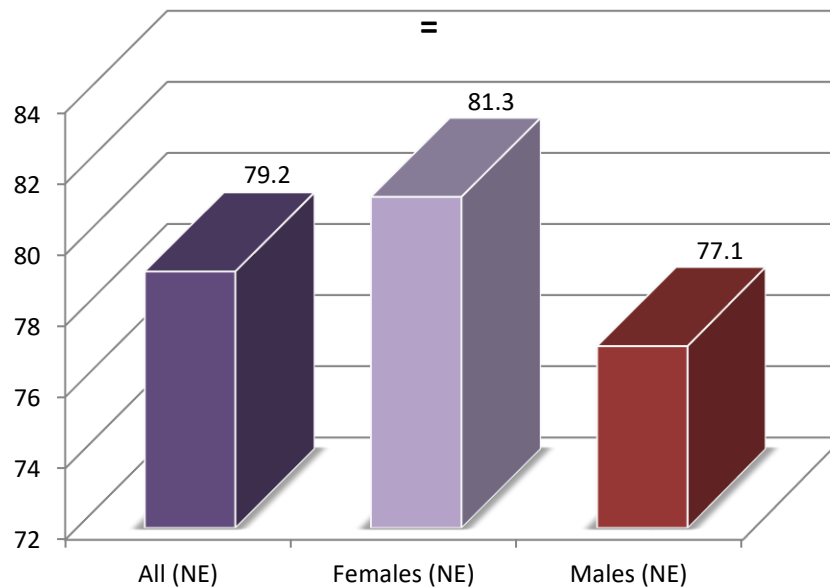
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Compiled by Chris Komst and Jacob Roy

- “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.

Nebraska Life Expectancy at Birth: Most Recent Data



Nebraska vs U.S. Life Expectancy at Birth¹

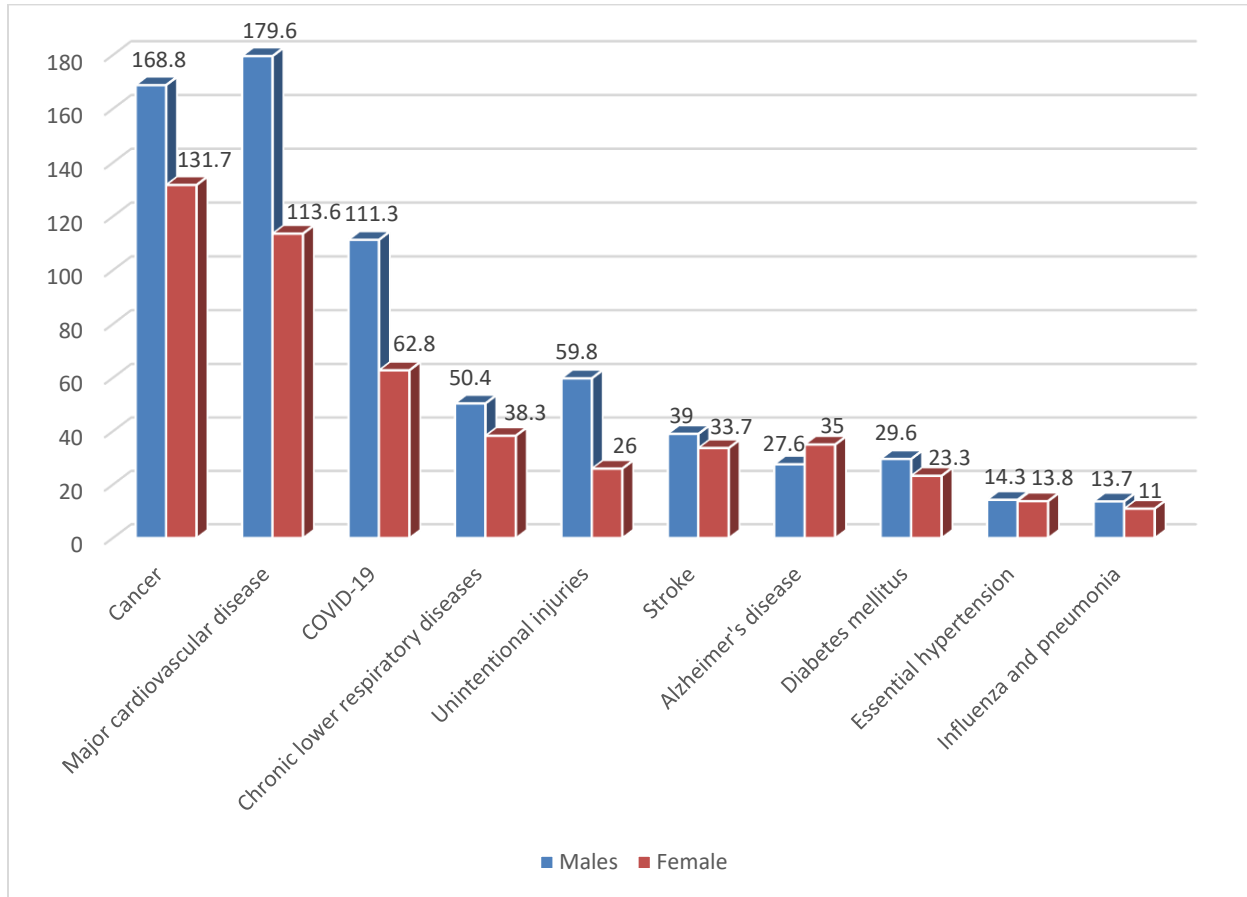
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (NE)	82.0	White (NE)	77.9
Black (US)	78.5	Black (US)	72.5
Black (NE)	*	Black (NE)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (NE)	*	Hispanic (NE)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (NE)	*	Asian/Pac. Islander (NE)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (NE)	*	Amer. Indian/Alaskan Native (NE)	*

* 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 >

Nebraska: 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
Cancer	170.3	168.8	131.7
Major cardiovascular disease	214.2	179.6	113.6
COVID-19	107.7	111.3	62.8
Chronic lower respiratory disease	40.2	50.4	38.3
Unintentional injuries	80.5	59.8	26.0
Stroke	39.8	39.0	33.7
Alzheimer's disease	25.3	27.6	35.0
Diabetes mellitus	31.2	29.6	23.3
Essential hypertension	10.7	14.3	13.8
Influenza & pneumonia	15.8	13.7	11.0

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

Nebraska 's 10 Leading Causes of Death by Gender⁴

Rank	Men	Women
1	Major cardiovascular disease	Cancer
2	Cancer	Major cardiovascular disease
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	Suicide	Essential hypertension
10	Chronic liver disease	Influenza & pneumonia

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

Nebraska 's 10 Leading Causes of Death by Race⁵

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

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Cancer	COVID-19	Major cardiovascular disease
2	COVID-19	Major cardiovascular disease	Cancer
3	Major cardiovascular disease	Cancer	COVID-19
4	**	**	Unintentional injuries
5	**	**	Chronic lower respiratory disease
6	**	**	Stroke
7	**	**	Diabetes mellitus
8	**	**	Alzheimer's disease
9	**	**	Suicide
10	**	**	Chronic liver 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 Boys⁶

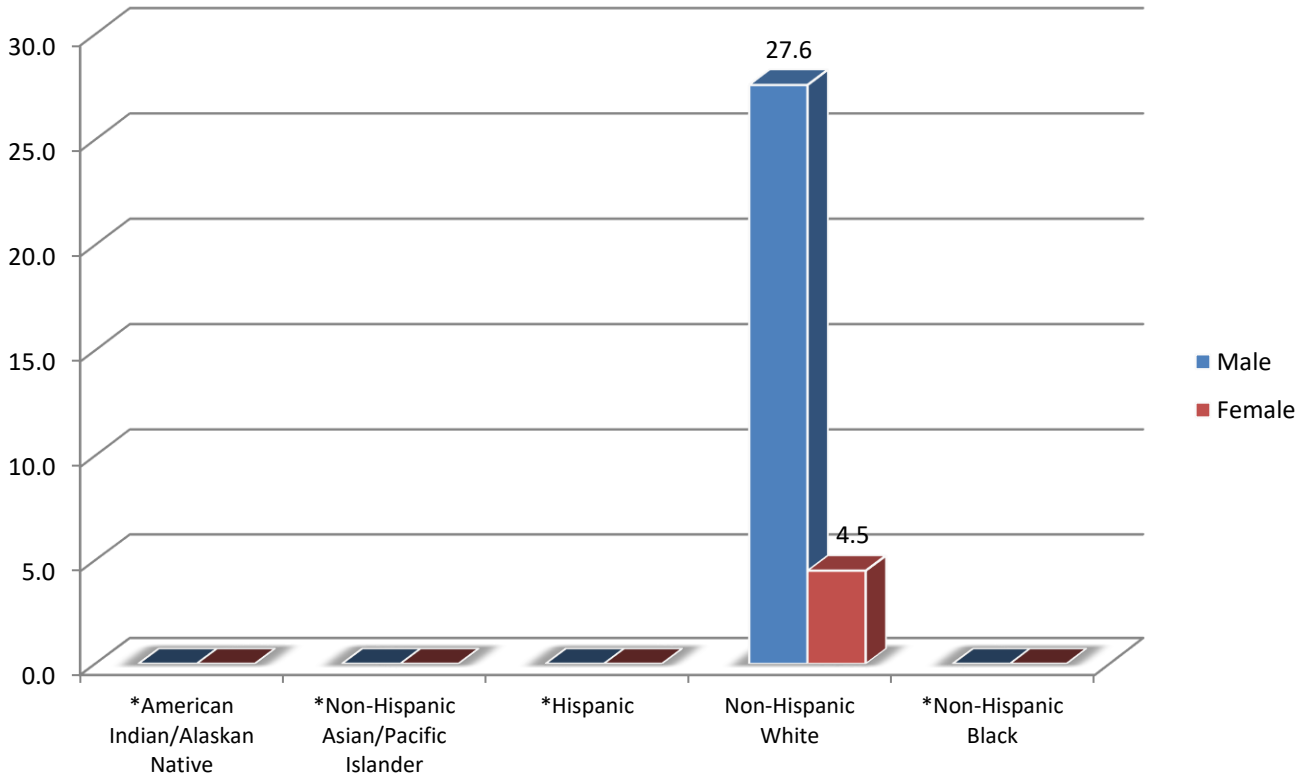
While the rates of birth defects, cancer, and heart disease are similar for both boys and girls, many more boys die from unintentional injuries, homicide, and suicide than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

Nebraska: 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	12.2	13.9	*	*	23.2	8.4	*	*	*	18.0
Birth defects	13.4	53.6	*	*	*	9.7	39.2	*	*	*
Homicide	2.6	*	*	*	*	*	*	*	*	*
Cancer	2.9	*	*	*	*	2.6	*	*	*	*
Suicide	5.7	*	*	*	18.2	*	*	*	*	*
Heart Disease	*	*	*	*	*	*	*	*	*	*

* = negligible number

Nebraska: 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:

- 11,280 new cases of prostate cancer will be diagnosed among men in Nebraska
- 3,550 men die of prostate cancer in Nebraska

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

Race/Ethnicity	Nebraska	National
Overall	123.3	106.2
White (Includes Hispanic)	118.8	97.6
Black (Includes Hispanic)	200.2	168.6
Hispanic (Any Race)	84.9	83.9
Asian/Pacific Islander	56.7	54.7
American Indian/Alaskan Native	77.8	53.7

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

Aging in Nebraska

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

Nebraska Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,826,341	906,296	920,045	98.5
Under 5 years	131,908	67,630	64,278	105.2
5 to 9 years	128,928	65,888	63,040	104.5
10 to 14 years	122,706	62,686	60,020	104.4
15 to 19 years	128,930	66,033	62,897	105.0
20 to 24 years	129,276	66,232	63,044	105.1
25 to 29 years	129,076	65,891	63,185	104.3
30 to 34 years	116,100	59,085	57,015	103.6
35 to 39 years	110,361	56,043	54,318	103.2
40 to 44 years	110,477	55,905	54,572	102.4
45 to 49 years	128,491	64,171	64,320	99.8
50 to 54 years	130,235	65,210	65,025	100.3
55 to 59 years	117,686	58,068	59,618	97.4
60 to 64 years	95,490	47,051	48,439	97.1
65 to 69 years	68,834	33,056	35,778	92.4
70 to 74 years	54,292	25,108	29,184	86.0
75 to 79 years	46,435	20,206	26,229	77.0
80 to 84 years	37,808	15,243	22,565	67.6
85 years and over	39,308	12,790	26,518	48.2

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>