

Men's Health Report Card™ - New Hampshire

Men's Health Network

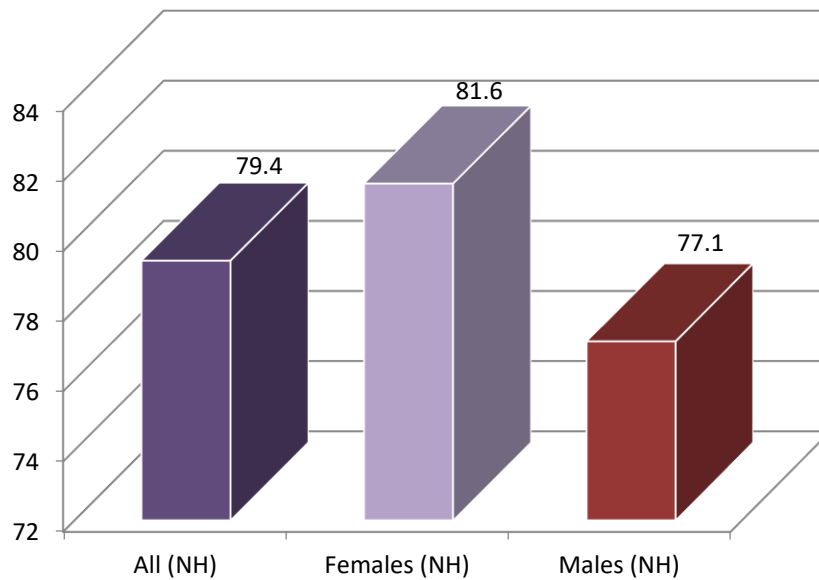
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Compiled by Chris Komst and Jacob Roy

- “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.

New Hampshire Life Expectancy at Birth: Most Recent Data



New Hampshire vs U.S. Life Expectancy at Birth¹

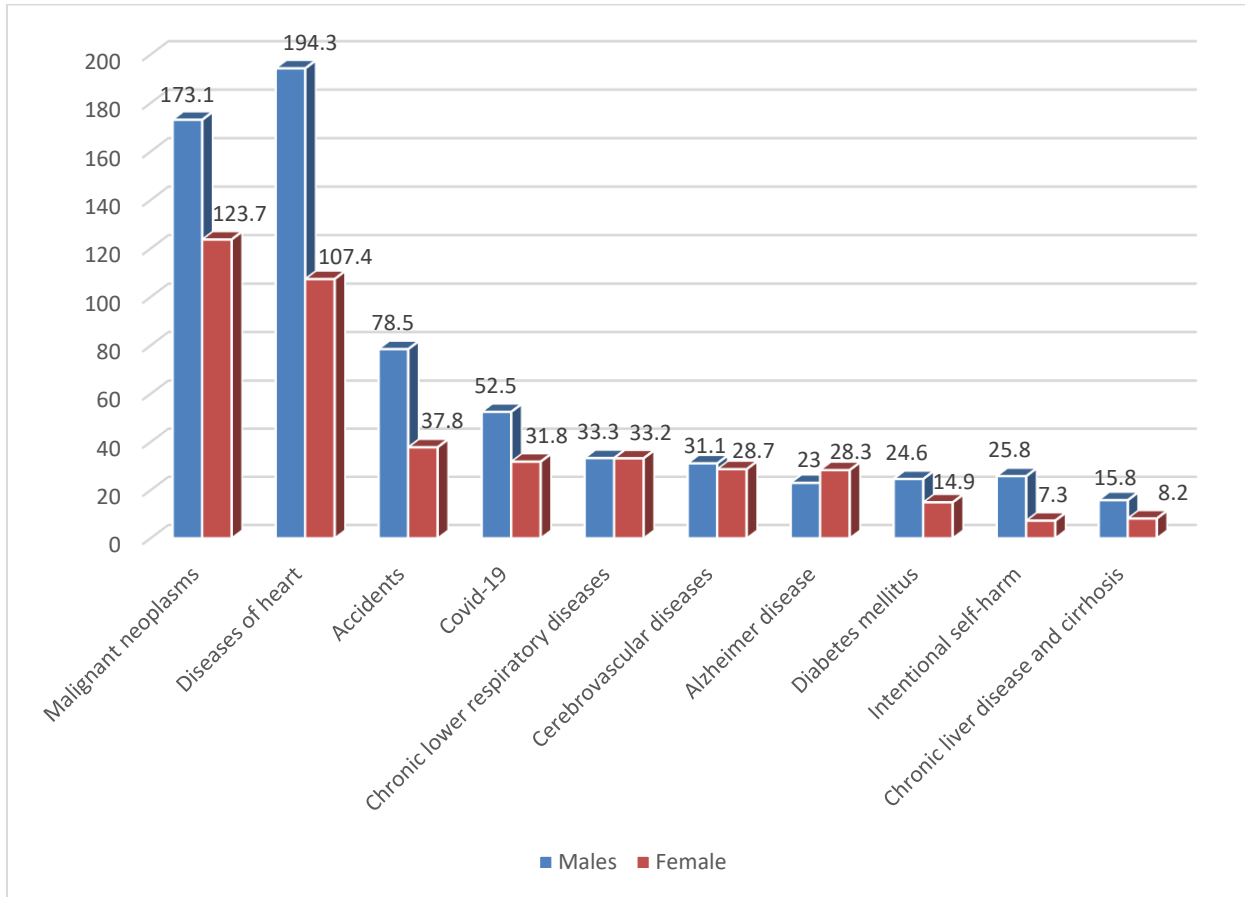
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (NH)	82.4	White (NH)	77.8
Black (US)	78.5	Black (US)	72.5
Black (NH)	*	Black (NH)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (NH)	*	Hispanic (NH)	*
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (NH)	*	Asian/Pac. Islander (NH)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (NH)	*	Amer. Indian/Alaskan Native (NH)	*

* 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>

New Hampshire: 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)	NH Rate (Male)	NH Rate (Female)
Malignant neoplasms	170.3	173.1	123.7
Diseases of heart	214.2	194.3	107.4
Accidents	80.5	78.5	37.8
Covid-19	107.7	52.5	31.8
Chronic lower respiratory diseases	40.2	33.3	33.2
Cerebrovascular diseases	39.8	31.1	28.7
Alzheimer disease	25.3	23.0	28.3
Diabetes mellitus	31.2	24.6	14.9
Intentional self-harm	22.0	25.8	7.3
Chronic liver disease and cirrhosis	17.5	15.8	8.2

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. <www.measureofamerica.org>

³ Ibid.

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

New Hampshire's 10 Leading Causes of Death by Gender⁴

Rank	Men	Women
1	Diseases of heart	Malignant neoplasms
2	Malignant neoplasms	Diseases of heart
3	Accidents	Chronic lower respiratory diseases
4	Covid-19	Covid-19
5	Chronic lower respiratory diseases	Accidents
6	Cerebrovascular diseases	Alzheimer's disease
7	Diabetes mellitus	Cerebrovascular diseases
8	Intentional self-harm	Diabetes mellitus
9	Alzheimer's disease	Influenza and pneumonia
10	Chronic liver disease and cirrhosis	Essential hypertension and hypertensive renal disease

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

New Hampshire's 10 Leading Causes of Death by Race⁵

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Accidents	Malignant neoplasms
2	Malignant neoplasms	Diseases of heart	Covid-19
3	Accidents	Malignant neoplasms	Diseases of heart
4	Covid-19	*	Accidents
5	Chronic lower respiratory diseases	*	*
6	Cerebrovascular diseases	*	*
7	Alzheimer's disease	*	*
8	Diabetes mellitus	*	*
9	Intentional self-harm	*	*
10	Chronic liver disease and cirrhosis	*	*

Rank	Asian/Pacific Islander	American Indian/ Alaskan Native	All
1	Malignant neoplasms	*	Malignant neoplasms
2	Covid-19	*	Diseases of heart
3	*	*	Accidents
4	*	*	Covid-19
5	*	*	Chronic lower respiratory diseases
6	*	*	Cerebrovascular diseases
7	*	*	Alzheimer disease
8	*	*	Diabetes mellitus
9	*	*	Intentional self-harm
10	*	*	Chronic liver disease and cirrhosis

*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, 1999-2018.

⁵ Ibid.

Leading Causes of Death for Boys⁶

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

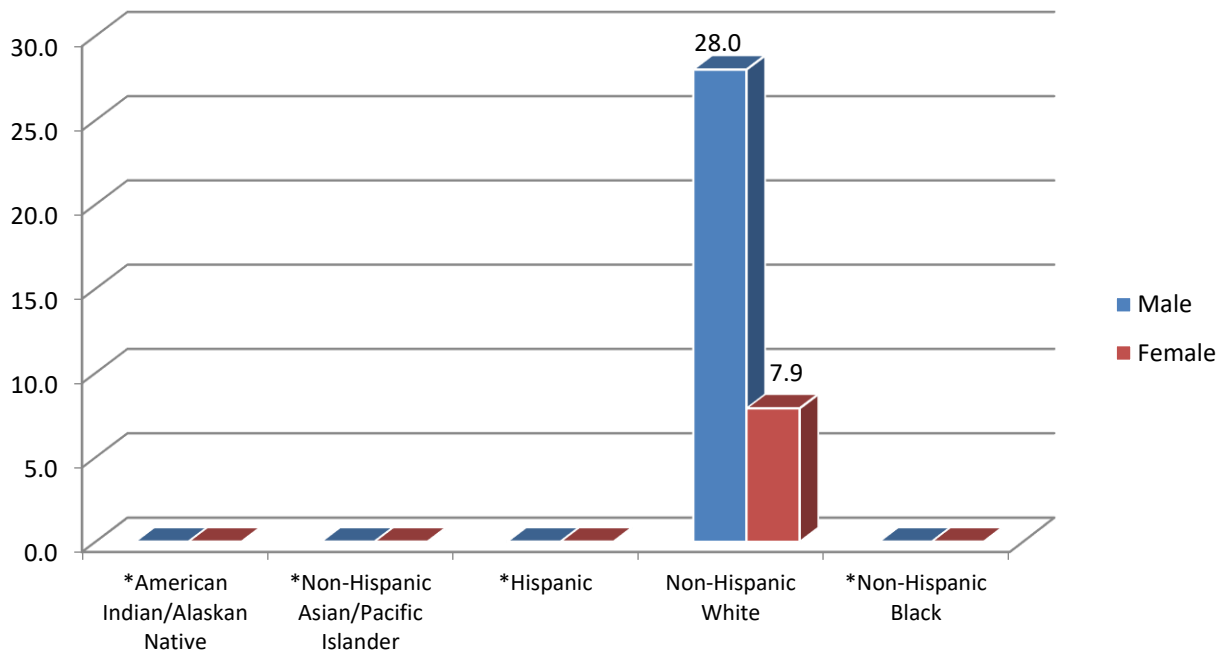
New Hampshire: Leading Causes of Death for Ages 0-19

(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
Accidents	18.1	*	*	*	16.4	*	*	*	*	*
Intentional self-harm	11.5	*	*	*	17.2	*	*	*	*	*
Perinatal condition	8.2	41.9	*	*	*	8.4	38.6	*	*	*

* = unavailable or negligible number

New Hampshire: Age-Adjusted Suicide Rates per 100,000 (2020):



*Sample size is too small to report findings

⁶ Ibid.

Prostate Cancer Incidence and Mortality⁷

In 2022, the American Cancer Society estimates:

- 1,280 new cases of prostate cancer will be diagnosed among men in New Hampshire

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

Race/Ethnicity	New Hampshire	National
Overall	109.2	106.2
White (Includes Hispanic)	107.2	97.6
Black (Includes Hispanic)	151.7	168.6
Hispanic (Any Race)	100.6	83.9
Asian/Pacific Islander	42.4	54.7
American Indian/Alaskan Native	*	53.7

* = unavailable or negligible number

Aging in New Hampshire

- 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 New Hampshire, the male-female ratio converges in the early 30s, and then drops rapidly, as shown in this chart developed from year 2010 Census data.

New Hampshire Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	1,316,470	649,394	667,076	97.3
Under 5 years	69,806	35,586	34,220	104.0
5 to 9 years	77,756	39,544	38,212	103.5
10 to 14 years	84,620	43,594	41,026	106.3
15 to 19 years	93,620	47,768	45,852	104.2
20 to 24 years	84,546	43,098	41,448	104.0
25 to 29 years	73,121	36,938	36,183	102.1
30 to 34 years	71,351	35,301	36,050	97.9
35 to 39 years	82,152	40,556	41,596	97.5
40 to 44 years	97,026	48,022	49,004	98.0
45 to 49 years	113,564	56,067	57,497	97.5
50 to 54 years	112,397	55,864	56,533	98.8
55 to 59 years	96,289	47,759	48,530	98.4
60 to 64 years	81,954	40,253	41,701	96.5
65 to 69 years	57,176	27,926	29,250	95.5
70 to 74 years	39,586	18,698	20,888	89.5
75 to 79 years	31,774	14,311	17,463	82.0
80 to 84 years	24,971	10,058	14,913	67.4
85 years and over	24,761	8,051	16,710	48.2

⁷ American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#//cancer-site/Prostate>.

⁸ American FactFinder, U.S. Census Bureau. Age Groups and Sex: 2010. http://factfinder2.census.gov/faces/nav/jsf/pages/community_facts.xhtml