

# Men's Health Report Card™ - New Jersey

## Men's Health Network

P.O. Box 75972 - Washington, DC 20013 - 202.543. MHN.1 (6461) x 101 - Health@MensHealthNetwork.org

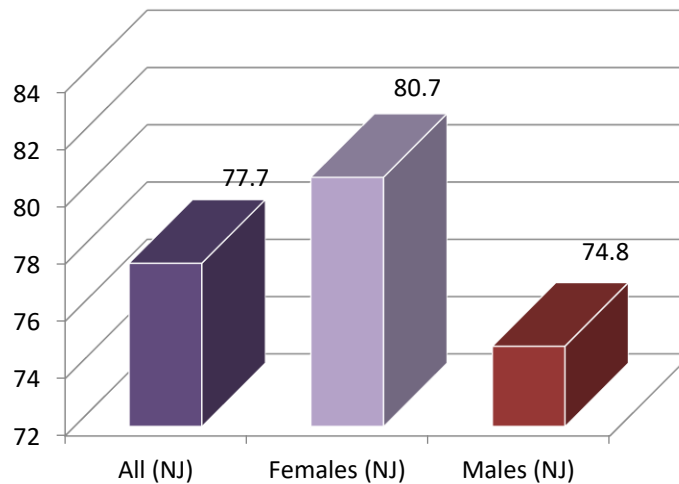
Compiled by Chris Komst

- “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.

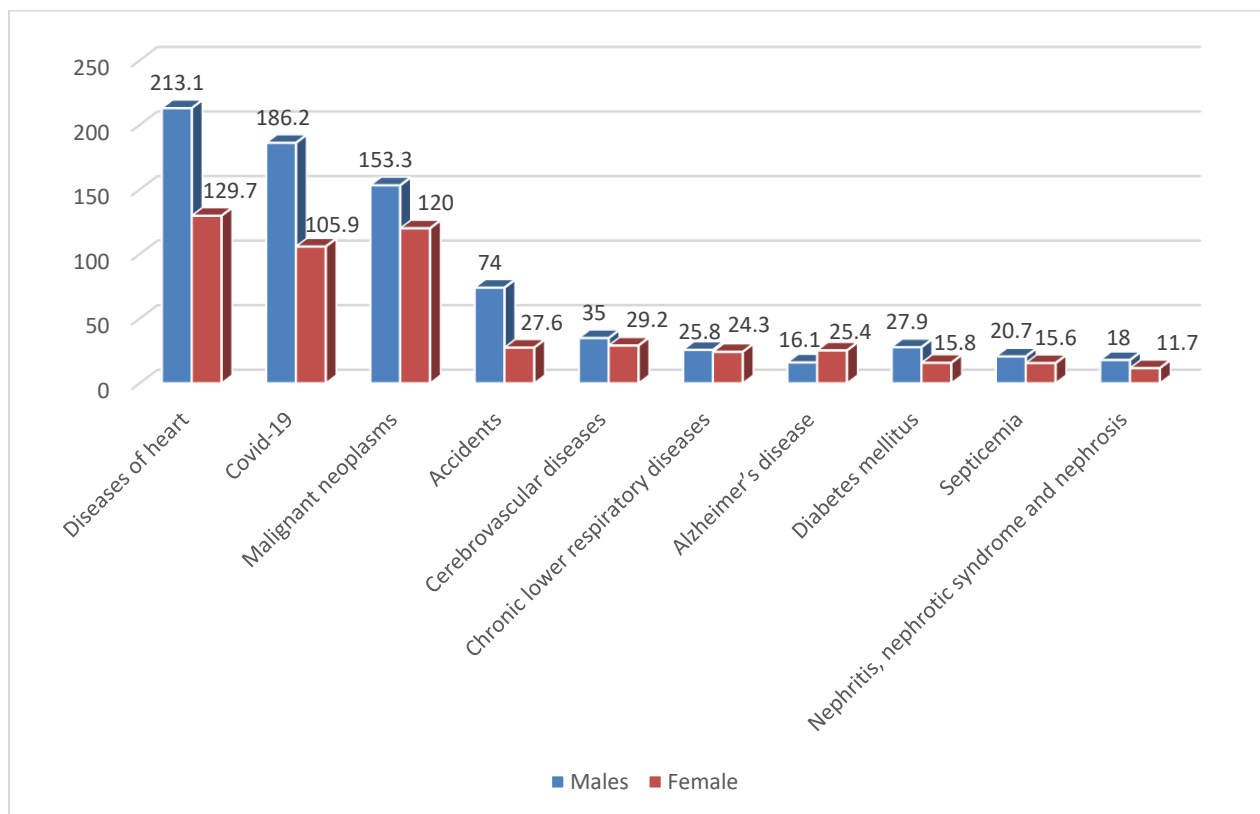
### New Jersey Life Expectancy at Birth: Most Recent Data<sup>1</sup>



Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.6
<b>White (NJ)</b>	<b>80.9</b>	<b>White (NJ)</b>	
Black (US)	79.4	Black (US)	72.7
<b>Black (NJ)</b>	<b>76.0</b>	<b>Black (NJ)</b>	<b>68.2</b>
Hispanic (US)	86.9	Hispanic (US)	81.2
<b>Hispanic (NJ)</b>	<b>83.0</b>	<b>Hispanic (NJ)</b>	<b>74.1</b>
Asian/Pac. Islander (US)	90.5	Asian/Pac. Islander (US)	86.2
<b>Asian/Pac. Islander (NJ)</b>	<b>88.4</b>	<b>Asian/Pac. Islander (NJ)</b>	<b>83.6</b>
Amer. Indian/Alaskan Native (US)	80.0	Amer. Indian/Alaskan Native (US)	73.4
<b>Amer. Indian/Alaskan Native (NJ)</b>	*	<b>Amer. Indian/Alaskan Native (NJ)</b>	*

1. U.S. State Life Tables, 2019. National Vital Statistics Reports. <https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-18.pdf>.

## New Jersey: 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<sup>2</sup>

Cause of Death	National Rate (Male)	NJ Rate (Male)	NJ Rate (Female)
Diseases of heart	214.2	213.1	129.7
Covid-19	107.7	186.2	105.9
Malignant neoplasms	170.3	153.3	120.0
Accidents	80.5	74.0	27.6
Cerebrovascular diseases	39.8	35.0	29.2
Chronic lower respiratory diseases	40.2	25.8	24.3
Alzheimer's disease	25.3	16.1	25.4
Diabetes mellitus	31.2	27.9	15.8
Septicemia	10.8	20.7	15.6
Nephritis, nephrotic syndrome and nephrosis	15.4	18.0	11.7

2. Underlying Cause of Death. Centers for Disease Control and Prevention.  
<https://wonder.cdc.gov/controller/datarequest?stage=search&action=current>.

## State-Specific Leading Causes of Mortality, by Gender and Race<sup>2</sup>

### New Jersey's 10 Leading Causes of Death by Gender<sup>2</sup>

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

### New Jersey's 10 Leading Causes of Death by Race<sup>2</sup>

Rank	Non-Hispanic White	Non-Hispanic Black	Hispanic/Latino
1	Diseases of heart	Covid-19	Covid-19
2	Malignant neoplasms	Diseases of heart	Diseases of heart
3	Covid-19	Malignant neoplasms	Malignant neoplasms
4	Accidents	Accidents	Accidents
5	Cerebrovascular diseases	Cerebrovascular diseases	Diabetes mellitus
6	Chronic lower respiratory diseases	Diabetes mellitus	Cerebrovascular diseases
7	Alzheimer's disease	Nephritis, nephrotic syndrome and nephrosis	Alzheimer's disease
8	Septicemia	Chronic lower respiratory diseases	Influenza and pneumonia
9	Diabetes mellitus	Septicemia	Septicemia
10	Influenza and pneumonia	Essential hypertension and hypertensive renal disease	Chronic liver disease and cirrhosis

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

## Leading Causes of Death for Boys<sup>2</sup>

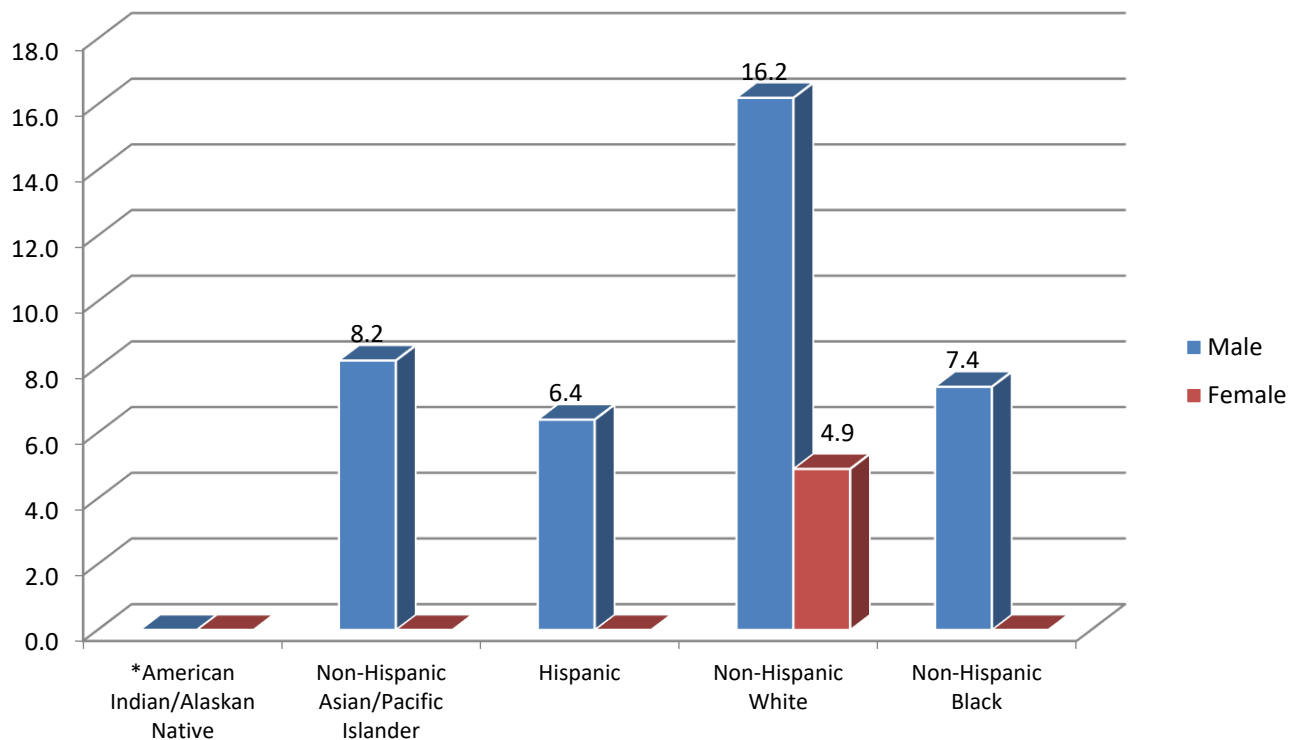
While the rates of malignant neoplasms and suicide are similar for both boys and girls, many more boys die from birth defects, accidents, and assaults than girls do. *It can be concluded that the higher rate of death in boys may be preventable.*

**New Jersey: 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
Birth defects	11.0	45.3	*	*	*	8.5	35.4	*	*	*
Accidents	5.8	6.3	*	2.5	12.9	3.5	3.3	*	*	7.7
Malignant neoplasms	2.3	*	*	*	3.6	2.0	*	2.6	*	*
Assault (homicide)	2.9	*	*	*	8.6	1.0	*	*	*	*
Intentional self-harm	2.3	*	*	*	7.4	1.2	*	*	*	3.1

\* = unavailable or negligible number

**New Jersey: Age-Adjusted Suicide Rates per 100,000 (2020)<sup>3</sup>:**



\*Sample size is too small to report findings

3. Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database. <http://wonder.cdc.gov/ucd-icd10.html>.

## Prostate Cancer Incidence and Mortality<sup>4,5</sup>

In 2022, the American Cancer Society estimates:

- 8,580 new cases of prostate cancer will be diagnosed among men in New Jersey
- 750 men die of prostate cancer in New Jersey

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 Jersey	National
Overall	134.4	106.2
White (Includes Hispanic)	122.8	97.6
Black (Includes Hispanic)	192.8	168.6
Hispanic (Any Race)	122.6	83.9
Asian/Pacific Islander	63.5	54.7
American Indian/Alaskan Native	*	53.7

\* = unavailable or negligible number

- 
4. American Cancer Society: Cancer Facts & Statistics. American Cancer Society | Cancer Facts & Statistics. <https://cancerstatisticscenter>.
  5. State Cancer Profiles. State Cancer Profiles > Incidence Rates Table. <https://statecancerprofiles.cancer.gov/incidencerates/index.php?stateFIPS=00&areatype=state&cancer=066&race=02&sex=1&age=001&stage=999&year=0&type=incd&sortVariableName=rate&sortOrder=default&output=0#results>.