

Men's Health Report Card™ - New Mexico

Men's Health Network

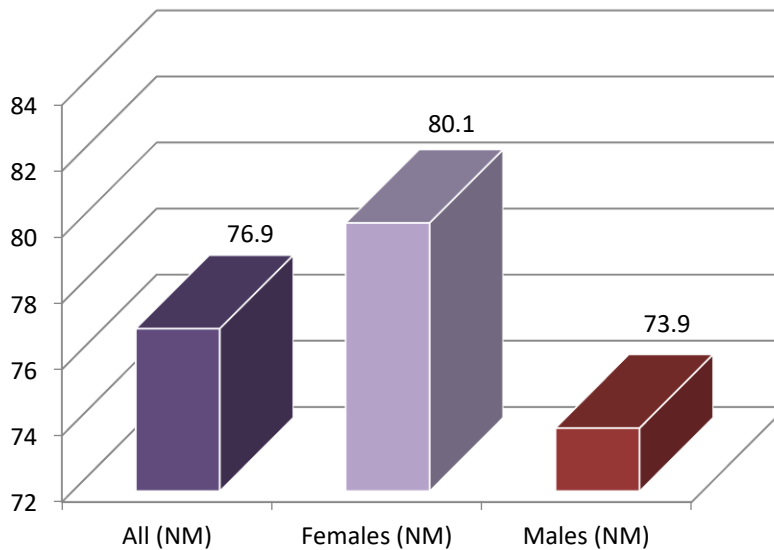
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Compiled by Chris Komst and Jacob Roy

- “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 Mexico Life Expectancy at Birth: Most Recent Data



New Mexico vs U.S. Life Expectancy at Birth¹

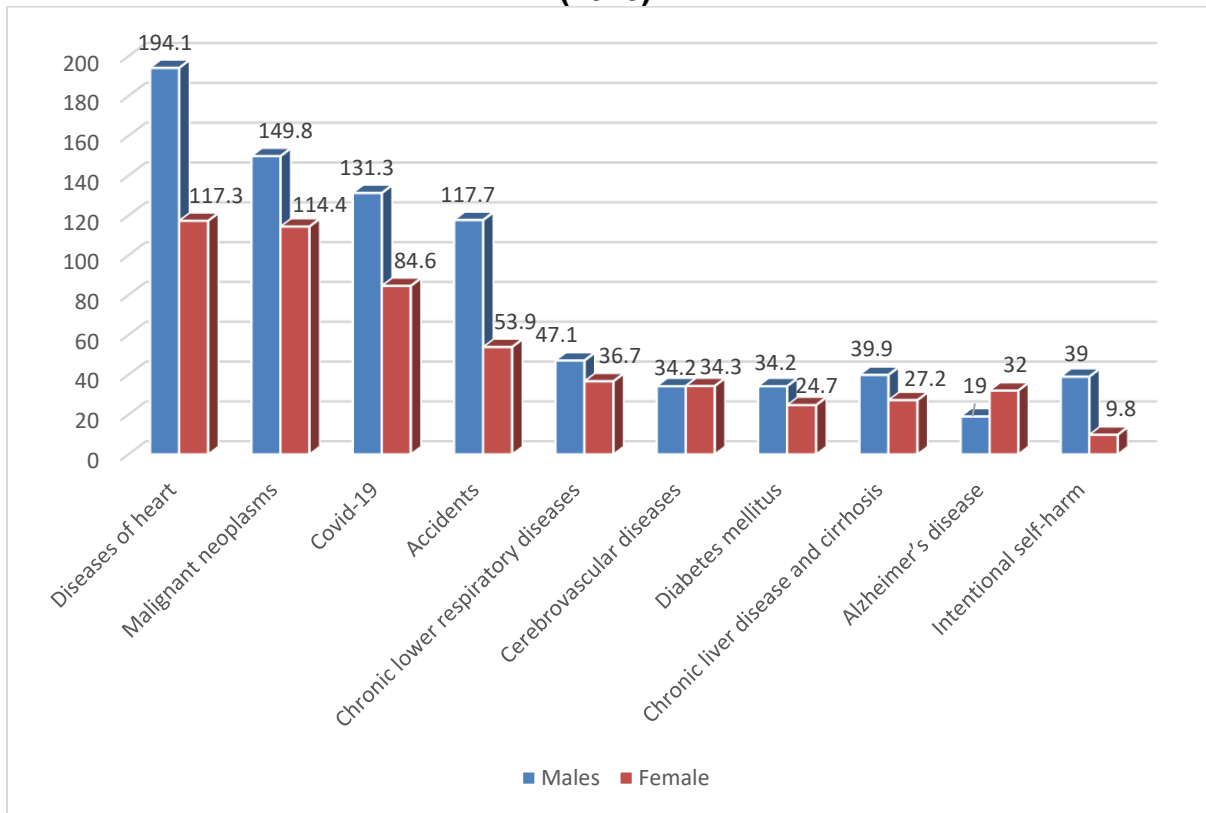
(The most current data available to compare state with national.)

Female/Race (Population)	Life Expectancy (Years)	Male/Race (Population)	Life Expectancy (Years)
White (US)	81.4	White (US)	76.7
White (NM)	81.4	White (NM)	76.7
Black (US)	78.5	Black (US)	72.5
Black (NM)	*	Black (NM)	*
Hispanic (US)	84.5	Hispanic (US)	79.4
Hispanic (NM)	82.0	Hispanic (NM)	75.5
Asian/Pac. Islander (US)	88.9	Asian/Pac. Islander (US)	84.1
Asian/Pac. Islander (NM)	*	Asian/Pac. Islander (NM)	*
Amer. Indian/Alaskan Native (US)	83.5	Amer. Indian/Alaskan Native (US)	78.7
Amer. Indian/Alaskan Native (NM)	78.7	Amer. Indian/Alaskan Native (NM)	70.7

* 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 Mexico: Age-Adjusted Death Rates (All Ages) for the Leading Causes of Death, by Sex (2020)²



Mortality rates are per 100,000, Age-Adjusted using 2020 Standard Population³

Cause of Death	National Rate (Male)	NM Rate (Male)	NM Rate (Female)
Diseases of heart	214.2	194.1	117.3
Malignant neoplasms	170.3	149.8	114.4
Covid-19	107.7	131.3	84.6
Accidents	80.5	117.7	53.9
Chronic lower respiratory diseases	40.2	47.1	36.7
Cerebrovascular diseases	39.8	34.2	34.3
Diabetes mellitus	31.2	34.2	24.7
Chronic liver disease and cirrhosis	17.5	39.9	27.2
Alzheimer's disease	25.3	19.0	32.0
Intentional self-harm	22.0	39.0	9.8

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

New Mexico's 10 Leading Causes of Death by Gender⁴

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

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

New Mexico's 10 Leading Causes of Death by Race⁵

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

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

*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.

⁵ Ibid.

Leading Causes of Death for Boys

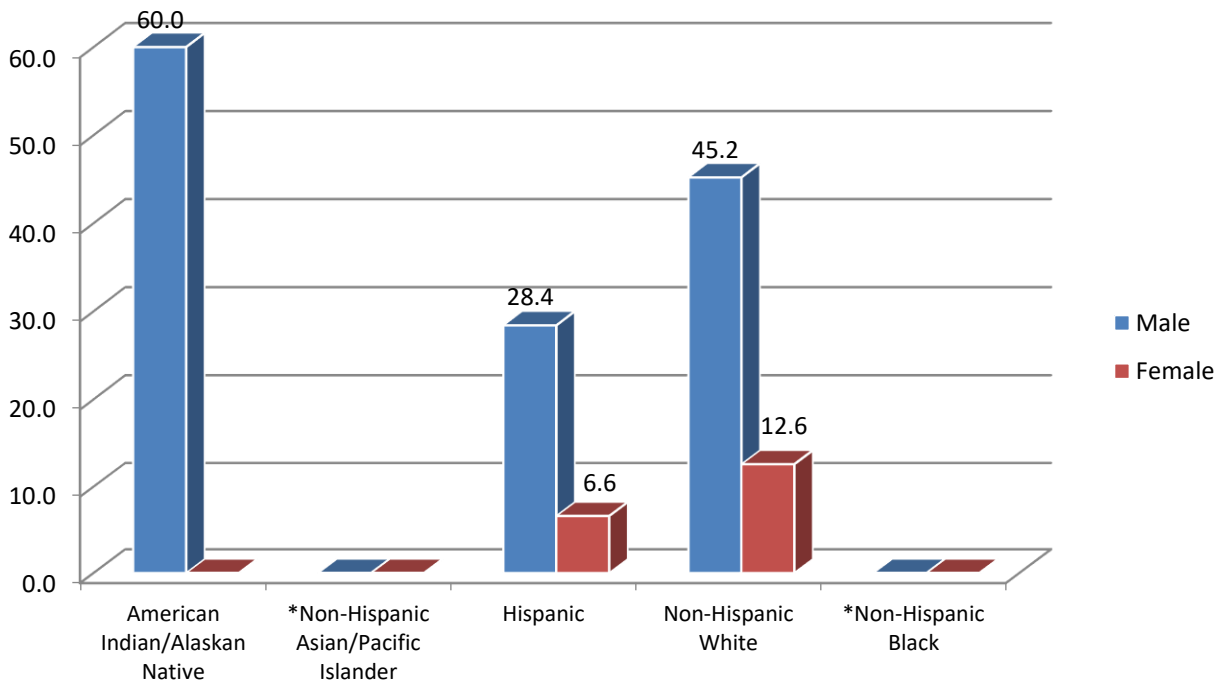
While the rates of birth defects are similar for both boys and girls, many more boys die from accidents and intentional self-harm than girls. *It can be concluded that the higher rate of death in boys may be preventable.*

New Mexico: Leading Causes of Death for Ages 0-19⁶
(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	20.4	*	*	*	54.8	9.7	*	*	*	*
Perinatal condition	11.2	48.1	*	*	*	11.6	51.3	*	*	*
Intentional self-harm	11.9	*	*	*	30.9	*	*	*	*	*

* = unavailable or negligible number

New Mexico: 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:

- 1,430 new cases of prostate cancer will be diagnosed among men in New Mexico
- 240 men die of prostate cancer in New Mexico

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 Mexico	National
Overall	82.7	106.2
White (Includes Hispanic)	80.0	97.6
Black (Includes Hispanic)	114.5	168.6
Hispanic (Any Race)	70.2	83.9
Asian/Pacific Islander	90.7	54.7
American Indian/Alaskan Native	46.9	53.7

Aging in New Mexico

➤ 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 Mexico, 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 Mexico Resident Population: 2010 Census by Age and Sex⁸

Age	Number			Males per 100 females
	Both sexes	Male	Female	
Total population	2,059,179	1,017,421	1,041,758	97.7
Under 5 years	144,981	74,078	70,903	104.5
5 to 9 years	143,308	72,736	70,572	103.1
10 to 14 years	141,691	72,021	69,670	103.4
15 to 19 years	149,861	76,792	73,069	105.1
20 to 24 years	142,370	72,974	69,396	105.2
25 to 29 years	139,678	71,419	68,259	104.6
30 to 34 years	127,567	64,586	62,981	102.5
35 to 39 years	123,303	61,392	61,911	99.2
40 to 44 years	125,220	62,249	62,971	98.9
45 to 49 years	144,839	71,419	73,420	97.3
50 to 54 years	147,170	71,383	75,787	94.2
55 to 59 years	136,799	65,567	71,232	92.0
60 to 64 years	120,137	58,201	61,936	94.0
65 to 69 years	87,890	41,962	45,928	91.4
70 to 74 years	65,904	30,879	35,025	88.2
75 to 79 years	50,230	22,883	27,347	83.7
80 to 84 years	36,238	15,504	20,734	74.8
85 years and over	31,993	11,376	20,617	55.2

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>